

Multidimensional Scale of Perceived Social Support

We are interested in how you feel about the following statements. Read each statement carefully. Indicate how you feel about each statement.

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

Scoring the MSPSS

To calculate total score: Sum across all 12 items. This total score can also be calculated as a mean score (divide by 12).

To calculate the mean subscale scores:

- Significant Other Subscale: Sum across items 1, 2, 5, & 10, then divide by 4.
- Family Subscale: Sum across items 3, 4, 8, & 11, then divide by 4.
- Friends Subscale: Sum across items 6, 7, 9, & 12, then divide by 4.

Note that there are no established population norms on the MSPSS. Also, norms would likely vary on the basis of culture and nationality, as well as age and gender.

To divide respondents into groups on the basis of MSPSS scores, you can use the scale response descriptors as a guide. In this approach any mean scale score ranging from 1 to 2.9 could be considered low support; a score of 3 to 5 could be considered moderate support; a

score from 5.1 to 7 could be considered high support. Note that Greenspace has not calculated a mean score (dividing the total score by 12 questions), and as a result the response scale ranges from 12 to 84 (as opposed to 1 to 7).

Score	Level of Perceived Social Support
12 - 35	Low perceived support
36 - 60	Medium perceived support
61 - 84	High perceived support

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Zimet GD, Dahlem NW, Zimet SG, Farley GK. The Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment* 1988;52:30-41.