

**UCLA Loneliness Scale  
(Version 3)**

*Instructions:* The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described by writing a number in the space provided. Here is an example:

How often do you feel happy?

If you never felt happy, you would respond “never”; if you always feel happy, you would respond “always.”

NEVER 1	RARELY 2	SOMETIMES 3	ALWAYS 4
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1. How often do you feel that you are “in tune” with the people around you? \_\_\_\_\_

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2. How often do you feel that you lack companionship? \_\_\_\_\_

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3. How often do you feel that there is no one you can turn to? \_\_\_\_\_

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4. How often do you feel alone? \_\_\_\_\_

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5. How often do you feel part of a group of friends? \_\_\_\_\_

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6. How often do you feel that you have a lot in common with the people around you? \_\_\_\_\_

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7. How often do you feel that you are no longer close to anyone? \_\_\_\_\_

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8. How often do you feel that your interests and ideas are not shared by those around you? \_\_\_\_\_

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9. How often do you feel outgoing and friendly? \_\_\_\_\_

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10. How often do you feel close to people? \_\_\_\_\_

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11. How often do you feel left out? \_\_\_\_\_

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12. How often do you feel that your relationships with others are not meaningful? \_\_\_\_\_

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13. How often do you feel that no one really knows you well? \_\_\_\_\_

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14. How often do you feel isolated from others? \_\_\_\_\_
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15. How often do you feel you can find companionship when you want it? \_\_\_\_\_
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16. How often do you feel that there are people who really understand you? \_\_\_\_\_
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17. How often do you feel shy? \_\_\_\_\_
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18. How often do you feel that people are around you but not with you? \_\_\_\_\_
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19. How often do you feel that there are people you can talk to? \_\_\_\_\_
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20. How often do you feel that there are people you can turn to? \_\_\_\_\_
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