

# Adapting the UCLA Loneliness Scale Version 3 to the UCLA Loneliness Scale—Modified

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**Full article:** [liebertpub.com/doi/abs/10.1089/aut.2024.0258](https://doi.org/10.1089/aut.2024.0258) or email [research@aspect.org.au](mailto:research@aspect.org.au) for a copy

## Details:

- High scores indicate higher levels of self-reported loneliness.
- The **orange words** in the scale indicate a hotlink, and it is the recommendation of the research team that hotlinks are created for those phrases any time that the scale is used.
- Our sample's overall coefficient alpha for UCLA-m was 0.94 (Autistic  $\alpha = 0.89$ ; non-Autistic  $\alpha = 0.89$ ).
- The scale is unidimensional and can interpret a total score (evidence is in the article).
- The adapted nature of this survey means that it is suitable for anyone who speaks English, can independently read and respond to the items. They do not have to be Autistic.
- This measure has been initially tested with a sample of both Autistic and non-Autistic adults, suggesting it is suitable for use across these groups. Participants in both groups were English-speaking and able to complete the online survey independently. It has not yet been tested with individuals with intellectual disability, although our team is currently undertaking this research.

### UCLA-Modified Loneliness Scale (UCLA-m)

Response format: 4-point Likert-type response scale ranging from never to often

When thinking about the last 12 months, indicate how often each of the statements below is descriptive of you. We have provided descriptions or 'hotlinks' for some of the terms used.

\*If you find it difficult to complete, please try to choose the answers that are most close to your subject experiences\*

- |    |   |
|----|---|
| 1  | How often do you and the <b>people in your life</b> understand each other?                |
| 2  | How often do you feel that you lack <b>companionship</b> when you want it?                |
| 3  | How often do you feel alone when you do not want to be?                                   |
| 4  | How often do you feel like you belong to a <b>group of people</b> ?                       |
| 5  | How often do you feel that you have <b>things</b> in common with the people in your life? |
| 6  | How often do you feel that you lack a <b>connection</b> with the people in your life?     |
| 7  | How often do you feel that your interests are not shared by people in your life?          |
| 8  | How often do you feel a sense of connection with people in your life?                     |
| 9  | How often do you feel left out or excluded in social situations?                          |
| 10 | How often do you feel that your relationships with others are <b>meaningful</b> ?         |
| 11 | How often do you feel that people in your life know you well?                             |
| 12 | How often do you feel isolated from others when you don't want to be?                     |
| 13 | How often do you feel that you can find companionship when you want it?                   |
| 14 | How often do you feel that there are people who understand you?                           |
| 15 | How often are there people you can ask for help when you need it?                         |