

UCLA LONELINESS SCALE VERSION 3

Reference:

Russell, D. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of Personality Assessment*, 66, 20-40.

Description of Measure:

A 20-item scale designed to measure one's subjective feelings of loneliness as well as feelings of social isolation. Participants rate each item on a scale from 1 (Never) to 4 (Often).

This measure is a revised version of both the original UCLA Loneliness Scale and the Revised UCLA Loneliness Scale. The first revision was done to make 10 of the 20 original items reverse scored. The second revision was done to simplify the scale so less educated populations could comprehend it (see other UCLA Loneliness Scale pages on this website).

Abstracts of Selected Related Articles:

Russell, D., Peplau, L. A., & Ferguson, M. L. (1978). Developing a measure of loneliness. *Journal of Personality Assessment*, 42, 290-294.

Research on loneliness has been hindered by the lack of a simple and reliable assessment technique. The development of the UCLA Loneliness Scale, a short, 20-item general measure of loneliness is reported. The measure has high internal consistency (coefficient alpha = .96) and a test-retest correlation over a two-month period of .73. Concurrent and preliminary construct validity are indicated by correlations with self-reports of current loneliness and related emotional states, and by volunteering for a "loneliness clinic."

Russell, D., Peplau, L. A., & Cutrona, C. E. (1980). The Revised UCLA Loneliness Scale: Concurrent and discriminate validity evidence. *Journal of Personality and Social Psychology*, 39, 472-480.

The development of an adequate assessment instrument is a necessary prerequisite for social psychological research on loneliness. Two studies provide methodological refinement in the measurement of loneliness. Study 1 presents a revised version of the self-report UCLA (University of California, Los Angeles) Loneliness Scale, designed to counter the possible effects of response bias in the original scale, and reports concurrent validity evidence for the revised measure. Study 2 demonstrates that although loneliness is correlated with measures of negative affect, social risk taking, and affiliative tendencies, it is nonetheless a distinct psychological experience.

McKenna, K. Y. A., Green, A. S., & Gleason, M. E. J. (2002). Relationship formation on the internet: What's the big attraction? *Journal of Social Issues*, 58, 9-31



We hypothesized that people who can better disclose their "true" or inner self to others on the Internet than in face-to-face settings will be more likely to form close relationships on-line and will tend to bring those virtual relationships into their "real" lives. Study 1, a survey of randomly selected Internet newsgroup posters, showed that those who better express their true self over the Internet were more likely than others to have formed close on-line relationships and moved these friendships to a face-to-face basis. Study 2 revealed that the majority of these close Internet relationships were still intact 2 years later. Finally, a laboratory experiment found that undergraduates liked each other more following an Internet compared to a face-to-face initial meeting.

Scale:

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

| Statement | Never | Rarely | Sometimes | Often |
|--|-------|--------|-----------|-------|
| *1. How often do you feel that you are "in tune" with the people around you? | 1 | 2 | 3 | 4 |
| 2. How often do you feel that you lack companionship? | 1 | 2 | 3 | 4 |
| 3. How often do you feel that there is no one you can turn to? | 1 | 2 | 3 | 4 |
| 4 How often do you feel alone? | 1 | 2 | 3 | 4 |
| *5. How often do you feel part of a group of friends? | 1 | 2 | 3 | 4 |
| *6. How often do you feel that you have a lot in common with the people around you? | 1 | 2 | 3 | 4 |
| 7. How often do you feel that you are no longer close to anyone? | 1 | 2 | 3 | 4 |
| 8. How often do you feel that your interests and ideas are not shared by those around you? | 1 | 2 | 3 | 4 |
| *9. How often do you feel outgoing and friendly? | 1 | 2 | 3 | 4 |
| *10. How often do you feel close to people? | 1 | 2 | 3 | 4 |
| 11. How often do you feel left out? | 1 | 2 | 3 | 4 |
| 12. How often do you feel that your relationships with others are not meaningful? | 1 | 2 | 3 | 4 |
| 13. How often do you feel that no one really knows you well? | 1 | 2 | 3 | 4 |
| 14. How often do you feel isolated from others? | 1 | 2 | 3 | 4 |
| *15. How often do you feel you can find companionship when you want it? | 1 | 2 | 3 | 4 |
| *16. How often do you feel that there are people who really understand you? | 1 | 2 | 3 | 4 |
| 17. How often do you feel shy? | 1 | 2 | 3 | 4 |
| 18. How often do you feel that people are around you but not with you? | 1 | 2 | 3 | 4 |
| *19. How often do you feel that there are people you can talk to? | 1 | 2 | 3 | 4 |
| *20. How often do you feel that there are people you can turn to? | 1 | 2 | 3 | 4 |

Scoring:

The items with an asterisk are reverse scored. Keep scoring on a continuous basis.

This scale is provided only for Researchers.



UNIVERSITY OF LAVAL LONELINESS SCALE

| | Jamais 1 | Rarement 2 | Quelquefois 3 | Souvent 4 |
|--|--------------------------|--------------------------|--------------------------|--------------------------|
| * 1. Je me sens sur la même longueur d'onde que les gens autour de moi | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Je n'ai pas assez de compagnons (compagnes) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Il n'y a personne à qui je peux avoir recours | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 4. Je ne me sens pas seul(e) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 5. Je sens que je fais partie d'un groupe d'amis | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 6. J'ai beaucoup de choses en commun avec les gens qui m'entourent | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Je ne me sens plus proche de quiconque | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Mes intérêts et idées ne sont pas partagés par ceux qui m'entourent | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 9. Je suis une personne sociable | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 10. Il y a des gens dont je me sens proche | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Je me sens exclu(e) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Mes relations sociales sont superficielles | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Personne ne me connaît vraiment bien | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Je me sens isolé(e) des autres | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 15. Je peux m'entourer de compagnons (compagnes) quand je le veux | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 16. Il y a des gens qui me comprennent vraiment | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Je me sens malheureux(-se) d'être aussi retiré(e) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Les gens sont autour de moi et non avec moi | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 19. Il y a des gens à qui je peux parler | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| * 20. Il y a des gens à qui je peux avoir recours | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |