

UCLA Loneliness Scale (ULS-8)

Circle the number to indicate how often each statement describes you.

	<u>Never</u>	<u>Rarely</u>	<u>Sometimes</u>	<u>Often</u>
1. I lack companionship.	1	2	3	4
2. There is no one I can turn to.	1	2	3	4
3. I am an outgoing person.	1	2	3	4
4. I feel left out	1	2	3	4
5. I feel isolated from others.	1	2	3	4
6. I can find companionship when I want it.	1	2	3	4
7. I am unhappy being so withdrawn.	1	2	3	4
8. People are around me but not with me.	1	2	3	4

Raw score: Score 1-4 as indicated above for items 1, 2, 4, 5, 7, and 8.

For items 3 and 6: Never = 4, Rarely = 3, Sometimes = 2, and Often = 1.

Average the 8-item scores to get the raw scale score.

0-100 score: (raw scale score - 1) * (100/3)