

ID:

Date:

How many groups do you currently belong to?

Everybody goes through periods of loneliness at times in our lives. For the below items, please indicate how often you experience the feeling described.

	Never	Hardly ever	Occasionally	Some of the time	Often/ Always
How often do you feel lonely?	1	2	3	4	5

	Never	Rarely	Sometimes	Always
1. How often do you feel that you lack companionship?	1	2	3	4
2. How often do you feel that there is no one you can turn to?	1	2	3	4
3. How often do you feel outgoing and friendly?	1	2	3	4
4. How often do you feel left out?	1	2	3	4
5. How often do you feel isolated from others?	1	2	3	4
6. How often do you feel you can find companionship when you want it?	1	2	3	4
7. How often do you feel that people are around you but not with you?	1	2	3	4
8. How often do you feel withdrawn from others?	1	2	3	4

Below are some statements about feelings and thoughts. Please choose the response that best describes your experience of each statement:

Over the last 2 weeks I have...	None of the time	Rarely	Some times	Often	All of the time
1. been feeling optimistic about the future	1	2	3	4	5
2. been feeling useful	1	2	3	4	5
3. been feeling relaxed	1	2	3	4	5
4. been interested in other people	1	2	3	4	5
5. had energy to spare	1	2	3	4	5
6. been dealing with problems well	1	2	3	4	5
7. been thinking clearly	1	2	3	4	5
	None of the time	Rarely	Some times	Often	All of the time
8. been feeling good about myself	1	2	3	4	5
9. feeling close to other people	1	2	3	4	5
10. been feeling confident	1	2	3	4	5
11. been able to make up my own mind about things	1	2	3	4	5
12. been feeling loved	1	2	3	4	5
13. been interested in new things	1	2	3	4	5
14. been feeling cheerful	1	2	3	4	5

Over the last two weeks, I have felt...	Never	Rarely	Some times	Often	Always
....nervous	0	1	2	3	4
....hopeless	0	1	2	3	4
...restless or fidgety	0	1	2	3	4
...so depressed that nothing could cheer you up?	0	1	2	3	4
...that everything was an effort?	0	1	2	3	4
...worthless?	0	1	2	3	4

Please read each statement and decide how well it describes you. When you are not sure, base your answer on what you emotionally feel, not on what you think to be true.

	Strongly disagree	Mostly disagree	Somewhat disagree	Neither agree nor disagree	Somewhat agree	Mostly agree	Strongly agree
1. I feel I can trust others' advice to me	1	2	3	4	5	6	7
2. I have good reason to doubt others' competence	1	2	3	4	5	6	7
3. I have to be cautious about acting on others' advice because their opinions are questionable	1	2	3	4	5	6	7
4. Other people are careless, and I cannot confidently depend on them	1	2	3	4	5	6	7

	Very Poor	Poor	Neither Good nor Poor	Good	Very Good
How would you rate your current overall health out of 5	1	2	3	4	5

	Strongly Disagree	Disagree	Unsure	Agree	Strongly Agree
Did you feel the program was able to help you feel reconnected?	1	2	3	4	5