

6-item Revised UCLA Loneliness Scale
(RULS-6)

Instructions:

The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described by writing a number in the space provided. Here is an example:

How often do you feel happy?
If you never felt happy, you would respond “never”; if you always feel happy, you would respond “always”.

NEVER	RARELY	SOMETIMES	ALWAYS
1	2	3	4

- _____ 1. How often do you feel that you lack companionship?
- _____ 2. How often do you feel alone?
- _____ 3. How often do you feel that you are no longer close to anyone?
- _____ 4. How often do you feel left out?
- _____ 5. How often do you feel that no one really knows you well?
- _____ 6. How often do you feel that people are around you but not with you?