

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

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