

## **Multiple Sclerosis Self-Management Scale**

Link to Scale Info: <http://www.midss.org/multiple-sclerosis-self-management-scale-revised-mssm-r>

Link to PDF and Instructions: [http://www.midss.org/sites/default/files/mssm-r\\_scale\\_and\\_scoring\\_instructions.pdf](http://www.midss.org/sites/default/files/mssm-r_scale_and_scoring_instructions.pdf)

### **Key Reference**

Bishop, M., & Frain, M.P. (2011). The Multiple Sclerosis Self-Management Scale: Revision and psychometric analysis. *Rehabilitation Psychology, 56*(2), 150-159.

Ghahari, S., Khoshbin, L. S., & Forwell, S. J. (2014). The multiple sclerosis self-management scale: clinicometric testing. *International journal of MS care, 16*(2), 61–67.

### **Instrument citation**

Malachy Bishop & Michael Frain. (2014). Multiple Sclerosis Self-Management Scale-Revised (MSSM-R). Measurement Instrument Database for the Social Science. Retrieved from [www.midss.ie](http://www.midss.ie)

### **Characteristics**

The Multiple Sclerosis Self-Management Scale is a way for MS patients to identify how well they take care of themselves while managing their disease. Patients answer 24 questions with a Likert scale from 1-5, with 1 meaning “Disagree Completely” and 5 meaning “Agree Completely”. Scores are then computed by reverse scoring items 21, 23, and 24, then finding the sum of all scores, and then completing the following calculation:  $100 * (\text{observed score} - 24) / 120 - 24$ .

### **Reliability and Validity**

In a study with 266 individuals with MS, the Cronbach coefficient was found to be .85 (Bishop & Frain, 2011). Construct validity of the MSSMS was established through previous correlational studies.

### **Access & Cost Information**

This scale is free to use without a license. The instrument authors would appreciate receiving any information about your experiences using the instrument. Contact [mbishop@uky.edu](mailto:mbishop@uky.edu) or [mfrain@fau.edu](mailto:mfrain@fau.edu).