

Social Connectedness Scale

Patient information

Name:

Date of birth:

Gender:

Date of assessment:

The Social Connectedness Scale assesses an individual's sense of belonging and connectedness within professional and social contexts. It contains 20 statements rated on a 6-point Likert scale.

Scale

1 = Strongly Disagree

2 = Disagree

3 = Somewhat Disagree

4 = Somewhat Agree

5 = Agree

6 = Strongly Agree

Please check the number that corresponds to the individual's level of agreement with each statement.

Statement	1	2	3	4	5	6
1. I feel distant from people. *						
2. I don't feel related to most people. *						
3. I feel like an outsider. *						
4. I see myself as a loner. *						
5. I feel disconnected from the world around me. *						
6. I don't feel I participate with anyone or any group. *						
7. I feel close to people.						
8. Even around people I know, I don't feel that I really belong. *						
9. I am able to relate to my peers.						

1 = Strongly Disagree
2 = Disagree

3 = Somewhat Disagree
4 = Somewhat Agree

5 = Agree
6 = Strongly Agree

Statement	1	2	3	4	5	6
9. I am able to relate to my peers.						
10. I catch myself losing a sense of connectedness with my society. *						
11. I am able to connect with other people						
12. I feel understood by the people I know.						
13. I see people as friendly and approachable.						
14. I fit in well in new situations.						
15. I have little sense of togetherness with my peers. *						
16. My friends feel like family.						
17. I find myself actively involved in people's lives.						
18. Even among my friends, there is no sense of brotherhood/sisterhood. *						
19. I am in tune with the world.						
20. I feel comfortable in the presence of strangers.						
Total score:						

Scoring and interpretation

- Each item is rated on a 6-point Likert scale ranging from 1 (strongly disagree) to 6 (strongly agree).
- For negatively worded items, scores are reversed. These are the items with asterisks (*).
- After reversing the scores, the item values are summed to calculate a total score, yielding a possible range from 20 to 120.
- A higher total score reflects greater feelings of connectedness and belonging with others, while a lower score may indicate feelings of isolation or disconnection.

Additional notes

Healthcare professional information

Name:

License ID number:

Signature:

Date of assessment:

Reference

Lee, R. M., Draper, M., & Lee, S. (2001). Social connectedness, dysfunctional interpersonal behaviors, and psychological distress: Testing a mediator model. *Journal of Counseling Psychology, 48*(3), 310–318.