

Tools and Resources

DE JONG GIERVELD AND VAN TILBURG LONELINESS SCALE

		YES	MORE OR LESS	NO
1	I experience a general sense of emptiness			
2	I miss having people around me			
3	I often feel rejected			
4	There are plenty of people I can lean on when I have problems			
5	There are many people I can trust completely			
6	There are enough people I feel close to			
TOTAL				

HOW TO SCORE AND INTERPRET YOUR RESULTS

Questions 1 – 3 give a measure of emotional loneliness.
 Questions 4 – 6 give a measure of social loneliness.

To score the answers to the scale, the neutral and positive answers are scored as “1” on the negatively worded questions (questions 1 - 3). On the positively worded questions (questions 4 – 6) the neutral and negative answers are scored as “1”.

Therefore, someone’s response to the negative, emotional loneliness questions should be coded as follows:

Response	Score
Yes	1
More or less	1
No	0

To score somebody’s answers to the positive, social loneliness questions, use the following coding:

Response	Score
Yes	0
More or less	1
No	1

Note: this does mean that an answer of ‘more or less’ is given the same score as ‘yes’ or ‘no’ depending on the question. This produces an emotional loneliness score, ranging from 0 (not emotionally lonely) to 3 (intensely emotionally lonely) and a social loneliness score, also ranging from 0 (not socially lonely) to 3 (intensely socially lonely). The scores for each individual question can be added together although you should also look at the individual scores for emotional and social loneliness. This gives a possible range of scores from 0 – 6 which can be read as follows:

LEAST LONLEY	1	2	3	4	5	6	MOST LONLEY
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You can also use the complete scale, or the 3 question emotional or social loneliness subscales separately.

THE DE JONG GIERVELD 6 ITEM LONELINESS SCALE

We would like to ask you a few questions to enable us to measure how helpful our services are. you can choose to answer all or none of the questions. Choosing not to answer will not affect your access to any of our services in any way. When answering the questions, you could take account of the following:

- there are no right or wrong answers
- we would like you to be completely honest
- in answering the questions, it is best to think of your life as it generally is now (we all have some good and bad days)

QUESTIONS

1. I experience a general sense of emptiness					
YES	1	MORE OR LESS	1	NO	0
2. There are plenty of people I can rely on when I have problems					
YES	0	MORE OR LESS	1	NO	1
3. There are many people I can trust completely					
YES	0	MORE OR LESS	1	NO	1
4. I miss having people around me					
YES	1	MORE OR LESS	1	NO	0
5. There are enough people I feel close to					
YES	0	MORE OR LESS	1	NO	1
6. I often feel rejected					
YES	1	MORE OR LESS	1	NO	0
TOTAL		TOTAL		TOTAL	

The Campaign to End Loneliness

MEASUREMENT TOOL¹

This tool contains the following statements:

1. I am content with my friendships and relationships
2. I have enough people that I feel comfortable asking for help at any time
3. My relationships are as satisfying as I would want them to be

To each of these statements, ask your respondents to give one of the following answers:

Strongly Disagree / Disagree / Neutral / Agree / Strongly Agree / Don't Know

In order to avoid a 'response set' where people give the same answer to a question almost by rote, it is important to alternate the direction of answers. E.g. for questions 1 and 3 you start with the 'Strongly Disagree' end of the scale and for question 2 you start with the 'Strongly Agree' end of the scale.

Asking all three questions together produces the most reliable information on people's experience of loneliness.

USING THIS SCALE: HOW TO SCORE AND INTERPRET YOUR RESULTS

In order to score somebody's answers, their responses should be coded as follows:

Response	Score
Strongly Disagree	4
Disagree	3
Neutral	2
Agree	1
Strongly Agree	0

The scores for each individual question need to be added together. This gives a possible range of scores from 0 to 12 which can be read as follows:

LEAST LONLEY	1	2	3	4	5	6	7	8	9	10	11	12	MOST LONLEY
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¹ <https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1-1.pdf>

THE DE JONG GIERVELD 6 ITEM LONELINESS SCALE

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- there are no right or wrong answers
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- in answering the questions, it is best to think of your life as it generally is now (we all have some good and bad days)

QUESTIONS

1. I am content with my friendships and relationships				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
4	3	2	1	0
2. I have enough people to feel comfortable asking for help at any time				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
0	1	2	3	4
3. My relationships are as satisfying as I would want them to be				
Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
4	3	2	1	0