

Summary of Loneliness Measurement Tools

Scale	Question(s)	Response Options	Scoring
Single-Item Loneliness (Radloff, 1977)	During the <u>past week</u> , how often have you felt lonely?	<i>Rarely or none of the time</i> (e.g., less than 1 day) <i>Sometimes or a little of the time</i> (e.g., 1-2 days) <i>Often or a moderate amount of time</i> (e.g., 3-4 days) <i>Almost all of the time</i> (e.g., 5-7 days)	Not lonely = rarely/none Lonely = sometimes or greater
UCLA Loneliness Scale (Hughes et al., 2004)	How often do you feel that you lack companionship? How often do you feel left out? How often do you feel isolated from others?	<i>Hardly ever</i> = 1 <i>Some of the time</i> = 2 <i>Often</i> = 3	Total scores can range from 1-9. Higher scores = higher loneliness. Scores between 6-9 typically classified as lonely.
UK Campaign to End Loneliness Scale (UK Campaign to End Loneliness, 2015)	I am content with my friendships and relationships I have enough people I feel comfortable asking for help at any time My relationships are as satisfying as I would want them to be	<i>Strongly disagree</i> = 4 <i>Disagree</i> = 3 <i>Neutral</i> = 2 <i>Agree</i> = 1 <i>Strongly agree</i> = 0	Total scores range from 0-12. Scores of 10-12 indicating most intense level of loneliness.
De Jong-Gierveld Loneliness Scale (De Jong Gierveld and Van Tilburg, 2006)	Do you experience a general sense of emptiness? Yes = 1; No = 0 Do you miss having people around? Yes = 1; No = 0 Do you often feel rejected? Yes = 1; No = 0 *Are there plenty of people that you can rely on when you have problems? Yes = 0*; No = 1 *Are there many people that you trust completely? Yes = 0*; No = 1 *Are there enough people that you feel close to? Yes = 0*; No = 1	Yes = 1 No = 0 * indicates reverse coded so that Yes = 0 No = 1	Total scores range from 0-6. Higher scores = higher loneliness. Scores of 5-6 typically classified as "lonely."

Summary of Social Isolation Measurement Tools

Scale	Question(s)	Response Options	Scoring
CARED Social Isolation and Loneliness Referral Tool (Newall & Menec, 2023)	<p>C = Connection Is the person lonely?</p> <p>A = Activities Do they participate in few social activities? (less than 2/month; and does not work)</p> <p>R = Relationships Do they rarely see their relatives, friends, neighbours, etc.? (less than 1/month)</p> <p>E = Emergency contact Do they lack an emergency contact?</p> <p>D = Dwelling Do they live alone and/or feel unsafe in their dwelling?</p>	<p><i>Yes = 1</i></p> <p><i>No = 0</i></p>	<p>Total scores range from 0-5. Higher scores = higher social isolation and loneliness.</p> <p>0 = not at risk</p> <p>1-2 = lower risk but check in again</p> <p>3-5 = socially isolated</p>
Lubben Social Isolation Scale (Lubben et al., 2006)	<p>How many relatives (including partner) do you see or hear from at least once a month?</p> <p>How many relatives (including partner) do you feel close to, such that you could call on them for help?</p> <p>How many relatives (including partner) do you feel at ease with that you can talk to about private matters?</p> <p>How many friends do you see or hear from at least once a month?</p> <p>How many friends do you feel close to, such that you could call on them for help?</p> <p>How many friends do you feel at ease with that you can talk to about private matters?</p>	<p><i>None = 0</i></p> <p><i>One = 1</i></p> <p><i>Two = 2</i></p> <p><i>Three or four = 3</i></p> <p><i>Five through eight = 4</i></p> <p><i>Nine or more = 5</i></p>	<p>Total scores range from 0-30. Higher scores = lower social isolation.</p> <p>Scores between 0-11 typically classified as socially isolated.</p>
Structural Social Isolation Scale (Menec et al., 2019; Newall and Menec 2019b; Steptoe et al., 2013)	<p>Five indicators:</p> <p>Not living with others</p> <p>Less than monthly contact with children</p> <p>Less than monthly contact with relatives</p> <p>Less than monthly contact with friends or neighbours</p> <p>Does not work and participates in less than 2 social activities per month</p>	<p><i>Yes = 1</i></p> <p><i>No = 0</i></p>	<p>Scores can range from 0-5. Higher scores = higher social isolation.</p> <p>Scores of 3-5 typically scored as socially isolated.</p>