

UCLA Loneliness Scale-3 (UCLA-LS-3)

Category: Social Support | Items: 3 | Time: ~1 min

Description / When to Use

Ultra-brief 3-item version of UCLA Loneliness Scale for large surveys.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 3 items in this scale. Estimated completion time: 1 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Sum all 3 items scored 1-3 (or 1-5 depending on version). Total range 3-9 (or 3-15). Higher = more lonely.

Cutoff Interpretation

| Score Range | Severity | Recommended Action |
|-------------|---------------------|-----------------------|
| 3-5 | Low loneliness | None |
| 6-7 | Moderate loneliness | Monitor |
| 8-9 | High loneliness | Consider intervention |

Psychometric Properties

Cronbach's alpha: 0.72 | Test-retest reliability: 0.68
Validity: Acceptable reliability for ultra-brief measure.

License

Free to use with citation

Citation (APA Format)

Hays, R. D., & DiMatteo, M. R. (1987). A short-form measure of loneliness. *Journal of Personality Assessment*, 51(1), 69-81.
DOI: 10.1207/s15327752jpa5101_6
URL: <https://pubmed.ncbi.nlm.nih.gov/3571633/>