

Multidimensional Scale of Perceived Social Support (MSPSS)

Patient's full name: _____ Date: _____

Assessor's full name: _____

Instructions: Please read each statement about getting social support carefully. Please rate how much you agree with each statement by ticking or clicking on the corresponding number that applies to you.

- | | |
|-----------------------------------|--------------------------------|
| 1 = Very strongly disagree | 5 = Mildly agree |
| 2 = Strongly disagree | 6 = Strongly agree |
| 3 = Mildly disagree | 7 = Very strongly agree |
| 4 = Neutral | |

- | | | | | | | | | |
|---|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-------------------------|-----|
| 1. There is a special person who is around when I am in need. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | SO |
| 2. There is a special person with whom I can share my joys and sorrows. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | SO |
| 3. My family really tries to help me. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | Fam |
| 4. I get the emotional help and support I need from my family | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | Fam |
| 5. I have a special person who is a real source of comfort to me. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | SO |
| 6. My friends really try to help me. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | Fri |
| 7. I can count on my friends when things go wrong. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | Fri |
| 8. I can talk about my problems with my family. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | Fam |
| 9. I have friends with whom I can share my joys and sorrows. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | Fri |
| 10. There is a special person in my life who cares about my feelings. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | SO |
| 11. My family is willing to help me make decisions. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | Fam |
| 12. I can talk about my problems with my friends. | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> | 5 <input type="radio"/> | 6 <input type="radio"/> | 7 <input type="radio"/> | Fri |

Scoring

- Significant Other (SO) Total Score: ____ / 4 = ____
- Friend (FRI) Total Score: ____ / 4 = ____
- Family (FAM) Total Score: ____ / 4 = ____
- Total Score: _____

Score Interpretations

- 12 to 35 = Low perceived support
- 36 to 60 = Medium perceived support
- 61 to 84 = High perceived support

References

- Canty-Mitchell, J. & Zimet, G.D. (2000). Psychometric properties of the Multidimensional Scale of Perceived Social Support in urban adolescents. *American Journal of Community Psychology*, 28, 391-400.
- Zimet, G.D., Dahlem, N.W., Zimet, S.G. & Farley, G.K. (1988). The Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment*, 52, 30-41.
- Zimet, G.D., Powell, S.S., Farley, G.K., Werkman, S. & Berkoff, K.A. (1990). Psychometric characteristics of the Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment*, 55, 610-17.