

Chronic Loneliness Test

CHRONIC LONELINESS TEST

Disclaimer: This test is based on the UCLA Loneliness Scale Version 3, developed by Russell, Peplau, and Ferguson in 1978.

Name: _____ Age: _____

Date of exam: _____ dd / mm / yyyy Examiner: _____

Occupation: _____ Marital status: _____

Living situation:

☐ Alone ☐ With family ☐ With friends ☐ Other

Social support:

☐ Strong ☐ Moderate ☐ Weak

For each of the following statements, please indicate how often you feel this way using the scale below: Never (1), Rarely (2), Sometimes (3), Always (4)

I feel in tune with the people around me.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I lack companionship.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

There is no one I can turn to.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I do not feel alone.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I feel part of a group of friends.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I have a lot in common with the people around me.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I am no longer close to anyone.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

My interests and ideas are not shared by the people around me.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I am an outgoing person.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

There are people I feel close to.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I feel left out.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

My social relationships are superficial.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

No one really knows me well.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I feel isolated from others.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I can find companionship when I want it.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

There are people who really understand me.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

I am unhappy being so withdrawn.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

People are around me but not with me.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

There are people I can talk to.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

There are people I can turn to.

☐ Never (1) ☐ Rarely (2) ☐ Sometimes (3) ☐ Always (4)

Overall findings

Additional notes

Healthcare professional name: _____ **License ID:** _____

Date of assessment: _____ dd / mm / yyyy

Signature: _____