

Appendix C: The UCLA 3-Item Loneliness Scale



We would like to ask you a few questions to enable us to measure how helpful our services are. You can choose to answer all or none of the questions, and choosing not to answer will not affect your access to any of our services in any way. When answering the questions, you could take account of the following:

- There are no right or wrong answers
- We would like you to be completely honest
- In answering the questions it is best to think of your life as it generally is now (we all have some good or bad days)

Questions

1. How often do you feel that you lack companionship?

Hardly ever	Some of the time	Often
1	2	3

2. How often do you feel left out?

Hardly ever	Some of the time	Often
1	2	3

3. How often do you feel isolated from others?

Hardly ever	Some of the time	Often
1	2	3