

Lubben Social Network Scale (LSNS)

Name: _____ Age: _____

Examiner: _____ Date: _____

Lubben Social Network Scale-Revised (LSNS-R)					
1. How many relatives do you see or hear from at least once a month?					
0 = No relatives	1 = One relative	2 = Two relatives	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	1 = Monthly	2 = Few times a month	3 = Weekly	4 = Few times a week	5 = Daily
3. How many relatives do you feel at ease with that you can talk about private 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 relatives do you feel close 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 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	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	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 = Sometimes	3 = Often	4 = Very often	5 = Always
7. How many of your friends do you see 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 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	1 = Monthly	2 = Few times a month	3 = Weekly	4 = Few times a week	5 = Daily
9. How many friends do you feel at ease with that you can 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

10. How many friends do you feel close 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 or more relatives
11. When one of your friends has an important 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
12. How often is one of your friends available for you to talk to when you have an important decision to make?					
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very 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 = No relatives	1 = One relative	2 = Two relatives	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 = No relatives	1 = One relative	2 = Two relatives	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 = 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 of your friends do you see 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 or more friends
5. How many friends do you feel at ease with that you can 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 friends do you feel close to such that you could call on them for 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
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 = No relatives	1 = One relative	2 = Two relatives	3 = Three or four relatives	4 = Five to eight relatives	5 = Nine or more relatives
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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 = Weekly	4 = Few times a week	5 = Daily
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3. How many relatives do you feel at ease with that you can talk about private 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
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4. How many relatives do you feel close 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 or more relatives
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5. When one of your relatives has an important 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
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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 = Sometimes	3 = Often	4 = Very often	5 = Always
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7. How many of your neighbors do you see or hear from at least once a month?

0 = No neighbors	1 = One neighbor	2 = Two neighbors	3 = Three or four neighbors	4 = Five to eight neighbors	5 = Nine or more neighbors
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8. How often do you see or hear from the neighbor with whom 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
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9. How many neighbors do you feel at ease with that you can talk about private matters?

0 = No neighbors	1 = One neighbor	2 = Two neighbors	3 = Three or four neighbors	4 = Five to eight neighbors	5 = Nine or more neighbors
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10. How many neighbors do you feel close to such that you could call on them for help?

0 = No neighbors	1 = One neighbor	2 = Two neighbors	3 = Three or four neighbors	4 = Five to eight neighbors	5 = Nine or more neighbors
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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	2 = Sometimes	3 = Often	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?					
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
13. How many of your friends do you see 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 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	1 = Monthly	2 = Few times a month	3 = Weekly	4 = Few times a week	5 = Daily
15. How many friends do you feel at ease with that you can 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
16. How many friends do you feel close to such that you could call on them for 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
17. When one of your friends has an important 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
18. How often is one of your friends available for you to talk to when you have an important decision to make?					
0 = Never	1 = Seldom	2 = Sometimes	3 = Often	4 = Very often	5 = Always
Total					
Cutoff: A score below 45 suggests social isolation.					
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>