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

Mark the “1” if you **Very Strongly Disagree**

Mark the “2” if you **Strongly Disagree**

Mark the “3” if you **Mildly Disagree**

Mark the “4” if you are **Neutral**

Mark the “5” if you **Mildly Agree**

Mark the “6” if you **Strongly Agree**

Mark the “7” if you **Very Strongly Agree**

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

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

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

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

3. My family really tries to help me.

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

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

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

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

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

6. My friends really try to help me.

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

7. I can count on my friends when things go wrong.

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

8. I can talk about my problems with my family

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

9. I have friends with whom I can share my joys and sorrows.

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

10. There is a special person in my life who cares about my feelings.

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

11. My family is willing to help me make decisions.

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

12. I can talk about my problems with my friends.

\_1. Very Strongly Disagree

\_2. Strongly Disagree

\_3. Mildly Disagree

\_4. Neutral

\_5. Mildly Agree

\_6. Strongly Agree

\_7. Very Strongly Agree

Notes: Subscales use mean scores

Significant Other Subscale: Sum across items 1, 2, 5, & 10, then divide by 4.

Family Subscale: Sum across items 3, 4, 8, & 11, then divide by 4.

Friends Subscale: Sum across items 6, 7, 9, & 12, then divide by 4.

Total Scale: Sum across all 12 items, then divide by 12.

Reference

Zimet GD, Dahlem NW, Zimet SG, Farley GK. The Multidimensional Scale of Perceived Social Support. *Journal of Personality Assessment* 1988;52:30-41.