

Multidimensional Scale of Perceived Social Support (MSPSS)

Category: Social Support | Items: 12 | Time: ~3 min

Description / When to Use

12-item measure assessing perceived social support from family, friends, and significant other.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 12 items in this scale. Estimated completion time: 3 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Sum all 12 items scored 1-7. Total range 12-84. Three subscales (4 items each) range 4-28.

Subscales:

- Family: 4 items
- Friends: 4 items
- Significant Other: 4 items

Cutoff Interpretation

Score Range	Severity	Recommended Action
12-35	Low support	Social support intervention
36-60	Moderate support	Monitor
61-84	High support	Maintain

Psychometric Properties

Cronbach's alpha: 0.88 | Test-retest reliability: 0.85

Validity: Validated in adolescent and adult populations.

License

Free to use with citation

Citation (APA Format)

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(1), 30-41.

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