

## **UCLA Loneliness Scale – Questionnaire (short version).**

Scale of 1-4

- 1- Never
- 2- Rarely
- 3- Sometimes
- 4- Always

- 1) How often do you feel unhappy doing so many things alone?
- 2) How often do you feel you have no one to talk to?
- 3) How often do you feel you cannot tolerate being so alone?
- 4) How often do you feel as if no one understands you?
- 5) How often do you find yourself waiting for people to call or write?
- 6) How often do you feel completely alone?
- 7) How often do you feel unable to reach out and communicate with those around you?
- 8) How often do you feel starved of company?
- 9) How often do you feel it is difficult for you to make friends?
- 10) How often do you feel shut out and excluded by others?

### **SCORES**

20 = average

25-29 = High level of loneliness\*

30+ = Very high level of loneliness

\*Harmful effects start here with chronic loneliness