

ASSESSMENT: Adapted from the UCLA Loneliness Scale

Indicate how often each of the <u>positive</u> statements below is descriptive of you.				Often	Sometimes	Rarely	Never
				1 pt	2 pt	3 pt	4 pt
I feel in tune with the people around me							
I feel part of a group of friends							
I have a lot in common with the people around me							
I am an outgoing person							
There are people I feel close to							
I can find companionship when I want it							
There are people who really understand me							
There are people I can talk to							
There are people I can turn to							
Subtotals							
Indicate how often each of the <u>negative</u> statements below is descriptive of you.				Never	Rarely	Sometimes	Often
				1 pt	2 pt	3 pt	4 pt
I lack companionship							
There is no one I can turn to							
I feel alone							
I am no longer close to anyone							
My interests and ideas are not shared by those around me							
I feel left out							
My social relationships are superficial							
No one really knows me well							
I feel isolated from others							
I am unhappy being so withdrawn							
People are around me but not with me							
Subtotals							
TOTAL score							
20-39	Low loneliness	40-59	Moderate loneliness	60-80	High loneliness		