# UCLA – 3 item loneliness scale

The scale comprises three questions that measure three dimensions of loneliness: relational connectedness, social connectedness and self-perceived isolation.

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| --- | --- | --- | --- | --- |
| Questions | Hardly ever | Some of the time | Often | **Patient score** |
| 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** |  |
| **Total patient score for UCLA – 3 item loneliness score** | | | |  |

People who score between 3 and 5 are generally considered as “not lonely” and people with a score between 6 and 9 as “lonely”.

