Questions adapted from the loneliness scale

The loneliness scale is either a 20 item scale or a 3 point scale. PLEASE ONLY USE THE 20 ITEM SCALE FOR OUR ONLINE WEBSITE. The 3 point scale is a measure for later processing.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Never | Rarely | Sometimes | often |
| 42. I feel in tune with people around me | 1 | 2 | 3 | 4 |
| 43. I lack companionship |  |  |  |  |
| 44. There is no one I can turn to |  |  |  |  |
| 45. I do not feel alone + |  |  |  |  |
| 46. I feel part of a group of friends + |  |  |  |  |
| 47. I have a lot in common with the people around me + |  |  |  |  |
| 48. I am no longer close to anyone |  |  |  |  |
| 49. My interests and ideas are not shared by those around me |  |  |  |  |
| 50. I am an outgoing person + |  |  |  |  |
| 51. There are people I feel close to + |  |  |  |  |
| 52. I feel left out |  |  |  |  |
| 53. My social relationships are superficial |  |  |  |  |
| 54. No one really knows me well |  |  |  |  |
| 55. I feel isolated from others |  |  |  |  |
| 56. I can find companionship when I want it + |  |  |  |  |
| 57. There are people who really understand me + |  |  |  |  |
| 58. I am unhappy being so withdrawn |  |  |  |  |
| 59. People are around me but not with me |  |  |  |  |
| 60. There are people I can talk to + |  |  |  |  |
| 61. There are people I can turn to + |  |  |  |  |

# 3 point scale’s- please do not use this for the website.

|  |  |  |  |
| --- | --- | --- | --- |
|  | Hardly ever | Some of the time | Often |
| How often do you feel you lack companionship? |  |  |  |
| How often do you feel left out? |  |  |  |
| How often do you feel isolated from others? |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  | Hardly ever | Some of the time | Often |
| How often do you feel like you are a valued part of a group? |  |  |  |
| How often do you feel included? |  |  |  |
| How often do you feel like you are close to those around you? |  |  |  |

(Hughes, Waite, Hawkley, & Cacioppo, 2004)

# References

Hughes, M. E., Waite, L. J., Hawkley, L., & Cacioppo, J. T. (2004). A short scale for Measuring Lonliness in Large surveys. *Research on Aging*, 655-572.