

MEASURING LONELINESS: UCLA Three-Item Loneliness Scale

Outlined below is the UCLA Three-Item Loneliness Scale. The scale is comprised of questions that measure three dimensions of loneliness: relational connectedness, social connectedness and self-perceived isolation. This measurement tool can be administered in various ways—either through asking the questions during an interview or assessment, or by asking an older adult to complete the form independently.

Ideally, the scale will continue to be administered after an older adult begins to participate in social engagement opportunities that your organization offers to help measure the impact that their participation in social engagement activities has on their social isolation and loneliness.

	Hardly Ever	Sometimes	Often
How often do you feel that you lack companionship?	1	2	3
How often do you feel left out?	1	2	3
How often do you feel isolated from others?	1	2	3

The scores for each individual question can be added together to give a possible range of scores from 3 to 9. Higher scores indicate greater degrees of loneliness. Based on the response score, various opportunities for social engagement can be suggested.



Source: *Hughes et al., 2004*

There are several other measurement tools that organizations may be interested in using to assess social isolation and loneliness and to evaluate the effectiveness of interventions. Other tools include the de Jong Gierveld Loneliness Scale, Campaign to End Loneliness Measurement Tool, Berkman-Syme Social Network Index, Steptoe Social Isolation Index, Cornwell Perceived Isolation Scale and more (**National Academies of Sciences, Engineering, and Medicine, 2020**).

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