

De Jong Gierveld Scale

		None of the time	Rarely	Some of the time	Often	All of the time
1	There is always someone I can talk to about my day-to-day problems					
2	I miss having a really close friend					
3	I experience a general sense of emptiness					
4	There are plenty of people I can lean on when I have problems					
5	I miss the pleasure of the company of others					
6	I find my circle of friends and acquaintances too limited					
7	There are many people I can trust completely					
8	There are enough people I feel close to					
9	I miss having people around me					
10	I often feel rejected					
11	I can call on my friends whenever I need them					

processing the scale data manually

Step 1

Count the neutral and positive answers ("more or less", "yes", or "yes!") on items 2, 3, 5, 6, 9, 10. This is the *emotional loneliness score*.

Count the missing values (i.e., no answer) on items 2, 3, 5, 6, 9, 10. This is the *missing emotional loneliness score*.

Count the neutral and negative ("no!", "no", or "more or less") answers on items 1, 4, 7, 8, 11. This is the *social loneliness score*.

Count the missing values (i.e., no answer) on items 1, 4, 7, 8, 11. This is the *missing social loneliness score*.

Step 2

Compute the total *loneliness score* by taking the sum of the *emotional loneliness score* and the *social loneliness score*.

Step 3

The *emotional loneliness score* is valid only if the *missing emotional loneliness score* equals 0.

The *social loneliness score* is valid only if the *missing social loneliness score* equals 0.

The total *loneliness score* is valid only if the sum of the *missing emotional loneliness score* and the *missing social loneliness score* equals 0 or 1.

Step 4

If desired, the total *loneliness score* can be categorized into four levels: *not lonely* (score 0, 1 or 2), *moderate lonely* (score 3 through 8), *severe lonely* (score 9 or 10), and *very severe lonely* (score 11).