

Multidimensional Scale of Perceived Social Support

Zimet, Dahlem, Zimet and 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 using the following scale:

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

Reference: Zimet G D, Dahlem N W, Zimet S G and Farley G K. The Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment* 1988;52:30-41.