

## Measuring Loneliness Scale

Outlined below is the UCLA 3 Item Loneliness Scale. This version created in 2004, is considerably shorter and easier to administer than the original 20 question instrument. The survey can be administered in various ways – either through asking the questions during an interview or assessment or provided to an older adult to read and respond to the questions independently.

Based on the response score, various opportunities for social engagement or volunteering can be suggested to the older adult.

Ideally, the evaluation results will be tracked along with the actions recommended to and taken by the older adult. This will help measure the impact both the assessment and recommendations have upon the level of social engagement within the community.

This scale comprises 3 questions that measure three dimensions of loneliness: relational connectedness, social connectedness and self-perceived isolation.

The questions are:

1. How often do you feel that you lack companionship?
2. How often do you feel left out?
3. How often do you feel isolated from others?

The scale generally uses three response categories:

Hardly ever / Some of the time / Often

To score somebody's answers, their responses should be coded as follows:

Response	Score
Hardly Ever	1
Some of the Time	2
Often	3

The scores for each individual question can be added together to give you a possible range of scores from 3 to 9.

Researchers in the past have grouped people who score 3 – 5 as “not lonely” and people with the score 6 – 9 as “lonely”.

Least Lonely 3 4 5 6 7 8 9 Most Lonely

Source: Campaign to End Loneliness (UCLA Loneliness Scale, 2004)