



## MULTIDIMENSIONAL SCALE OF PERCEIVED SOCIAL SUPPORT ASSESSMENT

**Source:** The items come from the 12-item Multidimensional Scale of Perceived Social Support. Used with permission

**Reference:** Zimet, G.D., Powell, S.S., Farley, G.K., Werkman, S. & Berkoff, K.A. (1990). Psychometric characteristics of the Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment*, 55, 610-17.

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, 30-41.

**Scale Description:** A 12-item scale of perceived social support from family and friends. Does not refer to deployment.

### Scoring and Algorithm

**Note:** For each assessment, there is an algorithm leading to one of three acuity ranges. The logic for the user receiving specific feedback is included in the algorithms below.

### Scoring, Algorithm and Feedback notes

Each item is scored 1-7 as indicated below. Total is sum of all 12 items, possible range for total is 7-84.

#### All items are scored:

Very Strongly Disagree = 1

Strongly Disagree = 2

Mildly Disagree = 3

Neutral = 4

Mildly Agree = 5

Strongly Agree = 6

Very Strongly Agree = 7

### Algorithm

Total = 69-84 High Acuity

Total = 49-68 Moderate Acuity

Total = 12-48 Low Acuity



**SOCIAL SUPPORT ASSESSMENT**

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

	<b>Very Strongly Disagree</b>	<b>Strongly Disagree</b>	<b>Mildly Disagree</b>	<b>Neutral</b>	<b>Mildly Agree</b>	<b>Strongly Agree</b>	<b>Very Strongly Agree</b>
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
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 my 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 and 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

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