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

# **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

*Guidance for questionnaire – individuals who are experiencing levels of companionship lower than they desire should be assisted with achieving this, depending on the organisation or intervention. Desired levels of companionship will change depending on the person, this should always be considered in approaching the questionnaire and results.*