Social Connectedness Scale-Revised (SCS-R)



The SCS-R is a 20-item self-report questionnaire that measures the subjective sense of closeness, belonging, and connection with the social world. It assesses the extent to which the person feels connected to others, comfortable in relationships, and integrated into their social environment, while identifying experiences of distance, isolation, or disconnection. Originally developed and validated with college students, it is widely used in clinical psychology, health psychology, and research to explore the perceived quality of social connection, track its changes over time, and study its association with loneliness, self-esteem, psychological distress, or psychosocial adjustment. It is not a diagnostic tool, but a dimensional measure useful for clinical screening, pre- and post-intervention assessment, and monitoring protective factors related to relational support and sense of belonging.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	Social Connectedness Scale-Revised
Target audience	Adolescents and adults
Authors	Richard M. Lee, Matthew Draper, Sujin Lee (2001)
Category	Interpersonal issues

Preview of the 20 questions

I feel comfortable in the presence of strangers.

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

I am in tune with the world.

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

Even among my friends, there is no sense of brother/sisterhood.

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

I fit in well in new situations.

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

I feel close to people.

Strongly disagree | Disagree | Somewhat disagree | Somewhat agree | Agree | Strongly agree

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored from 1 to 6, from strongly disagree to strongly agree. Negatively worded items are reverse-scored, then all 20 responses are summed to obtain a total score ranging from 20 to 120. It is also possible to calculate a mean item score from 1 to 6. A high score indicates a stronger sense of social connectedness. There is no recommended diagnostic threshold or universally validated cutoff. Interpretation should therefore remain dimensional and contextual, focusing on comparison over time, the overall clinical profile, and, if available, reference data suited to the population assessed.

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