**The following questions are about how you feel about social connections in your**

**life. For each one, tell me how often you feel that way.**

When answering the questions, consider the following:

* There are no right or wrong answers
* We would like you to be completely honest
* In answering the questions, it is best to think of your life as it generally is now *(we all have some days of greater or limited social connection)*

**Questions:** *(Circle answer)*

1. **How often do you feel a lack of companionship?**

*Hardly Ever Some of the time Often*

1. *2 3*
2. **How often do you feel left out?**

*Hardly Ever Some of the time Often*

1. *2 3*
2. **How often do you feel isolated from others?**

*Hardly Ever Some of the time Often*

*1 2 3*

Scoring:

The scores for each individual question can be added together to give you a possible range of scores from 3 to 9.

|  |
| --- |
| **Response Score** |
| Hardly Ever 1 |
| Some of the Time 2 |
| Often 3 |

Least Lonely 3 4 5 6 7 8 9 Most Lonely

Researchers suggest people who score:

* + 3-5 = “not lonely”
  + 6-9= “lonely”