

## 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:** 6<sup>th</sup>-8<sup>th</sup> 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:

$$((\text{Number of scale points}) + 1) - (\text{Respondent's answer})$$

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.