The SET English version.

**Social contact self-efficacy scale for ‘third agers’ in Japan (SET), English version**

Please choose (○) the rating closest to your thought for each statement.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. domain & item | | *Not confident at all* | *Slightly unconfident* | *Slightly Confident* | *Completely confident* |
| *Social space mobility* | |  |  |  |  |
| 1 | I can try to go out as much as possible to avoid stay withdrawn. | 0 | 1 | 2 | 3 |
| 2 | I can find a relaxing place in a familiar community. | 0 | 1 | 2 | 3 |
| 3 | I can find a little enjoyment in everyday life. | 0 | 1 | 2 | 3 |
| 4 | I can use facilities and public services that are useful for my health. | 0 | 1 | 2 | 3 |
| *Social support relationship* | |  |  |  |  |
| 5 | I can easily consult my doctor or specialist about health concerns. | 0 | 1 | 2 | 3 |
| 6 | I can notice even slight changes in my health. | 0 | 1 | 2 | 3 |
| 7 | I am able to support each other with my family and others in times of need. | 0 | 1 | 2 | 3 |
| 8 | I can reach out to person in need on the streets. | 0 | 1 | 2 | 3 |
|  |  | No.1-8 Total | |  | point |

Oki M, Tadaka E. (2021) : Development of a social contact self-efficacy scale for ‘third agers’ in Japan, PLoS ONE, doi: 10.1371/journal.pone.0253652.〔S1 Appendix〕