

UCLA Loneliness Scale

Indicate how often each of the statements describes you. Circle one letter for each statement:

O indicates "I often feel this way."

S indicates "I sometimes feel this way."

R Indicates "I rarely feel this way."

N indicates "I never feel this way."

1. How often do you feel unhappy doing so many things alone?	O	S	R	N
2. How often do you feel you have nobody to talk to?	O	S	R	N
3. How often do you feel you cannot tolerate being so alone?	O	S	R	N
4. How often do you feel as if nobody really understands you?	O	S	R	N
5. How often do you find yourself waiting for people to contact you?	O	S	R	N
6. How often do you feel completely alone?	O	S	R	N
7. How often do you feel you are unable to reach out and communicate with those around you?	O	S	R	N
8. How often do you feel starved for company?	O	S	R	N
9. How often do you feel it is difficult for you to make friends?	O	S	R	N
10. How often do you feel shut out and excluded by others?	O	S	R	N

Scoring

1 point for every N

2 points for every R

3 points for every S

4 points for every O

Add the ten numbers together.

- 15-20 People in this range are operating comfortably and experience an average level of loneliness.
- 21-30 People in this range struggle a little with social interactions, experiencing frequent loneliness.
- 31-40 People in this range are likely experiencing severe loneliness.