

# Need to Belong Scale

Name: \_\_\_\_\_ Gender: \_\_\_\_\_

Date of assessment: \_\_\_\_\_ Contact information: \_\_\_\_\_

**Instructions:** For each of the statements below, indicate the degree to which you agree or disagree with the statement by writing a number in the space beside the question using the scale below:

- 1 = Strongly disagree
- 2 = Moderately disagree
- 3 = Neither agree nor disagree
- 4 = Moderately agree
- 5 = Strongly agree

	1	2	3	4	5
1. If other people don't seem to accept me, I don't let it bother me.					
2. I try hard not to do things that will make other people avoid or reject me.					
3. I seldom worry about whether other people care about me.					
4. I need to feel that there are people I can turn to in times of need.					
5. I want other people to accept me.					
6. I do not like being alone.					
7. Being apart from my friends for long periods of time does not bother me.					
8. I have a strong need to belong.					

	1	2	3	4	5
9. It bothers me a great deal when I am not included in other people's plans.					
10. My feelings are easily hurt when I feel that others do not accept me.					

Total score: \_\_\_\_\_

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## Scoring and interpretation

To calculate the total score, sum the ratings for all 10 items. Higher total scores indicate a stronger need to belong, while lower scores suggest a greater comfort with independence and solitude.

The following interpretation can also be offered:

- **High scores:** Individuals with high scores tend to prioritize their group memberships and seek to establish strong connections with others.
- **Low scores:** Those with low scores may feel more comfortable being alone and less concerned about social acceptance.

It's important to note that both high and low scores have their advantages and disadvantages, and the interpretation of results should consider the individual's context and experiences.

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## References

Leary, M. R. (2013). Need to belong scale (NTBS) [Database record]. *PsycTESTS Dataset*. <https://doi.org/10.1037/t27154-000>

Leary, M. R., Kelly, K. M., Cottrell, C. A., & Schreindorfer, L. S. (2013). Construct validity of the need to belong scale: Mapping the nomological network. *Journal of Personality Assessment*, 95(6), 610–624. <https://doi.org/10.1080/00223891.2013.819511>