# Lubben Social Network Scale (LSNS) 

Name: $\qquad$ Age: $\qquad$

Date: $\qquad$

## 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 | $5=$ 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 | $\bigcirc 3=$ 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?

| $0=$ 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 |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 4. How many relatives do you feel close to such that you could call on them for help? |  |  |  |  |  |
| $0=$ 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?
$\bigcirc$
$0=$ Never
O1 = Seldom
$\bigcirc$
$2=$ $\bigcirc 3=$ 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?

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

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

| $0=$ 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 |
| :---: | :---: | :---: | :---: | :---: | :---: |

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 | 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 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 |
| :---: | :---: | :---: | :---: | :---: | :---: |

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 | O $1=$ Seldom | $2=$ <br> Sometimes | $\bigcirc 3=$ Often | $4=$ Very <br> often | $5=$ Always |
| ---: | ---: | :---: | :---: | :---: | :---: |
| Total |  |  |  |  |  |

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 | $1 \text { = One }$ relative | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | $3=$ Three or four relatives | 4 = Five to eight relatives | $5=$ Nine or more relatives |
| :---: | :---: | :---: | :---: | :---: | :---: |

2. How 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 | $\bigcirc$ <br> $4=$ Five to eight relatives | $\bigcirc$ <br> $5=$ 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 | $\underbrace{2=\text { Two }}_{\text {friends }}$ | $3=$ 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 | $1=$ One relative | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | 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?
$\left.\begin{array}{|c|c|c|c|c|}\hline \begin{array}{c}0=\text { Less } \\ \text { than } \\ \text { monthly }\end{array} & \begin{array}{l}1= \\ \text { Monthly }\end{array} & \begin{array}{c}2=\text { Few } \\ \text { times a } \\ \text { month }\end{array} & \bigcirc=\text { weekly } & \begin{array}{c}4=\text { Few } \\ \text { times a } \\ \text { week }\end{array}\end{array}\right\}$ = Daily
3. How many relatives do you feel at ease with that you can talk about private matters?

| $0=\mathrm{No}$ relatives | $\bigcirc \begin{aligned} & 1=\text { One } \\ & \text { relative }\end{aligned}$ | $\bigcirc \begin{aligned} & 2=\text { Two } \\ & \text { relatives }\end{aligned}$ | 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
$\bigcirc$
$2=$
$3=$ Often
$\bigcirc$
$4=$ 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?

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

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

| $0=$ 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 |

8. How often do you see or hear from the neighbor with whom you have the most contact?
$\left.\begin{array}{|c|c|c|c|c|}\hline 0 \text { Less } \\ \begin{array}{c}\text { than } \\ \text { monthly }\end{array} & \begin{array}{l}1= \\ \text { Monthly }\end{array} & \begin{array}{c}2=\text { Few } \\ \text { times a } \\ \text { month }\end{array} & \bigcirc=\text { weekly } & \begin{array}{c}4=\text { Few } \\ \text { times a } \\ \text { week }\end{array}\end{array}\right\} 5=$ Daily
9. How many neighbors do you feel at ease with that you can talk about private matters?

| $0=$ No <br> 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 |
| :--- | :--- | :--- | :--- | :--- | :--- |

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

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

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

1 = Seldom
$\bigcirc$
$2=$
$3=$ Often

$4=$ Very

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

| $0=$ Never | $\bigcirc 1=$ Seldom |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Sometimes | $\bigcirc 3=$ Often | $4=$ Very <br> often | $\bigcirc=$ 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 monthly | $\bigcirc \begin{aligned} & 1= \\ & \text { Monthly }\end{aligned}$ | $2=$ Few times a month | $\bigcirc 3=$ Weekly | 4 = Few times a week | $\bigcirc 5=$ Daily |
| :---: | :---: | :---: | :---: | :---: | :---: |

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 |$\quad$| $1=$ One |
| :--- |
| friend |$\quad$| $2=$ Two |
| :---: |
| friends |$\quad$| $3=$ Three |
| :---: |
| or four |
| friends |$\quad$| $4=$ Five to |
| :--- |
| eight <br> friends | | $5=$ Nine or <br> more <br> 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 | $\bigcirc \begin{aligned} & 2= \\ & \text { Sometimes }\end{aligned}$ | $\bigcirc 3=$ 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?

| 00 Never |
| ---: | ---: | ---: | ---: | :--- |

Cutoff: A score below 45 suggests social isolation.

## Additional notes

[^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

