

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	<i>Not confident at all</i>	<i>Slightly unconfident</i>	<i>Slightly Confident</i>	<i>Completely confident</i>
<i>Social space mobility</i>					
1	I can try to go out as much as possible to avoid stay withdrawn.	0	1	2	3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
<i>Social support relationship</i>					
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]