**Code for Identity of Participant:**

Please enter the following information.

\_\_\_\_ The first letter of your first name

­­­\_\_\_\_ The first letter of your middle name

\_\_\_\_ The first letter of your last name

­­­­\_\_\_ \_\_\_ The month of your birth in numerical form (Example: January = 01, November 11)

\_\_\_ \_\_\_ \_\_\_ \_\_\_ The year of your birth.

**UCLA LONELINESS SCALE (Version 3)**

©Daniel W. Russel, Ph.D.

***INSTRUCTIONS*:** The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described. Here is an example:

 How often do you feel happy?

If you never felt happy, you would respond “never”; if you always feel happy, you would respond “always.”

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Statements** | Never | Rarely | Sometimes | Always |
| 1. How often do you feel that you are “in tune” with people around you?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that you lack companionship?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that there is no one you can turn to?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel alone?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel part of a group of friends?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that you have a lot in common with the people around you?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that you are no longer close to anyone?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that your interests and ideas are not shared by those around you?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel outgoing and friendly?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel close to people?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel left out?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that your relationships with others are not meaningful?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that no one really knows you well?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel isolated from others?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that you can find companionship when you want it?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that there are people who really understand you?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel shy?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that people are around you but not with you?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that there are people that you can talk to?
 | 1 | 2 | 3 | 4 |
| 1. How often do you feel that there are people you can turn to?
 | 1 | 2 | 3 | 4 |