Multidimensional Scale of Perceived Social Support

**Name:**

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

1 = Very Strongly Disagree

2 = Strongly Disagree

3 = Mildly Disagree

4 = Neutral

5 = Mildly Agree

6 = Strongly Agree

7 = Very Strongly Agree

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