

Sense of Belonging Scale

Name: _____ Date: _____

The Sense of Belonging Scale (SBS) measures the feeling of belonging of respondents and can be adapted into different contexts. The respondent chooses how much they agree with each statement using a 5-point Likert scale:

1	2	3	4	5
Strongly disagree	Somewhat disagree	Neutral	Somewhat agree	Strongly agree

Statement	1	2	3	4	5
1. In general, I feel a sense of belonging.					
2. I don't really feel accepted.*					
3. Overall, I feel valued by others.					
4. I feel disregarded.*					
5. I feel like I fit in.					
6. I feel like I don't really fit in with others.*					
7. I feel connected with others.					
8. I feel so distant from others.*					
<i>*The items with asterisks are reverse-scored.</i>	<p style="text-align: center;">Sum for SBS-8: For evaluator use only</p>				
9. Overall, I feel accepted by others.					
10. I don't really feel like I belong anywhere.*					
11. I feel appreciated.					
12. I don't really feel valued for who I am.*					
13. I feel at home in the world.					
14. I feel like a jigsaw puzzle piece that doesn't fit into the puzzle.*					
15. In general, I feel welcome.					
16. I feel disconnected from the world around me.*					
<i>*The items with asterisks are reverse-scored.</i>	<p style="text-align: center;">Sum for SBS-16: For evaluator use only</p>				

Scoring and interpretation

For both the SBS-8 and SBS-16, the sum is then divided by the number of items to get an average score. Remember that some items are reverse-scored.

SBS-8 score (sum ÷ 8): _____

You do not need to calculate the SBS-8 score if you used the SBS-16.

SBS-16 score (sum ÷ 16): _____

There are no specified official or standardized cut-off scores for the scale, so researchers may establish their own benchmarks based on normative data or specific research goals.

Additional notes

Mellinger, C., & Park, B. (2023, November 1). *SBS_ANONYMOUS.pdf*. OSF; Center for Open Science. <https://osf.io/kfcyt>

Mellinger, C., Fritzson, A., Park, B., & Dimidjian, S. (2023). Developing the Sense of Belonging Scale and understanding its relationship to loneliness, need to belong, and general well-being outcomes. *Journal of Personality Assessment*, 106(3), 1–14. <https://doi.org/10.1080/00223891.2023.2279564>