

UCLA Loneliness Scale (UCLA-LS)

The UCLA Loneliness Scale is a self-report questionnaire for assessing the subjective level of loneliness felt by a person. It is widely used in psychology to explore perceived social isolation and feelings of exclusion, mainly in adults and adolescents.

Number of questions	20 questions
Estimated duration	10 minutes
Language	English
Original name	UCLA Loneliness Scale
Target audience	Adults, adolescents
Authors	Daniel W. Russell, Letitia A. Peplau, Mary L. Ferguson (1978)
Category	General

Preview of the 20 questions

I am unhappy doing so many things alone.

I often feel this way | I sometimes feel this way | I rarely feel this way | I never feel this way

I have nobody to talk to.

I often feel this way | I sometimes feel this way | I rarely feel this way | I never feel this way

I cannot tolerate being so alone.

I often feel this way | I sometimes feel this way | I rarely feel this way | I never feel this way

I lack companionship.

I often feel this way | I sometimes feel this way | I rarely feel this way | I never feel this way

I feel as if nobody really understands me.

I often feel this way | I sometimes feel this way | I rarely feel this way | I never feel this way

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 rated from 1 to 4 according to how often the feeling is experienced (Never, Rarely, Sometimes, Often). Responses are added up to obtain a total score (after reversing certain items). Higher scores indicate a greater feeling of loneliness.

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“Skeptical at first, I now can't do without this tool in my practice.”

Elodie C. - CBT Psychologist