

Social Connectedness Scale

PATIENT INFORMATION

Name: _____ Date of birth: _____ dd / mm / yyyy
Gender: _____ Date of assessment: _____ dd / mm / yyyy

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. Statements

STATEMENTS

I feel distant from people.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I don't feel related to most people.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I feel like an outsider.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I see myself as a loner.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I feel disconnected from the world around me.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I don't feel I participate with anyone or any group.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I feel close to people.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

Even around people I know, I don't feel that I really belong.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I am able to relate to my peers.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I catch myself losing a sense of connectedness with my society.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I am able to connect with other people.

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

I feel understood by the people I know.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I see people as friendly and approachable.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I fit in well in new situations.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I have little sense of togetherness with my peers.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

My friends feel like family.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I find myself actively involved in people's lives.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

Even among my friends, there is no sense of brotherhood/sisterhood.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I am in tune with the world.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

I feel comfortable in the presence of strangers.

☐ ☐ ☐ ☐ ☐ ☐

1 2 3 4 5 6

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 - Specify below:

HEALTHCARE PROFESSIONAL INFORMATION

Name: _____ License ID number: _____

Signature: _____