

# Multidimensional Scale of Perceived Social Support (MSPSS)

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

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

- 1 = Strongly disagree**  
**2 = Disagree**  
**3 = Neither agree nor disagree**  
**4 = Agree**  
**5 = Strongly agree**

	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	Always	Does not apply
1. There is a special person who is around when I am in need. (Kukho umntu okhethekileyo obakho xa ndiswele)	<input type="radio"/>	<input type="radio"/>	<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. (Kukho umntu okhethekileyo endinokwabelana naye ngovuyo neentlungu zam)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. My family really tries to help me. (Intsapho yam izama ngokwenene ukundinceda)	<input type="radio"/>	<input type="radio"/>	<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. (Ndifumana uncedo olungokweemvakalelo nenkxaso endiyifunayo kwintsapho yam)	<input type="radio"/>	<input type="radio"/>	<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. (Ndinomntu okhethekileyo ongumthombo wokwenene wentuthuzelo kum)	<input type="radio"/>	<input type="radio"/>	<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. (Abahlobo bam bazama ngokwenene ukundinceda)   | <input type="radio"/> | <input type="radio"/> | <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. (Ndiyakwazi ukuthembela kubahlobo bam xa izinto zingahambi kakuhle)                      | <input type="radio"/> | <input type="radio"/> | <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. (Ndiyakwazi ukuthetha ngeengxaki zam nentsapho yam)   | <input type="radio"/> | <input type="radio"/> | <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. (Ndinabahlobo endinokwabelana nabo ngezinto ezindivuyisayo nezindikhathazayo)  | <input type="radio"/> | <input type="radio"/> | <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. (Kukho umntu okhethekileyo ebomini bam okhathalayo ngeemvakalelo zam) | <input type="radio"/> | <input type="radio"/> | <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. (Intsapho yam ikulungele ukundinceda ndenze izigqibo)                                   | <input type="radio"/> | <input type="radio"/> | <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. (Ndiyakwazi ukuthetha ngeengxaki zam nabahlobo bam)                                       | <input type="radio"/> | <input type="radio"/> | <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?

- ☐ IsiXhosa  
☐ 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:

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