Social Support Subscale
of the Texas Christian University "Client Evaluation of Self and Treatment"
(CEST-SS)

Scoring Instructions. Numbers for each item indicate its location in the administration version, in which response categories are 1=Strongly Disagree to 5=Strongly Agree; ® designates items with reflected scoring. Scores for each scale are obtained by summing responses to its set of items (after reversing scores on reflected items by subtracting the item response from "6"), dividing the sum by number of items included (yielding an average) and multiplying by 10 in order to rescale final scores so they range from 10 to 50 (e.g., an average response of 2.6 for a scale becomes a score of "26").

Items are rated on a 5-point Likert scale, 1=Strongly Disagree to 5=Strongly Agree

1. I have people close to me who motivate and encourage my recovery.
2. I have close family members who help me stay away from drugs/alcohol.
3. I have good friends who do not use drugs.
4. I have people close to me who can always be trusted.
5. I have people close to me who understand my situation and problems.
6. I work in situations where drug/alcohol use is common. ®
7. I have people close to me who expect me to make positive changes in my life.
8. I have people close to me who help me develop confidence in myself.
9. I have people close to me who respect me and my efforts in recovery.

For the full scale, please go to: http://ibr.tcu.edu/wp-content/uploads/2013/06/cest-sg.pdf