## **CONTENTS**

	TABLES AND FIGURES PREFACE	
1	CONCEPTUALIZING SOCIAL SUPPORT The Roots of Interest in Social Support The Foundations of Current Interest in Social Support	1 1 5
	The Scope of Social Support Research	8
	Complexity of the Idea	24
	Social Support as a Metaconstruct The Promise of Social Support	28 30
2	MEASUREMENT OF SOCIAL SUPPORT Review of Instruments Selection of Instruments for Research	33 33 56
	Assessment of Social Support in a Clinical Context Conclusion	56 58
3	SOCIAL SUPPORT AS A TRANSACTIONAL PROCESS WITHIN AN ECOLOGICAL CONTEXT	59
	Links between Support Resources, Behavior, and Appraisals	59
	Personal and Contextual Influences on the Support Process	68
	An Ecological Model of the Social Support Process Conclusion	87 91
4	GENERAL MODELS OF SOCIAL SUPPORT EFFECTS	00
	ON WELL-BEING Difficulty in Demonstrating Effects Consistently	92 93
	Empirical Evidence for the Buffer and Direct Models	99 99
	Recent Studies of the Buffer Hypothesis	111

## viii / CONTENTS

	Complications Other General Models of Support, Stress, and Well-Being General Conclusions	120 124 130
5	SPECIFIC MODELS OF SOCIAL SUPPORT Specific Stress-Related Mechanisms of Social Support Specific Mechanisms of Support Unrelated to Stress Social Support and the Positive Domain of Well-Being Conclusions and Directions for Future Research	133 133 148 153 155
6	SOCIAL EPIDEMIOLOGY AND SUPPORT Rationale for Examining Social Variations in Social Support Social Status Variations in Support General Conclusion	158 158 164 185
7	SUPPORT THROUGH THE LIFE CYCLE Developmental Continuities in Social Support Developmental Changes in Social Support Empirical Research on Social Support through the Life Span Mapping Developmental Changes in Social Support	187 188 194 213 226
8	SOCIAL SUPPORT INTERVENTIONS: ISSUES AND PROBLEMS Background Issues: Formal and Informal Support Problems with the Current Research Base	230 230 232 242
9	SOCIAL SUPPORT INTERVENTIONS: PROSPECTS Focal Points in the Support Process Levels of Intervention Strategies of Intervention Conclusion	255 256 263 272 276
10	ILLUSTRATIVE SUPPORT INTERVENTIONS Network Therapy Enhancing Support in Couples and Families Companionship Therapy Promoting Mutual Aid Groups Consulting with Support Groups Enhancing Support Resources in the Community Employing Support Networks in Human Services Limitations of Support Programs to Date Challenges in the Evaluation of Support Interventions	277 279 280 282 286 287 291 292
11	SOCIAL SUPPORT: ACHIEVEMENTS AND AGENDA Clarification of the Construct	296 296 296

## CONTENTS / ix

Support as a Transactional Process	297
Contextual Influences on This Process	297
Ecological Limits on the Support Process	298
Buffer and Direct Models	298
More Complex Models	299
More Specific Models	299
Social Variations	300
Support over the Life Span	300
Support Interventions: Problems, Prospects, and Examples	300
Conclusion	301
NOTES	303
REFERENCES	
AUTHOR INDEX	
SUBJECT INDEX	
ABOUT THE AUTHOR	