

Participant Name or ID#	
Date	

UCLA 3-Item Loneliness Scale

When answering the questions, you could take account of the following:

- There are no right or wrong answers
- We would like you to be completely honest
- In answering the questions it is best to think of your life as it generally is now (we all have some good or bad days)

Questions

1. How often do you feel that you lack companionship?

- ☐ Hardly ever
☐ Some of the time
☐ Often

2. How often do you feel left out?

- ☐ Hardly ever
☐ Some of the time
☐ Often

3. How often do you feel isolated from others?

- ☐ Hardly ever
☐ Some of the time
☐ Often