

Loneliness Screening



A certain amount of loneliness is a normal part of most people's lives, but high levels of loneliness can become problematic and contribute to more serious health concerns. The UCLA Loneliness Scale is a commonly used tool developed to measure one's subjective feelings of loneliness as well as feelings of social isolation. To find out if loneliness may be negatively impacting your health and well-being, indicate how often each of the statements below is descriptive of you.

UCLA Loneliness Scale (ULS-8)

	Never	Rarely	Sometimes	Often
A. I lack companionship.	1	2	3	4
B. There is no one I can turn to.	1	2	3	4
C. I am unhappy being so withdrawn.	1	2	3	4
D. I feel left out.	1	2	3	4
E. I feel isolated from others.	1	2	3	4
F. People are around me but not with me.	1	2	3	4
G. I am an outgoing person.	4	3	2	1
H. I can find companionship when I want it.	4	3	2	1
Add columns, then the totals <i>Note: Scale reverses on items G and H</i>	+	+	+	
	= Total Score			

ULS-8 Scoring

The total score is calculated by adding each column, then adding the column totals. Note that the scoring scale for the last two items is reversed.

Total Score*

8-13	Low levels of loneliness
14-20	Normal to moderate loneliness
20-25	Moderate to high loneliness
26-32	High levels of loneliness

Scores in the higher ranges may indicate some life imbalance. If you scored in the higher ranges and need additional support, reach out to a friend, family member, clergy or personal healthcare provider. You may also benefit from the free, confidential services of Caterpillar's Employee Assistance Program (EAP).

For confidential support, free of charge, contact Caterpillar's Global **Employee Assistance Program (EAP)**:

1-866-228-0565
CaterpillarEAP.com

Source: Hays, R., DiMatteo, M., Journal of Personality Assessment, 1987, Spring; 51(1):69-81.