

Revised UCLA Loneliness Scale

Name: _____ Date: _____

Instructions: Indicate how often each of the statements below is descriptive of you.

Statements	Never (1)	Rarely (2)	Sometimes (3)	Often (4)
1. I feel in tune with the people around me.				
2. I lack companionship.				
3. There is no one I can turn to.				
4. I do not feel alone.				
5. I feel part of a group of friends.				
6. I have a lot in common with the people around me.				
7. I am no longer close to anyone.				
8. My interests and ideas are not shared by those around me.				
9. I am an outgoing person.				
10. There are people I feel close to.				
11. I feel left out.				
12. My social relationships are superficial.				
13. No one really knows me well.				
14. I feel isolated from others.				
15. I can find companionship when I want it.				
16. There are people who really understand me.				
17. I am unhappy being so withdrawn.				
18. People are around me but not with me.				
19. There are people I can talk to.				
20. There are people I can turn to.				

Scoring

- Items 1, 5, 6, 9, 10, 15, 16, 19, 20 are all reverse scored.
- Keep scoring continuous

Total score:

Interpretation (Deckx et al., 2014)

- 20-34: Low degree of loneliness
- 35-49: Moderate degree of loneliness
- 50-64: Moderately high degree of loneliness
- 65-80: High degree of loneliness

References

Deckx, L., van den Akker, M., & Buntinx, F. (2014). Risk factors for loneliness in patients with cancer: A systematic literature review and meta-analysis. *European Journal of Oncology Nursing*, 18(5), 466–477. <https://doi.org/10.1016/j.ejon.2014.05.002>

Russell, D., Peplau, L.A., & Cutrona, C.E. (1980). The revised UCLA Loneliness Scale: Concurrent and discriminant validity evidence. *Journal of Personality and Social Psychology*, 39, 472-480