**Social Isolation Tool (The three-item UCLA loneliness scale)**

# **Birmingham Public Health Measurement Toolbox**

This tool has been developed by University of California Los Angeles (UCLA). The tool can be found at the [Office for National Statistics](https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/methodologies/measuringlonelinessguidanceforuseofthenationalindicatorsonsurveys)

1. How often do you feel that you lack companionship?

[ ]  Hardly ever or never

[ ]  Some of the time

[ ]  Often

1. How often do you feel left out?

[ ]  Hardly ever or never

[ ]  Some of the time

[ ]  Often

1. How often do you feel isolated from others?

[ ]  Hardly ever or never

[ ]  Some of the time

[ ]  Often