

Sense of Belonging Scale

SENSE OF BELONGING SCALE

Name: _____ Date: _____ dd / mm / yyyy

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 = Strongly disagree, 2 = Somewhat disagree, 3 = Neutral, 4 = Somewhat agree, 5 = Strongly agree

1. In general, I feel a sense of belonging.

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

2. I don't really feel accepted.*

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

3. Overall, I feel valued by others.

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

4. I feel disregarded.*

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

5. I feel like I fit in.

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

6. I feel like I don't really fit in with others.*

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

7. I feel connected with others.

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

8. I feel so distant from others.*

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

9. Overall, I feel accepted by others.

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

10. I don't really feel like I belong anywhere.*

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

11. I feel appreciated.

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

12. I don't really feel valued for who I am.*

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

13. I feel at home in the world.

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

14. I feel like a jigsaw puzzle piece that doesn't fit into the puzzle.*

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

15. In general, I feel welcome.

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

16. I feel disconnected from the world around me.*

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

SBS-8 score: _____

SBS-16 score: _____

Additional notes - Specify below: