

Lubben Social Network Scale (LSNS-6)

The LSNS-6 is a validated instrument designed to gauge social isolation in older adults by measuring the number and frequency of social contacts with friends and family members and the perceived social support received from these sources.

You are welcome to use the LSNS. However, the authors ask you complete the brief demographic form, which requests information about yourself and your research goals. After completing the form please email it to Addie Wyman Battalen at battalen@bc.edu.

(Form here: http://www.bc.edu/schools/gssw/lubben/permission_to_usescales.html)

FAMILY: Considering the people to whom you are related by birth, marriage, adoption, etc.

1. How many relatives do you see or hear from at least once a month?
 none one two three or four five thru eight nine or more
2. How many relatives do you feel at ease with that you can talk about private matters?
 none one two three or four five thru eight nine or more
3. How many relatives do you feel close to such that you could call on them for help?
 none one two three or four five thru eight nine or more

FRIENDSHIPS: Considering all of your friends including those who live in your neighborhood

4. How many of your friends do you see or hear from at least once a month?
 none one two three or four five thru eight nine or more
5. How many friends do you feel at ease with that you can talk about private matters?
 none one two three or four five thru eight nine or more
6. How many friends do you feel close to such that you could call on them for help?
 none one two three or four five thru eight nine or more

To score responses and interpret the results:

The LSNS-6 total score is an equally weighted sum of these six items. Each LSNS-6 question is scored from 0 to 5 and the total score ranges from 0 to 30.

The answers are scored: none = 0, one = 1, two = 2, three or four = 3, five thru eight = 4, nine or more = 5. A score of 12 and lower delineates “at-risk” for social isolation.

Source: J. Lubben, E. Blozik, G. Gillmann, S. Iliffe, W. R. Von Kruse, J. C. Beck and A. E. Stuck, *Gerontologist* **2006**, *46*, 503-513.