Figure 1. Multi-dimensional Scale of Perceived Social Support (MSPSS) items in English, adapted into question format.

Item 1. Is there a special person who is around when you are in need?
Item 2. Is there a special person with whom you can share your joys and sorrows?
Item 3. Does your family really try to help you?
Item 4. Do you get the emotional help and support you need from your family?
Item 5. Do you have a special person who is a real source of comfort to you?
Item 6. Do your friends really try to help you?
Item 7. Can you count on your friends when things go wrong?
Item 8. Can you talk about your problems with your family?
Item 9. Do you have friends with whom you can share your joys and sorrows?
Item 10. Is there a special person in your life who cares about your feelings?
Item 11. Is your family willing to help you make decisions?
Item 12. Can you talk about your problems with your friends?