

**Community's Self-Efficacy Scale for Preventing Social Isolation among Community-dwelling Older People (CSES; *Mimamori* Scale)**

		Not confident at all	Slightly unconfident	Slightly confident	Completely confident
<b>Community Network (Total Possible Score:0-12)</b>					
Q1	I can create an environment where my neighbors can comfortably gather.	0	1	2	3
Q2	I can encourage nearby neighbors to come out to gatherings.	0	1	2	3
Q3	I can participate in the activities or volunteer work of my neighborhood association.	0	1	2	3
Q4	I can discuss my concerns about residents at neighborhood gatherings or community meetings held by local government.	0	1	2	3
<b>Neighborhood Watch (Total Possible Score: 0-12)</b>					
Q5	I can check on older neighbors if I do not see them for a few days.	0	1	2	3
Q6	I can help older neighbors with grocery shopping, garbage disposal, and other chores.	0	1	2	3
Q7	I can check on neighborhood households where there are no signs of activity there.	0	1	2	3
Q8	When I notice a person I do not know in the neighborhood, I can speak to them.	0	1	2	3
<b>(Total Possible Score: 0-24)</b>					

Tadaka E., et al.:Development of a Community's Self-Efficacy Scale for Preventing Social Isolation among Community-dwelling Older People (*Mimamori* Scale), BMC Public Health.2016

DOI: 10.1186/s12889-016-3857-4