

# Social Support 2012 - 2015, per cent

Support		strong support
Gender	Age	
both genders	16-79 years	50
	16-44 years	53
	45-79 years	46
men	16-79 years	47
	16-44 years	49
	45-79 years	45
women	16-79 years	52
	16-44 years	56
	45-79 years	48

## Description

Level of social support, based on the Oslo Social Support Scale (OSS-3). Social support is defined as the perceived availability of people whom the individual trusts and who make one feel cared for and valued as a person.

The questions below are included in the in Statistics Norway's survey of level of living. Scores for each question are added together: 3-8 points is classified as poor support, 9-11 points as intermediate support, and 12-14 points as strong support.

The questions were included in the survey for the first time in 2005, but the wording of question 2 was changed in 2008, 2012 and 2015. The figures are therefore not entirely comparable between 2005, 2008, 2012 and 2015 thus only 2015 figures are presented here.

Question wording in 2015:

1. How many people are so close to you that you can count on them if you have serious problems?

- none (1 point)
- 1 or 2 (2 points)
- 3-4 (3 points)
- 5 or more (4 points)

2. How much concern do people show in what you are doing?

- much interest (5 points)
- some interest (4 points)
- neither much or little interest (3 points)
- little interest (2 points)
- no interest (1 point)

3. How easy can you get practical help from neighbours if you should need it?

- very easy (5 points)
- easy (4 points)
- possible (3 points)
- difficult (2 points)
- very difficult (1 point)

## 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

Reasonable data quality. The Oslo Support Scale (OSS-3) has lower reliability and validity than the 6-item Brief Social Support Questionnaire (BSSQ) and it is recommended by the EU Working Party for Mental Health that the OSS-3 is eventually replaced by the BSSQ. The health survey is a stable and regular

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source of data about different aspects of the population's health. In recent years, the survey has had a stable participation rate of around 60%, 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.

## When numbers are missing

Statistics based on fewer than 3 cases is hidden to protect the identity of the patients. 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.

## Time periods

2015

## Geographical level

Country

## Gender

Both genders, men, women

## Age groups

16-79 years, 16-44, 16-24, 25-44, 45-79, 45-64 and 65-79 years.

## Frequency of updates

Every 3-4 years

## Last updated

6/1/17

## Keywords

Click on a keyword to search for similar indicators.

- Family
- Friends
- Oslo Social Support Scale
- OSS-3
- Social
- Social contact
- Social network
- Social support
- Support

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## 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 \(in Norwegian only\)](#)