

Appendix 1

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	
Community Network (Total Possible Score: 0–12)					
Q1	I can participate in the activities or volunteer work of my neighborhood association.	0	1	2	3
Q2	I can create an environment where my neighbors can comfortably gather.	0	1	2	3
Q3	I can encourage nearby neighbors to come out to gatherings.	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
Neighborhood Watch (Total Possible Score: 0–12)					
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
(Total Possible Scores: 0–24)					

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