# UCLA LONELINESS SCALE VERSION 3

**Reference**:

Russell, D. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. Journal of Personality Assessment, 66, 20-40.

**Description of Measure:**

A 20-item scale designed to measure one's subjective feelings of loneliness as well as feelings of social isolation. Participants rate each item on a scale from 1 (Never) to 4 (Often).

This measure is a revised version of both the original UCLA Loneliness Scale and the Revised UCLA Loneliness Scale. The first revision was done to make 10 of the 20 original items reverse scored. The second revision was done to simplify the scale so less educated populations could comprehend it (see other UCLA Loneliness Scale pages on this website).

INSTRUCTIONS: Indicate how often each of the statements below is descriptive of you.
1 = Never
2 = Rarely
3 = Sometimes
4 = Often

| Item | Score |
|---|---|
| 1. How often do you feel that you are "in tune" with the people around you? (R) | |
| 2. How often do you feel that you lack companionship? | |
| 3. How often do you feel that there is no one you can turn to? | |
| 4. How often do you feel alone? | |
| 5. How often do you feel part of a group of friends? (R) | |
| 6. How often do you feel that you have a lot in common with the people around you? (R) | |
| 7. How often do you feel that you are no longer close to anyone? | |
| 8. How often do you feel that your interests and ideas are not shared by those around you? | |
| 9. How often do you feel outgoing and friendly? (R) | |
| 10. How often do you feel close to people? (R) | |
| 11. How often do you feel left out? | |
| 12. How often do you feel that your relationships with others are not meaningful? | |
| 13. How often do you feel that no one really knows you we11? | |
| 14. How often do you feel isolated from others? | |
| 15. How often do you fee1 you can find companionship when you want it? (R) | |
| 16. How often do you feel that there are people who really understand you? (R) | |
| 17. How often do you feel shy? | |
| 18. How often do you feel that people are around you but not with you? | |
| 19. How often do you feel that there are people you can talk to? (R) | |
| 20. How often do you feel that there are people you can turn to? (R) | |
| Total (after conversion) | |

Calculate your score

Step 1. Items marked (R) should be scored in reverse: For example, if you gave yourself a “1,” cross it out and change it to a “4.”
Change “2” to a “3”
Change “3” to a “2”
Change “4” to a “1”

Step 2. Add the numbers for all 20 questions. (Use the converted numbers)

# UCLA 孤獨量表版本 3

**資料來源**

Russell, D. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. Journal of Personality Assessment, 66, 20-40.

**測量描述：**

本量表由 20 個項目組成，旨在測量個人的主觀孤獨感和社會孤立感。參與者根據 1（從不）到 4（經常）的等級為每個項目評分。

本量表是原版 UCLA 孤獨量表和修訂版 UCLA 孤獨量表的修訂版本。第一次修訂是對原始 20 個項目中的 10 個進行反向評分。第二次修訂是為了簡化量表，以便受教育程度較低的人群也能理解（請參閱本網站上的其他 UCLA 孤獨量表頁面）。

**說明：**

請指示以下每個陳述描述您的頻率。

1 = 從來沒有
2 = 很少
3 = 有時
4 = 經常

| 題項 | 分數 |
|---|---|
| 1. 您有多常覺得自己與周圍的人“調頻”？(R) | |
| 2. 您有多常感到缺乏陪伴？ | |
| 3. 您有多常覺得沒有人可以求助? | |
| 4. 您有多常感到孤獨? | |
| 5. 您有多常覺得自己是某個朋友群體的成員? (R) | |
| 6. 您有多常覺得自己與周圍的人有很多共同點? (R) | |
| 7. 您有多常覺得自己不再與任何人親近? | |
| 8. 您有多常覺得自己的興趣和想法與周圍的人不一致? | |
| 9. 您有多常覺得自己外向和友好? (R) | |
| 10. 您有多常覺得與他人親近? (R) | |
| 11. 您有多常感到被排除在外? | |
| 12. 您有多常覺得自己與他人的關係沒有意義? | |
| 13. 您有多常覺得沒有人真正瞭解您? | |
| 14. 您有多常感到與他人隔絕? | |
| 15. 您有多常覺得在需要時可以找到陪伴? (R) | |
| 16. 您有多常覺得有人真正理解您? (R) | |
| 17. 您有多常感到害羞? | |
| 18. 您有多常覺得周圍有人，但他們不在乎您? | |
| 19. 您有多常覺得有人可以傾訴? (R) | |
| 20. 您有多常覺得有人可以求助? (R) | |
| 總分 (轉換後) | |

分數計算
步驟 1. 將標記為 (R) 的項目應反向計分
例如，如果您給自己打了一個“1”，請劃掉它並改為“4”。
將 “2” 改為 “3”
將 “3” 改為 “2”
將 “4” 改為 “1”

步驟 2. 將所有 20 個問題的數目相加。（對於反向計分的項目，請使用轉換後的值。）