Appendix

*Existential Loneliness Questionnaire*

Circle the number that best describes how much each statement is *true of you*. For example, if you circle 1, this means that this statement is *not at all true of you*; if you circle 6, this means that it is *true of you very much*.

If you circle 3, this means that it is *sometimes true of you*.

1 2 3 4 5 6

Not at all

true of me

Sometimes

true of me

Very much

true of me

\*1. I am happy with the way I have lived my life

2. I have not made any lasting contribution in life

\*3. There is a purpose to my life

4. I have ignored what really matters in my life

5. I have lost most of the people that I am close to

\*6. I am surrounded by strangers I cannot connect with

\*7. Since being diagnosed with HIV I have had trouble finding people I can talk to

\*8. I feel lonely

\*9. When I feel lonely, I do whatever I can not to think about those feelings

10. I’ll do anything in order not to be alone

11. My days seem to go on forever, and I feel that I’m just putting in time

\*12. I feel I have people I can trust and rely on if I need them

\*13. My fears of being rejected because of HIV have made it harder to be around other people

14. I feel that things around me are unfamiliar

\*15. If I had the right relationship, I would never feel alone

\*16. I stay in bad relationships too long in order not to be alone

\*17. I immediately get involved in new relationships as soon as I break up

\*18. I feel helpless

19. I have goals in my life

20. When I’m with other people, I feel connected to them

\*21. I feel alone

22. I still feel close to my old friends

\*23. I mean something to others

\*24. Important relationships have ended or become weaker

\*25. I feel at the mercy of the world

\*26. I feel dead

\*27. The universe is full of meaning

28. I have faced death and realize it will happen to everyone

\*29. I feel that there is little point to life

\*30. No one else in the world can understand my feelings

\*31. My world seems so different from everybody else’s

\*32. Because I am HIV\_ I feel hopeless about having a romantic relationship