**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