**UCLA Loneliness Scale**

Instructions – Indicate how often each of these statements is descriptive of you.

**Never Rarely Some Often**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. I feel in tune with other people around me 1 2 3 4

2.I lack companionship 1 2 3 4

3.There is no one I can turn to 1 2 3 4

4.I do not feel alone 1 2 3 4

5.I feel part of a group of friends 1 2 3 4

6.I have a lot in common with people around me 1 2 3 4

7.I am no longer close to anyone 1 2 3 4

8.My interest and ideas are not shared by those around me 1 2 3 4

9.I am an outgoing person 1 2 3 4

10.There are people I feel close to 1 2 3 4

11.I feel left out 1 2 3 4

12.My social relationships are superficial 1 2 3 4

13.No one really knows me well 1 2 3 4

14.I feel isolated from others 1 2 3 4

15.I can find companionship when I want it 1 2 3 4

16.There are people who really understand me 1 2 3 4

17.I am unhappy being so withdrawn 1 2 3 4

18.People are around me but not with me 1 2 3 4

19.There are people I can talk to 1 2 3 4

20.There are people I can turn to 1 2 3 4

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Scoring – Items 1, 5, 6, 9, 10, 15, 16, 19, 20 are all reverse scored. Keep scoring continuous.