

MEASURING YOUR IMPACT ON LONELINESS IN LATER LIFE



The Campaign to End Loneliness has published guidance offering information and advice on choosing and using a scale to measure the impact of your services on loneliness in older age. This page presents the 'vital statistics' of four different scales, which have been developed by different people and have their own strengths and limitations:

- **Length** – how many questions does the scale contain?
- **Language** – are the questions negatively or positively worded, or both?
- **Initially developed for...** – was this originally intended for use by researchers or services?
- **Mentioning the 'L' word** – does it ask directly about loneliness, or ask around the topic?

Download the full guidance today from: www.campaigntoendloneliness.org/measuring-loneliness/

The Campaign to End Loneliness Measurement Tool Scale **1**

Length: 3 Questions

Language: Positive wording

Initially developed for: Service providers

Does it mention loneliness? No

This scale is for you if: you want a short and sensitively-worded tool that is easy to use.

De Jong Gierveld Loneliness Scale Scale **2**

Length: 6 Questions

Language: Mixes positive and negative wording

Initially developed for: Researchers

Does it mention loneliness? No

This scale is for you if: you want an academically rigorous tool that distinguishes between different causes of loneliness.

The UCLA Loneliness Scale Scale **3**

Length: 3 Questions

Language: Negative wording

Initially developed for: Service providers

Does it mention loneliness? No

This scale is for you if: you want a short and academically rigorous tool, with a simple scoring system.

Single-Item 'Scales' Scale **4**

Length: 1 Question

Language: Negative wording

Initially developed for: Researchers

Does it mention loneliness? Yes

This scale is for you if: you want to get to the heart of the issue with just one question.