Lubben Social Network Scale (LSNS)

Name:	Age:
Examiner:	Date:

ubben Social Ne	etwork Scale-Revis	sed (LSNS-R)			
1. How many relat	ives do you see or h	ear from at least or	nce a month?		
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine o more relatives
2. How often do yo	ou see or hear from	the relative with wh	om you have the m	ost contact?	
0 = Less than monthly	1 = Monthly	2 = Few times a month	3 = Weekly	4 = Few times a week	5 = Daily
3. How many relat	ives do you feel at e	ase with that you c	an talk about private	e matters?	
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine o more relatives
4. How many relat	ives do you feel clos	se to such that you	could call on them	for help?	
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine o more relatives
5. When one of yo	ur relatives has an i	mportant decision	to make, how often	do they talk to you	about it?
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
6. How often is on	e of your relatives a	vailable for you to t	alk to when you hav	ve an important dec	ision to make?
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
7. How many of yo	our friends do you se	ee or hear from at le	east once a month?	1	
0 = No friends	1 = One friend	2 = Two friends	3 = Three or four friends	4 = Five to eight friends	5 = Nine o more friends
8. How often do yo	ou see or hear from	the friend with who	m you have the mos	st contact?	
0 = Less than monthly	1 = Monthly	2 = Few times a month	3 = Weekly	4 = Few times a week	5 = Daily
9. How many frien	ds do you feel at ea	se with that you car	n talk about private	matters?	
0 = No friends	1 = One friend	2 = Two friends	3 = Three or four friends	4 = Five to eight friends	5 = Nine o more friends

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0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine o more relatives
l. When one of yo	our friends has an im	portant decision to	o make, how often d	o they talk to you at	oout it?
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Alway
2. How often is or	ne of your friends av	ailable for you to ta	alk to when you hav	e an important decis	sion to make?
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Alway
1		1		Total	
utoff: A score bel	ow 30 suggests social	isolation.		1	
ubben Social N	etwork Scale-Abbr	eviated (LSNS-6)			
. How many rela	tives do you see or h	ear from at least o	nce a month?		
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine more relatives
2. How many rela	tives do you feel at e	ase with that you	can talk about privat	te matters?	
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine more relatives
3. How many rela	tives do you feel clos	se to such that you	could call on them	for help?	
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine more relatives
l. How many of y	our friends do you s	ee or hear from at	least once a month?)	
0 = No friends	1 = One friend	2 = Two friends	3 = Three or four friends	4 = Five to eight friends	5 = Nine more friends
i. How many frier	nds do you feel at ea	se with that you ca	n talk about private	matters?	
0 = No friends	1 = One friend	2 = Two friends	3 = Three or four friends	4 = Five to eight friends	5 = Nine more friends
6. How many frier	nds do you feel close	to such that you	could call on them fo	or help?	
0 = No friends	1 = One friend	2 = Two friends	3 = Three or four friends	4 = Five to eight friends	5 = Nine more friends
				Total	

Lubben Social N	etwork Scale-Expa	nded (LSNS-18)			
1. How many relat	tives do you see or h	near from at least or	nce a month?		
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine of more relatives
2. How often do y	ou see or hear from	the relative with wh	om you have the m	ost contact?	
0 = Less than monthly	1 = Monthly	2 = Few times a month	3 = Weekly	4 = Few times a week	5 = Daily
3. How many relat	tives do you feel at e	ase with that you ca	an talk about privat	e matters?	
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine or more relatives
4. How many relat	tives do you feel clos	se to such that you	could call on them	for help?	
0 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine o more relatives
5. When one of yo	our relatives has an i	mportant decision t	o make, how often	do they talk to you	about it?
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
6. How often is or	ne of your relatives a	vailable for you to t	alk to when you ha	ve an important dec	cision to make?
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
7. How many of ye	our neighbors do yo	u see or hear from a	at least once a mon	th?	
0 = No neighbors	1 = One neighbor	2 = Two neighbors	3 = Three or four neighbors	4 = Five to eight neighbors	5 = Nine o more neighbors
8. How often do y	ou see or hear from	the neighbor with w	hom you have the	most contact?	
0 = Less than monthly	1 = Monthly	2 = Few times a month	3 = Weekly	4 = Few times a week	5 = Daily
9. How many neig	hbors do you feel at	ease with that you	can talk about priva	ate matters?	
0 = No neighbors	1 = One neighbor	2 = Two neighbors	3 = Three or four neighbors	4 = Five to eight neighbors	5 = Nine o more neighbors
0. How many neig	hbors do you feel cl	ose to such that yo	u could call on ther	n for help?	
0 = No neighbors	1 = One neighbor	2 = Two neighbors	3 = Three or four neighbors	4 = Five to eight neighbors	5 = Nine o more neighbors

0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
2. How often is an			talk to whom you be		nicion to make
2. How often is or	ne of your neighbors	available for you to	talk to when you ha	ave an important dec	cision to make
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
3. How many of y	our friends do you s	ee or hear from at le	east once a month?		
0 = No friends	1 = One friend	2 = Two friends	3 = Three or four friends	4 = Five to eight friends	5 = Nine or more friends
4. How often do y	ou see or hear from	the friend with who	m you have the mo	st contact?	
0 = Less than monthly	1 = Monthly	2 = Few times a month	3 = Weekly	4 = Few times a week	5 = Daily
5. How many frier	nds do you feel at ea	se with that you car	talk about private	matters?	
0 = No friends	1 = One friend	2 = Two friends	3 = Three or four friends	4 = Five to eight friends	5 = Nine or more friends
6. How many frier	nds do you feel close	e to such that you co	ould call on them fo	or help?	
0 = No friends	1 = One friend	2 = Two friends	3 = Three or four friends	4 = Five to eight friends	5 = Nine or more friends
7. When one of yo	our friends has an im	portant decision to	make, how often d	o they talk to you ab	out it?
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
8. How often is or	ne of your friends ava	ailable for you to tal	k to when you have	e an important decis	ion to make?
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
				Total	
Cutoff: A score belo	ow 45 suggests social	isolation.		I	
Additional notes					

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

