

Social Support, 16-79 years (NHC) – per cent, standardised

Year		2015	2019
Geography	Support		
Nordland	poor support	6	6
	intermediate support	44	44
	strong support	51	51
Troms og Finnmark	poor support	6	6
	intermediate support	42	44
	strong support	52	50

CellMark Legend

- .. Missing data
- . Not possible to calculate
- : Hidden value

Description

Proportion of survey respondents who report that they have strong, intermediate or poor 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. Standardized for age and gender composition.

To change the table, open "change selection of...".

Two measures are available. Use the Measure button to select:

1. per cent, standardized = percentage within the same gender and age group, standardized for age and gender composition.
2. Standardized ratio (Norway = 100) = Ratio between the Health region standardized rate and the national rate for a given year. Examples; ratio = 130 means that the Health region standardized rate is 30% higher than the national level. A ratio of 87 means that the Health region rate is 13% lower than the national level.

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, 2015 and 2019 thus only 2015 and 2019 figures are presented here.

Question wording:

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)
 - 3-5 (3 points)
 - 6 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)

Rationale for indicator

Strong social support is the opposite of loneliness. Lack of social support increases the risk of both physical and mental illness, such as cardiovascular diseases, infections and depression.

Source

Statistics Norway

Collection

Data is collected every 3-4 years from Statistics Norway's survey on living conditions. People 16 years or older who are not living in institutions are 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. Data are nationally representative for people living outside institutions. Starting 2015, the survey is merged with the European Health Interview Survey (EHIS).

Interpretation and sources of error

Due to age and gender standardization, the figures are not comparable with data from the survey published by Statistics Norway.

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 participation rate was 59 % in 2015 and 57 % in 2019, which is good compared with other health surveys in Norway. The questions concerning social support have been changed and data is therefore not comparable with surveys before 2015.

Statistical analysis

The method used for age standardisation is indirect standardisation using a fixed population reference. The reference is the sum of men and women in 5-year age groups in Norway in 2015.

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 100 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.

The complete time series is also hidden if more than 50 per cent of the values in the series are based on fewer than 6 cases. This is because of reduced reliability.

Time periods

2015 and 2019

Geographical level

Country, health region and counties

Gender

Both genders

Age groups

16-74 years

Frequency of updates

Every 3-4 years

Last updated

3/1/21

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

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