

The multidimensional scale of perceived social support: Scoring guidance

The Multidimensional Scale of Perceived Social Support is a measure of how much support a parent feels they get from family, friends and significant others.

Scoring

The parent completes 12 questions relating to the extent to which they feel they have support of their family, friends and a special person. Each of these forms a separate subscale relating to perceived support from a significant other, from friends and from family. You can also calculate a TOTAL Score.

To calculate subscale scores:

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

Family Subscale: Add together items 3, 4, 8, & 11, then divide by 4.

Friends Subscale: Add together items 6, 7, 9, & 12, then divide by 4.

Total Scale: Add together all 12 items, then divide by 12.

Results

Any mean total scale score ranging from 1 to 2.9 could be considered low support; a score of 3 to 5 could be considered moderate support; a score from 5.1 to 7 could be considered high support.