



### UCLA 3-Item Loneliness Scale

When answering the questions, you could take account of the following:

- There are no right or wrong answers
- We would like you to be completely honest
- In answering the questions it is best to think of your life as it generally is now (we all have some good or bad days)

### Questions

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

Hardly ever		1
Some of the time		2
Often		3

2. How often do you feel left out?

Hardly ever		1
Some of the time		2
Often		3

3. How often do you feel isolated from others?

Hardly ever		1
Some of the time		2
Often		3

The scores for each individual question can be added together to give you a possible 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”.