Multidimensional Scale of Perceived Social Support

OVERVIEW
- This scale is designed to assess perceived support from family, friends, and significant others

SUBSCALES
- Family
  - My family really tries to help me.
- Friends
  - I have friends with whom I can share my joys and sorrows
- Significant Others
  - There is a special person in my life who cares about my feelings

THEME
- Social Support

TARGET POPULATION
- Youth between 10 years of age and older

LENGTH & HOW IT IS MEASURED
- 12 items
- Response scale ranges from 1 (very strongly disagree) to 7 (very strongly agree)
- Self-report, paper-pencil version
- Available in: English

DEVELOPER
- Zimet, Dahlem, Zimet & Farley, 1988

PSYCHOMETRICS

RELIABILITY
- Internal consistency ($\alpha = .93$ for total scale and $\alpha = .89-.91$ for subscales)

VALIDITY
- Construct validity
- Discriminant validity
- Convergent validity

Learn more:
**Multidimensional Scale of Perceived Social Support** (Zimet, Dahlem, Zimet & Farley, 1988)

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

Circle the “1” if you **Very Strongly Disagree**
Circle the “2” if you **Strongly Disagree**
Circle the “3” if you **Mildly Disagree**
Circle the “4” if you are **Neutral**
Circle the “5” if you **Mildly Agree**
Circle the “6” if you **Strongly Agree**
Circle the “7” if you **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

The items tended to divide into factor groups relating to the source of the social support, namely family (Fam), friends (Fri) or significant other (SO).
References

