

## UCLA Loneliness (Version 3)

This survey accompanies a measure in the SPARQTools.org [Measuring Mobility toolkit](#), which provides practitioners curated instruments for assessing mobility from poverty and tools for selecting the most appropriate measures for their programs.

**Age:** Teen, Adult

**Duration:** 3-5 minutes

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

**Number of items:** 20

**Answer Format:** 1 = never; 2 = rarely; 3 = sometimes; 4 = always.

### 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 respondents' answer to Q10.

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

### Sources:

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

**Instructions:** The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described by circling one of the responses below. Here is an example:

How often do you feel happy?

If you never felt happy, you would respond “never”; if you always feel happy, you would respond “always.”

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

Never                      Rarely                      Sometimes                      Always

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

Never                      Rarely                      Sometimes                      Always

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

Never                      Rarely                      Sometimes                      Always

4. How often do you feel alone?

Never                      Rarely                      Sometimes                      Always

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

Never                      Rarely                      Sometimes                      Always

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

Never                      Rarely                      Sometimes                      Always

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

Never

Rarely

Sometimes

Always

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

Never

Rarely

Sometimes

Always

9. How often do you feel outgoing and friendly?

Never

Rarely

Sometimes

Always

10. How often do you feel close to people?

Never

Rarely

Sometimes

Always

11. How often do you feel left out?

Never

Rarely

Sometimes

Always

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

Never

Rarely

Sometimes

Always

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

Never

Rarely

Sometimes

Always

14. How often do you feel isolated from others?

Never

Rarely

Sometimes

Always

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

Never

Rarely

Sometimes

Always

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

Never

Rarely

Sometimes

Always

17. How often do you feel shy?

Never

Rarely

Sometimes

Always

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

Never

Rarely

Sometimes

Always

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

Never

Rarely

Sometimes

Always

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

Never

Rarely

Sometimes

Always