Loneliness and Isolation during Social Distancing (LISD) Scale

This questionnaire addresses the effects of social distancing on people. In times of social distancing, people are supposed to keep a physical distance from each other and refrain from meeting with many (or any) people.

In the following, you are asked to evaluate statements describing your experiences and feelings. Please read each statement carefully before deciding to what extent you agree. You can choose from the following answer options:

strongly agree	mostly agree	partly agree	mostly disagree	strongly disagree
O	O	O	O	O

There are no "right" or "wrong" answers. Please evaluate the statements as truthfully as possible and do not spend too long thinking about your answer. Please mark an answer even if you find it difficult to decide - in that case, choose the answer that applies most to you. Please do not omit any statement.

The questionnaire is divided into two parts.
The first part concerns your current experience and feelings. The second part of the questionnaire concerns your experience and feelings in general.
Please make sure you pay attention to this important distinction.

Important Note:

The following statements relate to your **current** experiences and feelings.

Please indicate the extent to which each statement describes you
at this time.

Part 1

Please indicate the extent to which each statement **currently** describes you.

	currently	strongly agree	mostly agree	partly agree	mostly disagree	strongly disagree
1	I am unhappy being so withdrawn.	O	O	O	O	O
2	There are people I can talk to.	O	O	O	O	O
3	I feel alone.	O	O	O	O	O
4	I miss personal contact with people belonging to the high-risk group for infection.	O	O	O	O	O
5	I feel left out.	O	O	O	O	O
6	I am unhappy doing so many things alone.	O	O	O	O	O
7	I find myself waiting for people to call or write.	O	O	O	O	O
8	There is a special person with whom I can share my joys and sorrows.	O	O	O	O	O
9	I feel that my relationships with my friends have deteriorated.	O	O	O	O	O
10	I feel isolated from others.	O	O	O	O	O
11	I lack companionship.	O	O	O	O	O
12	I am alone too often.	O	O	O	O	O

Important Note:

The following statements relate to your experience and feelings **in general**.

Please indicate to what extent each of the statements describes you
in general.

Thus, the following statements do not (only) refer to your current experiences and feelings. Please keep in mind this important distinction.

Part 2

Please indicate to what extent each of the statements describes you **in general**. Thus, the following statements do not (only) refer to your current experiences and feelings. Please keep in mind this important distinction.

	in general	strongly agree	mostly agree	partly agree	mostly disagree	strongly disagree
13	I am an outgoing person.	o	o	o	o	o
14	I am lonely.	o	o	o	o	o
15	There is no one I feel close to.	o	o	o	o	o
16	I have a lot in common with the people around me.	o	o	o	o	o
17	I feel comfortable when I'm around people.	o	o	o	o	o
18	I get emotional help and support from my friends and/or family.	o	o	o	o	o
19	My friendships are superficial.	o	o	o	o	o
20	No one really knows me well.	o	o	o	o	o
21	I desire more contact with people I can talk to.	o	o	o	o	o
22	I often find social occasions upsetting.	o	o	o	o	o
23	I find it easy to relax with other people.	o	o	o	o	o
24	I lack companionship.	o	o	o	o	o
25	I feel left out.	o	o	o	o	o

5-Factor Scoring for the Loneliness and Isolation during Social Distancing (LISD) Scale

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Scoring

Negatively coded items are marked with (-). Please invert before calculating the scores.

Score calculation: Sum up item scores per factor, then divide by number of factor items. This results in factor scores according to the rating scale ranging from 1 to 5.

	strongly agree	mostly agree	partly agree	mostly disagree	strongly disagree
Score	5	4	3	2	1
Negative coding	1	2	3	4	5

State factor 1: „lonely & isolated" (state)

(+) Item 1 (State 1): I am unhappy being …
(+) Item 3 (State 3): I feel alone.
(+) Item 4 (State 4): I miss the personal contact…
(+) Item 5 (State 5): I feel left out.
(+) Item 6 (State 6): I am unhappy doing …
(+) Item 7 (State 7): I find myself waiting …
(+) Item 10 (State 10): I feel isolated …
(+) Item 11 (State 11): I lack companionship.
(+) Item 12 (State 12): I am alone too often.

$$State\ Factor\ 1 = \frac{(State\ 1 + \cdots + State\ 12)}{9}$$

State factor 2: „socially supported & connected" (state)

(+) Item 2 (State 2): There are people …
(+) Item 8 (State 8): There is a special person …
(-) Item 9 (State 9): I feel that my relationships …

$$State\ Factor\ 2 = \frac{(State\ 2 + State\ 8 + State\ 9)}{3}$$

Trait factor 1: „loneliness & isolation" (trait)

(+) Item 14 (Trait 2): I am lonely.
(+) Item 21 (Trait 9): I desire more contact …
(+) Item 24 (Trait 12): I feel left out.
(+) Item 25 (Trait 13): I feel isolated …

$$Trait\ Factor\ 1 = \frac{(Trait\ 2 + \cdots + Trait\ 14)}{4}$$

Trait factor 2: „sociability & sense of belonging" (trait)

(+) Item 13 (Trait 1): I am an outgoing person.
(+) Item 16 (Trait 4): I have a lot in common …
(+) Item 17 (Trait 5): I feel comfortable when …
(-) Item 22 (Trait 10): I often find social occasions …
(+) Item 23 (Trait 11): I find it easy …

$$Trait\ Factor\ 2 = \frac{(Trait\ 1 + \cdots + Trait\ 11)}{5}$$

Trait factor 3: „social closeness & support " (trait)

(-) Item 15 (Trait 3): There is no one …
(+) Item 18 (Trait 6): I get emotional help …
(-) Item 19 (Trait 7): My friendships are superficial.
(-) Item 20 (Trait 8): No one really knows me well.

$$Trait\ Factor\ 3 = \frac{(Trait\ 3 + \cdots + Trait\ 8)}{4}$$