## Lubben Social Network Scale (LSNS)

Name: Maria Gonzalez

Examiner: Dr. John Smith

Age: 65

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## Lubben Social Network Scale-Revised (LSNS-R)

1. How many relatives do you see or hear from at least once a month?

| $0=\mathrm{No}$ relatives | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { relative }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | 3 = Three or four relatives | 4 = Five to eight relatives | - <br> $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |

2. How often do you see or hear from the relative with whom you have the most contact?

| $0=$ Less than monthly | $1=$ Monthly | $2=$ Few times a month | (-3 $3=$ Weekly | 4 = Few times a week | $\bigcirc 5=$ Daily |
| :---: | :---: | :---: | :---: | :---: | :---: |

3. How many relatives do you feel at ease with that you can talk about private matters?

| $\bigcirc$ <br> $0=\mathrm{No}$ relatives | $1=$ One relative | 2 = Two relatives | (-) $3=$ Three or four relatives | $\bigcirc$ <br> 4 = Five to eight relatives | $\bigcirc$ <br> $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 4. How many relatives do you feel close to such that you could call on them for help? |  |  |  |  |  |
| $0=\mathrm{No}$ relatives | $1=$ One relative | 2 = Two relatives | © $3=$ Three or four relatives | 4 = Five to eight relatives | $5=$ Nine or more relatives |

5. When one of your relatives has an important decision to make, how often do they talk to you about it?
$0=$ Never
O1=Seldom
○
$2=$
$3=$ Often
○
$4=$ Very

$5=$ Always
6. How often is one of your relatives available for you to talk to when you have an important decision to make?
$0=$ Never
$1=$ Seldom
$2=$
Som
$3=$ Often
$\bigcirc$
$4=$ Very
$\bigcirc$
5 = Always
7. How many of your friends do you see or hear from at least once a month?

| $0=\mathrm{No}$ friends | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { friend }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { friends }\end{aligned}$ | $\bigcirc$ <br> 3 = Three or four friends | - <br> 4 = Five to eight friends | $5=$ Nine or more friends |
| :---: | :---: | :---: | :---: | :---: | :---: |

8. How often do you see or hear from the friend with whom you have the most contact?

| $0=$ Less than monthly | $\bigcirc \begin{aligned} & 1= \\ & \text { Monthly }\end{aligned}$ | 2 = Few times a month | $\bigcirc 3=$ Weekly | © <br> 4 = Few times a week | $\bigcirc 5=$ Daily |
| :---: | :---: | :---: | :---: | :---: | :---: |

9. How many friends do you feel at ease with that you can talk about private matters?

| $0=$ No <br> friends | $1=$ One <br> friend | $2=$ Two <br> friends | $3=$ Three <br> or four <br> friends | $4=$ Five to <br> eight <br> friends | $5=$ Nine or <br> more <br> friends |
| :--- | :--- | :--- | :--- | :--- | :--- |

10. How many friends do you feel close to such that you could call on them for help?

| $0=\mathrm{No}$ relatives | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { relative }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | $3=$ Three or four relatives | $4=$ Five to eight relatives | $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |

11. When one of your friends has an important decision to make, how often do they talk to you about it?

| $\bigcirc 0=$ Never | $\bigcirc 1=$ Seldom | $2=$ <br> Sometimes | $\bigcirc 3=$ Often | $4=$ Very <br> often | $\bigcirc 5=$ Always |
| :--- | :--- | :--- | :--- | :--- | :--- |

12. How often is one of your friends available for you to talk to when you have an important decision to make?

| $\bigcirc 0=$ Never | $\bigcirc 1=$ Seldom | (-) $\begin{aligned} & 2= \\ & \text { Sometimes }\end{aligned}$ | $\bigcirc 3=$ Often | $\bigcirc \begin{aligned} & 4=\text { Very } \\ & \text { often }\end{aligned}$ | $\bigcirc 5=$ Alway |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Total |  |  |  |  | 37 |

Cutoff: A score below 30 suggests social isolation.

## Lubben Social Network Scale-Abbreviated (LSNS-6)

1. How many relatives do you see or hear from at least once a month?

| $0=\mathrm{No}$ relatives | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { relative }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | $3=$ Three or four relatives | $4=$ Five to eight relatives | © <br> $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |

2. How many relatives do you feel at ease with that you can talk about private matters?

| $0=\mathrm{No}$ relatives | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { relative }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | $\bigcirc$ <br> $3=$ Three or four relatives | 4 = Five to eight relatives | $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |

3. How many relatives do you feel close to such that you could call on them for help?

| $0=N o$ <br> relatives | $1=$ One <br> relative | $2=$ Two <br> relatives | $3=$ Three <br> or four <br> relatives | $4=$ Five to <br> eight <br> relatives$5=$ Nine or <br> more <br> relatives |
| :--- | :--- | :--- | :--- | :--- | :--- |

4. How many of your friends do you see or hear from at least once a month?

| $0=$ No <br> friends | $1=$ One <br> friend | $\bigcirc_{\text {friends }}^{2=\text { Two }}$ | $3=$ Three <br> or four <br> friends | $4=$ Five to <br> eight <br> friends$5=$ Nine or <br> more <br> friends |
| :--- | :--- | :--- | :--- | :--- | :--- |

5. How many friends do you feel at ease with that you can talk about private matters?

| $0=$ No <br> friends | $1=$ One <br> friend | $\bigcirc_{\text {friends }}^{2=\text { Two }}$ | $3=$ Three <br> or four <br> friends | $4=$ Five to <br> eight <br> friends$5=$ Nine or <br> more <br> friends |
| :--- | :--- | :--- | :--- | :--- | :--- |

6. How many friends do you feel close to such that you could call on them for help?

| $0=$ No <br> friends | $1=$ One <br> friend | $2=$ Two <br> friends | $3=$ Three <br> or four <br> friends | $4=$ Five to <br> eight <br> friends | $5=$ Nine or <br> more <br> friends |
| :--- | :--- | :--- | :---: | :---: | :---: |
| Total |  |  |  |  |  |
| Cutoff: A score below 12 suggests social isolation. |  |  |  |  |  |

Lubben Social Network Scale-Expanded (LSNS-18)

1. How many relatives do you see or hear from at least once a month?

| $0=\mathrm{No}$ relatives | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { relative }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | 3 = Three or four relatives | $4=$ Five to eight relatives | $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |

2. How often do you see or hear from the relative with whom you have the most contact?

| $0=$ Less than monthly | $\bigcirc \begin{aligned} & 1= \\ & \text { Monthly }\end{aligned}$ | $2=$ Few times a month | -3 = Weekly | 4 = Few times a week | $\bigcirc 5=$ Daily |
| :---: | :---: | :---: | :---: | :---: | :---: |

3. How many relatives do you feel at ease with that you can talk about private matters?

| $0=\mathrm{No}$ relatives | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { relative }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=T w o \\ & \text { relatives }\end{aligned}$ | $3=$ Three or four relatives | 4 = Five to eight relatives | $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |

4. How many relatives do you feel close to such that you could call on them for help?

| $0=\mathrm{No}$ relatives | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { relative }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | $3=$ Three or four relatives | 4 = Five to eight relatives | $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |

5. When one of your relatives has an important decision to make, how often do they talk to you about it?
$0=$ Never
O1 = Seldom
O2 $=$
Sometimes

- $3=$ Often
$4=$ Very
$\bigcirc 5$ = Always

6. How often is one of your relatives available for you to talk to when you have an important decision to make?
$0=$ Never
〇1 = Seldom
$2=$
Sometimes
$3=$ Often$4=$ Very often

$5=$ Always
7. How many of your neighbors do you see or hear from at least once a month?

| $0=$ No neighbors | 1 = One neighbor | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { neighbors }\end{aligned}$ | $3=$ Three or four neighbors | $4=$ Five to eight neighbors | $5=$ Nine or more neighbors |
| :---: | :---: | :---: | :---: | :---: | :---: |

8. How often do you see or hear from the neighbor with whom you have the most contact?

| $0=$ Less than monthly | $\bigcirc \begin{aligned} & 1= \\ & \text { Monthly }\end{aligned}$ | $2=$ Few times a month | -3 = Weekly | 4 = Few times a week | $\bigcirc 5=$ Daily |
| :---: | :---: | :---: | :---: | :---: | :---: |

9. How many neighbors do you feel at ease with that you can talk about private matters?

| $\mathrm{O}=\mathrm{No}$ neighbors | 1 = One neighbor | 2 = Two neighbors | 3 = Three or four neighbors | 4 = Five to eight neighbors | $5=$ Nine or more neighbors |
| :---: | :---: | :---: | :---: | :---: | :---: |

10. How many neighbors do you feel close to such that you could call on them for help?

| $0=$ No |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| neighbors | $1=$ One <br> neighbor | $2=$ Two <br> neighbors | $3=$ Three <br> or four <br> neighbors | $4=$ Five to <br> eight <br> neighbors | O Nine or <br> more <br> neighbors |

11. When one of your neighbors has an important decision to make, how often do they talk to you about it?
$\bigcirc 0=$ Never

1 = Seldom
$\bigcirc$
2
$3=$ Often
$\bigcirc$
4 = Very
often

5 = Always
12. How often is one of your neighbors available for you to talk to when you have an important decision to make?

| $\bigcirc 0=$ Never | $2=$ <br> Sometimes | $\bigcirc 3=$ Stten | $4=$ Very <br> often | $\bigcirc 5=$ Always |
| :---: | :---: | :---: | :---: | :---: |

13. How many of your friends do you see or hear from at least once a month?

| $0=\mathrm{No}$ friends | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { friend }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { friends }\end{aligned}$ | 3 = Three or four friends | $4=$ Five to eight friends | $5=$ Nine or more friends |
| :---: | :---: | :---: | :---: | :---: | :---: |

14. How often do you see or hear from the friend with whom you have the most contact?

| $0=$ Less |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| than <br> monthly | $1=$ <br> Monthly | $2=$ Few <br> times a <br> month | $\bigcirc=$ Weekly | $4=$ Few <br> times a <br> week |

15. How many friends do you feel at ease with that you can talk about private matters?

| $0=\mathrm{No}$ friends | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { friend }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { friends }\end{aligned}$ | $3=$ Three or four friends | $4=$ Five to eight friends | $5=$ Nine or more friends |
| :---: | :---: | :---: | :---: | :---: | :---: |

16. How many friends do you feel close to such that you could call on them for help?

| $0=$ No friends | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { friend }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { friends }\end{aligned}$ | 3 = Three or four friends | $4=$ Five to eight friends | $5=$ Nine or more friends |
| :---: | :---: | :---: | :---: | :---: | :---: |

17. When one of your friends has an important decision to make, how often do they talk to you about it?

| $\bigcirc 0=$ Never | $\bigcirc 1=$ Seldom | (-) $\begin{aligned} & 2= \\ & \text { Sometimes }\end{aligned}$ | $\bigcirc 3=$ Often | $\bigcirc \begin{aligned} & 4=\text { Very } \\ & \text { often }\end{aligned}$ | $\bigcirc 5$ = Always |
| :---: | :---: | :---: | :---: | :---: | :---: |

18. How often is one of your friends available for you to talk to when you have an important decision to make?

| $\bigcirc 0=$ Never | $\bigcirc 1=$ Seldom | (-) $\begin{aligned} & 2= \\ & \text { Sometimes }\end{aligned}$ | $\bigcirc 3=$ Often | $\bigcirc \begin{aligned} & 4=\text { Very } \\ & \text { often }\end{aligned}$ | $\bigcirc 5=$ Always |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Total |  |  |  |  | 53 |

Cutoff: A score below 45 suggests social isolation.

## Additional notes

Maria has a strong social network with both relatives and friends. She interacts frequently with her relatives and friends and has multiple people she can rely on for support and private conversations. However, there is room for improvement in how often her relatives and friends seek her advice on important decisions.

[^0]
[^0]:    Lubben, J., Blozik, E., Gillmann, G., Iliffe, S., von Renteln Kruse, W., Beck, J. C., \& Stuck, A. E. (2006). Performance of an abbreviated version of the Lubben Social Network Scale among three European community-dwelling older adult populations. The Gerontologist, 46(4), 503-513. https://doi.org/10.1093/geront/46.4.503

