

UCLA Three-Item Loneliness Scale

<i>Question</i>	<i>Hardly Ever</i>	<i>Some of the Time</i>	<i>Often</i>
First, how often do you feel that you lack companionship: Hardly ever, some of the time, or often?	1	2	3
How often do you feel left out: Hardly ever, some of the time, or often?	1	2	3
How often do you feel isolated from others? (Is it hardly ever, some of the time, or often?)	1	2	3

NOTE: For both scales, the score is the sum of all items

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2394670/>