

# Has somebody to confide in, by educational attainment (NH) - *per cent, standardised*

Year		2002	2005	2008	2012	2015
Geography	Education					
Norway	Compulsory education	97	95	91	91	94
	Upper secondary school	98	97	95	95	97
	Tertiary school	99	98	97	97	98

## CellMark Legend

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## Description

Proportion of respondents who has somebody to confide in.

A question about friendship is included in Statistics Norway's survey of level of living, health conditions. This question was revised in 2005 and may influence comparability of results over time.

In 2005, 2008, 2012 and 2015, the question was worded:

- Do you have anyone that is close to you, that you can talk intimately in?

In 2002 the question was worded:

- Apart from members of your own family, do you have anyone that is close to you, that you can talk intimately with?

- Respondents who answered no were then asked "Do you have anyone in your family that you can talk intimately with?"

- Respondents who answered no to both of these questions were regarded as lacking an intimate friend.

## Rationale for indicator

God sosial støtte innebærer at en får kjærlighet og omsorg, blir aktet og verdsatt, og at en tilhører et sosialt nettverk og et fellesskap med gjensidige forpliktelser. Det motsatte av god sosial støtte er ensomhet. Manglende sosial støtte øker faren for både fysiske og psykiske lidelser. Sosial støtte påvirker risikoen for både hjerte- og karsykdommer, infeksjonssykdommer og depresjon.

Arbeid for å øke sosial støtte kan rettes mot dårlig fungerende nærmiljø, for eksempel i form av tiltak som utvikler og styrker sosial integrering. Også individuelle tiltak som tar sikte på å bedre en persons evne til sosial kontakt med andre mennesker ("social skills training"), kan styrke opplevelsen av sosial støtte og dermed virke helsefremmende.

## Source

Statistics Norway

## Collection

Data is collected every 3-4 years from Statistics Norway's survey of level of living. A nationally representative sample of 10 000 individuals is drawn, with around 7 000 completing the survey via a personal or telephone interview. Survey participants are required to assess their own health, illness, disability, living habits and utility of health services. People living in institutions are not included. Each survey provides an indication of the population's health at a given point in time (cross-sectional survey). Repetition of the survey provides an indication of developments in health over time. Nationally representative data.

## Data quality

The health survey is a stable and regular source of data about different aspects of the population's health. In recent years, the survey has had a stable participation rate of around 70%, which is good compared with other health surveys in Norway. These deviations, however, are usually small and do not have a significant effect on the results.

## Statistical analysis

The method used for age- and gender standardisation is indirect standardisation using a fixed population reference. The reference is the sum of men and women in 5-year age groups in 2015.

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## When numbers are missing

Statistics based on fewer than 3 cases is hidden to protect the identity of the respondents. Figures are also hidden when the population group in which the cases originate, is smaller than 30 persons.

If more than 20 per cent of the cases in a time series are hidden due to the abovementioned reasons, the complete time series is hidden to avoid giving a skewed impression.

The complete time series is also hidden if more than 50 per cent of the values in the series are based on fewer than 10 cases. In this case, the figures are regarded as too uncertain.

## Time periods

2002, 2005, 2008, 2012 and 2015

## Geographical level

Country and health regions

## Gender

Both genders

## Age groups

25-79 years

## Frequency of updates

Every 3-4 years

## Last updated

6/23/17

## Keywords

Click on a keyword to search for similar indicators.

- Family
- Friendship
- Intimate friend
- Loneliness
- Social support
- Social contact

## Fact sheets

Below are links to relevant fact sheets, articles and reports. These may describe trends over time in the Norwegian population or differences by sex, age group, geographical region or socioeconomic status:

- [Social support - fact sheet \(in Norwegian only\)](#)