

# UCLA LONELINESS SCALE - VERSION 3\*

Statement	Never	Rarely	Sometimes	Often
1. How often do you feel that you are “in tune” with the people around you?	1	2	3	4
2. How often do you feel that you lack companionship?	1	2	3	4
3. How often do you feel that there is no one you can turn to?	1	2	3	4
4. How often do you feel alone?	1	2	3	4
5. How often do you feel part of a group of friends?	1	2	3	4
6. How often do you feel that you have a lot in common with the people around you?	1	2	3	4
7. How often do you feel that you are no longer close to anyone?	1	2	3	4
8. How often do you feel that your interests and ideas are not shared by those around you?	1	2	3	4
9. How often do you feel outgoing and friendly?	1	2	3	4
10. How often do you feel close to people?	1	2	3	4
11. How often do you feel left out?	1	2	3	4
12. How often do you feel that your relationships with others are not meaningful?	1	2	3	4
13. How often do you feel that no one really knows you well?	1	2	3	4
14. How often do you feel isolated from others?	1	2	3	4
15. How often do you feel you can find companionship when you want it?	1	2	3	4

16. How often do you feel that there are people who really understand you?	1	2	3	4
17. How often do you feel shy?	1	2	3	4
18. How often do you feel that people are around you, but not with you?	1	2	3	4
19. How often do you feel that there are people you can talk to?	1	2	3	4
20. How often do you feel that there are people you can turn to?	1	2	3	4

Alright, now let's talk about totaling your score. It's a bit more complicated than just adding up the numbers, because the following questions are reverse scored: 1, 5, 6, 9, 10, 15, 16, 19, and 20. So, for these nine questions, if you circled "1," on a separate sheet of paper, give yourself a "4," if you circled "2," give yourself a "3," if you circled "3," give yourself a "2," and if you circle "4," give yourself a "1." Total the new scores. Add to this the total of your circled scores on the other holes.

Just to make certain this is clear, *after* making the "reverse score" changes on the nine questions listed above, (indicated below by an asterisk) the loneliest person on the planet would have the following scores on questions 1 through 20, in order: \*4, 4, 4, 4, \*4, \*4, 4, 4, \*4, \*4, 4, 4, 4, 4, \*4, \*4, 4, 4, \*4 and \*4. So, this fictional loneliest person would have a total score of 80, while a person who considers himself to be a genius of connective skills, would have a score of 20. Your score, my score—everybody's score-- falls somewhere in between, because the questions are designed to probe the different levels of confidence each of us has in our connective capacities, and few among us—if any—live their life utterly confident that they are always in tune with everyone they know, that they never lack companionship or feel alone, that they are always outgoing and friendly, and so on.

\*See Russell, D, Peplau, L. A., & Ferguson, L.L. (1978). Developing a Measure of Loneliness. *Journal of Personality Assessment*, 42, 290-294. Russell, D, Peplau, L. A., & Cutrona, C. E. (1980). The Revised UCLA Loneliness Scale: Concurrent and Discriminate Validity Evidence. *Journal of Personality and Social Psychology*, 39, 472-480. McKenna, K. Y. A. S., & Gleason, M. E. J. (2002). Relationship Formation on the Internet: What's the big Attraction? *Journal of Social Issues*, 58, 9-31.