

Adapted from both the UCLA Loneliness Scale and the Revised UCLA Loneliness Scale

Statement	Never (1)	Rarely (2)	Sometimes (3)	Often (4)
1. I do not feel in tune with the people around me				
2. I am unhappy doing many things alone				
3. There is no one I can turn to				
4. I lack companionship				
5. I feel as if nobody really understands me				
6. I find myself waiting for people to call or write				
7. I am no longer close to anyone				
8. My ideas and interests are not shared by those around me				
9. I am unable to reach out and communicate with those around me				
10. My social relationships are superficial				
11. I feel starved for company				
12. No one really knows me well				
13. I feel isolated from others				
14. I am unhappy feeling so withdrawn				
15. It is difficult for me to make friends				
16. I feel shut out and excluded by others				
17. People are around me but not with me				
18. I do not have a lot in common with the people around me				
19. I do not feel there are people I can talk to				
20. I do not feel there are people I can turn to				

An average score should be around 40. A score of 50 or higher reflects a high level of loneliness. A score of 60 or high reflects a very high level of loneliness.

Prolonged loneliness can take a toll on your emotional and physical health and can often lead to symptoms of depression or anxiety. You might be interested in checking your symptom levels for depression and anxiety using the psychiatric symptom checklist [here](#). Sharing these results with your primary health care provider or therapist may also prove beneficial to you.