MSPSS

Multidimensional Scale of Perceived Social Support (MSPSS)

The Multidimensional Scale of Perceived Social Support (MSPSS) is a tool that measures an individual's perception of social support from three main sources: family, friends, and significant others. Used in clinical settings as well as in research, it assesses the extent and quality of a person's perceived support network, which has strong implications for psychological health and well-being.

Number of questions	12 questions
Estimated duration	5 minutes
Language	English
Original name	Multidimensional Scale of Perceived Social Support
Target audience	Adults, adolescents
Authors	Gregory D. Zimet, Nancy W. Dahlem, Sara G. Zimet, Gordon K. Farley (1988)
Category	General

Preview of the 12 questions

There is a special person who is around when I am in need.

Very strongly disagree | Strongly disagree | Mildly disagree | Neutral | Mildly agree | Strongly agree | Very strongly agree

There is a special person with whom I can share my joys and sorrows.

Very strongly disagree | Strongly disagree | Mildly disagree | Neutral | Mildly agree | Strongly agree | Very strongly agree

My family really tries to help me.

Very strongly disagree | Strongly disagree | Mildly disagree | Neutral | Mildly agree | Strongly agree | Very strongly agree

I get the emotional help and support I need from my family.

Very strongly disagree | Strongly disagree | Mildly disagree | Neutral | Mildly agree | Strongly agree | Very strongly agree

I have a special person who is a real source of comfort to me.

Very strongly disagree | Strongly disagree | Mildly disagree | Neutral | Mildly agree | Strongly agree | Very strongly agree

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is rated on a 7-point Likert scale (1 = Very strongly disagree to 7 = Very strongly agree). The total score is the mean of the scores on the 12 items, and subscale scores can be calculated for the three subdimensions (family, friends, significant others). High scores indicate greater perceived social support.

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- Automatic scoring
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★★★★★

“It's a real plus in sessions to assess the patient, and a very rich basis for discussion to deepen the clinical work.”

Elodie C. - CBT Psychologist