

## DeJong Gierveld Loneliness Scale

In this 6-item scale, three statements are made about 'emotional loneliness' and three about 'social loneliness'. Social loneliness (SL) occurs when someone is missing a wider social network and emotional loneliness (EL) is caused when you miss an "intimate relationship".

1. I experience a general sense of emptiness [EL]
  - Yes
  - More or less
  - No
2. I miss having people around me [EL]
  - Yes
  - More or less
  - No
3. I often feel rejected [EL]
  - Yes
  - More or less
  - No
4. There are plenty of people I can rely on when I have problems [SL]
  - Yes
  - More or less
  - No
5. There are many people I can trust completely [SL]
  - Yes
  - More or less
  - No
6. There are enough people I feel close to [SL]
  - Yes
  - More or less
  - No

### To score responses and interpret the results:

There are negatively (1-3) and positively (4-6) worded items. On the negatively worded items, the neutral and positive answers are scored as "1". Therefore, on questions 1-3 score Yes=1, More or less=1, and No=0. On the positively worded items, the neutral and negative answers are scored as "1". Therefore, on questions 4-6, score Yes=0, More or less=1, and No=1.

This gives a possible range of scores from 0 to 6, which can be read as follows:

(Least lonely) **0**  **6** (Most lonely)

Source: J. De Jong Gierveld and T. Van Tilburg, *Research on Aging* **2006**, 28, 582-598.