

# Multidimensional Scale of Perceived Social Support (MSPSS)

Subject ID \_\_\_\_\_

**Please rate the following statements using the scale below:**

**1 = Strongly disagree / Sindikugwirizana nazo kwatunthu**

**2 = Disagree / Sindikugwirizana nazo pang'ono**

**3 = Neither agree nor disagree / Ndiribe mbali**

**4 = Agree / Ndikugwirizana pang'ono**

**5 = Strongly agree / Ndikugwirizana nazo kwambiri**

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
1. There is a special person who is around when I am in need. (Kodi pamakhala munthu wofunikila m'moyo mwanu amene angathe kukuthanindizani pamene mukufuna chithandizo?)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. There is a special person with whom I can share my joys and sorrows. (Kodi pali munthu wofunikila m'moyo mwanu amene mungathe kugawana naye nkhawa zanu ndi chisangalalo chanu?)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. My family really tries to help me. (Kodi abale anu amayesetsadi kukuthandizani?)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I get the emotional help and support I need from my family. (Kodi mumapeza mtendere wa mumtima kuchokera ku abale anu?)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I have a special person who is a real source of comfort to me. (Kodi muli ndi munthu wofunikila m'moyo mwanu amene amakubweretserani mtendere wa mumtima?)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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|---|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| 6. My friends really try to help me. (Kodi anzanu amayesetsadi kukuthandizani?)   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 7. I can count on my friends when things go wrong. (Kodi mukhonza kudalira anzanu zinthu zikavuta?)   | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 8. I can talk about my problems with my family. (Kodi mukhonza kukamba za mavuto anu ndi abale anu?)  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 9. I have friends with whom I can share my joys and sorrows. (Kodi muli ndi anzanu omwe mungasangalare nawo komanso kukhala nawo mukakhala pa chisoni?) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 10. There is a special person in my life who cares about my feelings. (Kodi pali munthu wofunikila m'moyo mwanu amene zimamukhuza zankhawa zanu?)       | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 11. My family is willing to help me make decisions. (Kodi abale anu amakhala okonzeka kukuthangatirani kupanga maganizo?)                               | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 12. I can talk about my problems with my friends. (Kodi mukhonza kuwauza anzanu zamavuto anu?)  | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Notes/comments:

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Completed by:

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In which language(s) was this tool administered?

- ☐ Chichewa  
☐ English  
☐ Other

If other language, please specify:

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Was a translator involved in the administration of this questionnaire?

- ☐ Yes  
☐ No

Translator name: