

Supplementary file1

The University of California, Los Angeles Loneliness Scale version 3 (UCLA-LS3)³⁵ and two short-form versions—the 10-item UCLA-LS3 (SF-10)³⁵ and the 3-item UCLA-LS3 (SF-3)⁴⁴

The following statements describe how people sometimes feel. For each statement, please indicate how you feel the way described by circling one number of each.	UCLA-LS3 ³⁵	SF-10 ³⁵	SF-3 ⁴⁴	Never Rarely Sometimes Always			
				1	2	3	4
1. *How often do you feel that you are “in tune” with the people around you?	●			1	2	3	4
2. How often do you feel that you lack companionship?	●	●	●	1	2	3	4
3. How often do you feel that there is no one you can turn to?	●			1	2	3	4
4. How often do you feel alone?	●			1	2	3	4
5. *How often do you feel part of a group of friend?	●			1	2	3	4
6. *How often do you feel that you have a lot in common with the people around you?	●	●		1	2	3	4
7. How often do you feel that you are no longer close to anyone?	●			1	2	3	4
8. How often do you feel that your interests and ideas are not shared by those around you?	●			1	2	3	4
9. *How often do you feel outgoing and friendly?	●			1	2	3	4
10. *How often do you feel close to people?	●	●		1	2	3	4
11. How often do you feel left out?	●	●	●	1	2	3	4
12. How often do you feel that your relationships with others are not meaningful?	●			1	2	3	4
13. How often do you feel that no one really knows you well?	●	●		1	2	3	4
14. How often do you feel isolated from others?	●	●	●	1	2	3	4
15. *How often do you feel you can find companionship when you want it?	●			1	2	3	4
16. *How often do you feel that there are people who really understand you?	●	●		1	2	3	4
17. How often do you feel shy?	●			1	2	3	4
18. How often do you feel that people are around you but not with you?	●	●		1	2	3	4
19. *How often do you feel that there are people you can talk to?	●	●		1	2	3	4
20. *How often do you feel that there are people you can turn to?	●	●		1	2	3	4

Scoring: Items (no.1, 5, 6, 9, 10, 15, 16, 19, 20) asterisked(*) should be reversed (i.e., 1=4, 2=3, 3=2, 4=1), and the scores for each item then summed together. Higher scores indicate greater degrees of loneliness.

Reference:

35. Russell DW. UCLA Loneliness Scale (Version 3): reliability, validity, and factor structure. J Pers Assess. 1996; https://doi.org/10.1207/s15327752jpa6601_2

44. Hughes ME, Waite LJ, Hawkley LC, Cacioppo JT. A short scale for measuring loneliness in large surveys results from two population-based studies. Res Aging. 2004; <http://dx.doi.org/10.1177/0164027504268574>.