

Chronic Loneliness Test

**Disclaimer: This test is based on the UCLA Loneliness Scale Version 3, developed by Russell, Peplau, and Ferguson in 1978.*

Patient information

Name:
Age:
Date of exam:
Examiner:

Other information (as required by the researchers)

Occupation:				
Marital status:				
Living situation:	Alone	With family	With friends	Other
Social support:	Strong	Moderate	Weak	

Instructions

For each of the following statements, please indicate how often you feel this way using the scale below:

- Never (1)
- Rarely (2)
- Sometimes (3)
- Always (4)

Statement	Never (1)	Rarely (2)	Sometimes (3)	Always (4)
I feel in tune with the people around me.				
I lack companionship.				
There is no one I can turn to.				
I do not feel alone.				

Statement	Never (1)	Rarely (2)	Sometimes (3)	Always (4)
I feel part of a group of friends.				
I have a lot in common with the people around me.				
I am no longer close to anyone.				
My interests and ideas are not shared by the people around me.				
I am an outgoing person.				
There are people I feel close to.				
I feel left out.				
My social relationships are superficial.				
No one really knows me well.				
I feel isolated from others.				
I can find companionship when I want it.				
There are people who really understand me.				
I am unhappy being so withdrawn.				
People are around me but not with me.				
There are people I can talk to.				
There are people I can turn to.				

Overall findings

Additional notes

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Healthcare professional information

Name:
License ID:
Date of assessment:
Signature:

Reference

Russell, D., Peplau, L. A., & Ferguson, M. L. (1978). The UCLA Loneliness Scale: Reliability, validity, and factor structure. *Journal of Personality Assessment*, 42(3), 290-294.
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