

# UCLA Loneliness Scale

This scale comprises three questions that measure three dimensions of loneliness: relational connectedness, social connectedness and self-perceived isolation. The questions are:

1. How often do you feel that you lack companionship?
  - Hardly ever
  - Some of the time
  - Often
2. How often do you feel left out?
  - Hardly ever
  - Some of the time
  - Often
3. How often do you feel isolated from others?
  - Hardly ever
  - Some of the time
  - Often

## To score responses and interpret the results:

Scoring: Hardly ever = 1, Some of the time = 2, Often = 3.

Adding the scores gives you a range of scores from 3 to 9. Researchers in the past have grouped people who score 3 – 5 as “not lonely” and people with the score 6 – 9 as “lonely”.