UCLA Loneliness Scale (*version 3*)

**Instructions**: The following statements describe how you might sometimes feel. For each statement, put a number that indicates how often each question applies to you, with 1 = Never, 2 = Rarely, 3 = Sometimes, and 4 = Always.

\_\_\_\_\_ 1. How often do you feel you are “in tune” with the people around you?

\_\_\_\_\_ 2. How often do you feel that you lack companionship?

\_\_\_\_\_ 3. How often do you feel there is no one you can turn to?

\_\_\_\_\_ 4. How often do you feel alone?

\_\_\_\_\_ 5. How often do you feel part of a group of friends?

\_\_\_\_\_ 6. How often do you feel that you have a lot in common with the people around you?

\_\_\_\_\_ 7. How often do you feel you are no longer close to anyone?

\_\_\_\_\_ 8. How often do you feel your interests and ideas are not shared by those around you?

\_\_\_\_\_ 9. How often do you feel outgoing and friendly?

\_\_\_\_\_ 10. How often do you feel close to people?

\_\_\_\_\_ 11. How often do you feel left out?

\_\_\_\_\_ 12. How often do you feel that your relationships with others are not meaningful?

\_\_\_\_\_ 13. How often do you feel no one really knows you well?

\_\_\_\_\_ 14. How often do you feel isolated from others?

\_\_\_\_\_ 15. How often do you feel that you can find companionship when you want it?

\_\_\_\_\_ 16. How often do you feel that there are people who really understand you?

\_\_\_\_\_ 17. How often do you feel shy?

\_\_\_\_\_ 18. How often do you feel that people are around you but not with you?

\_\_\_\_\_ 19. How often do you feel there are people you can talk to?

\_\_\_\_\_ 20. How often do you feel there are people you can turn to?

**Age:** 18+

**Duration:** 3-5 minutes

**Reading Level:** 6th-8th grade

**Number of items:** 20

**Directions:** Give the client the scoring sheet to fill in.

**Scoring:** Q1, Q5, Q6, Q9, Q10, Q15, Q16, Q19, and Q20 should be reverse scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is:

((Number of scale points) + 1) - (Respondent’s answer)

For example, Q10 is a 4-item scale. If a respondent answered *3* on Q10, you would re-code their answer as: (4 + 1) - 3 = 2.

In other words, you would enter a *2* for this respondent’s answer to Q10.

To calculate the total score for each participant, sum all responses for a score ranging from 20 to 80.

Total score <28 = no/low loneliness

Total score 28-43 = moderate loneliness

Total score >43 = a high degree of loneliness

**Source:**

Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of personality assessment, 66*(1), 20-40.