

Revised UCLA Loneliness Scale

Name: _____ Date: _____ dd / mm / yyyy

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

I feel in tune with the people around me.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I lack companionship.

☐ 1 ☐ 2 ☐ 3 ☐ 4

There is no one I can turn to.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I do not feel alone.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I feel part of a group of friends.

☐ 1 ☐ 2 ☐ 3 ☐ 4

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

☐ 1 ☐ 2 ☐ 3 ☐ 4

I am no longer close to anyone.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My interests and ideas are not shared by those around me.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I am an outgoing person.

☐ 1 ☐ 2 ☐ 3 ☐ 4

There are people I feel close to.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I feel left out.

☐ 1 ☐ 2 ☐ 3 ☐ 4

My social relationships are superficial.

☐ 1 ☐ 2 ☐ 3 ☐ 4

No one really knows me well.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I feel isolated from others.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I can find companionship when I want it.

☐ 1 ☐ 2 ☐ 3 ☐ 4

There are people who really understand me.

☐ 1 ☐ 2 ☐ 3 ☐ 4

I am unhappy being so withdrawn.

☐ 1 ☐ 2 ☐ 3 ☐ 4

People are around me but not with me.

☐ 1 ☐ 2 ☐ 3 ☐ 4

There are people I can talk to.

☐ 1 ☐ 2 ☐ 3 ☐ 4

There are people I can turn to.

☐ 1 ☐ 2 ☐ 3 ☐ 4

Total score: _____