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| **Social Isolation** |
| **Protocol Id** | 181001 |
| **Description of Protocol** | The UCLA Loneliness Scale includes 20 questions used to assess how lonely the respondent feels. Each question begins with the statement "How often do you feel . . . ," followed by a positive or negative description of social interactions with others. The respondent is asked to indicate the frequency he/she feels that way (never, rarely, sometimes, always) for each question. |
| **Specific Instructions** | The Expert Review Panel notes that a Three-Item Loneliness Scale has been developed from the UCLA Loneliness Scale (see [Supplemental Information](http://www.phenxtoolkit.org/index.php?pageLink=browse.si.all)). |
| **Protocol Text** | 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 feel 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 are in tune with the people around you?\_\_\_\_ 2. How often do you feel that you lack companionship?\_\_\_\_ 3. How often do you feel that there is no one you can turn to?\_\_\_\_ 4. How often do you feel alone?\_\_\_\_ 5. How often do you feel part of a group of friends?\_\_\_\_ 6. How often do you feel that you have a lot in common with the people around  you?\_\_\_\_ 7. How often do you feel that you are no longer close to anyone?\_\_\_\_ 8. How often do you feel that your interests and ideas are not shared by those  around you?\_\_\_\_ 9. How often do you feel outgoing and friendly?\_\_\_\_ 10. How often do you feel close to people?\_\_\_\_ 11. How often do you feel left out?\_\_\_\_ 12. How often do you feel that your relationships with others are not meaningful?\_\_\_\_ 13. How often do you feel that no one really knows you well?\_\_\_\_ 14. How often do you feel isolated from others?\_\_\_\_ 15. How often do you feel you can find companionship when you want it?\_\_\_\_ 16. How often do you feel that there are people who really understand you?\_\_\_\_ 17. How often do you feel shy?\_\_\_\_ 18. How often do you feel that people are around you but not with you?\_\_\_\_ 19. How often do you feel that there are people you can talk to?\_\_\_\_ 20. How often do you feel that there are people you can turn to? |
| **Selection Rationale** | The UCLA Loneliness Scale is the most commonly used instrument to assess loneliness. The scale is highly reliable (internal consistency of 0.89-0.94 and test-retest of 0.73). It has been used successfully in several countries with different cultures. |
| **Source** | Russell, D. (1996). The UCLA Loneliness Scale (Version 3): Reliability, validity, and factor structure. *Journal of Personality Assessment, 66,* 20-40. |
| **Language** | English |
| **Participant** | Ages 18 years and older |
| **Personnel and Training Required** | None |
| **Equipment Needs** | None |
| **Standards** |

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| **Standard** | **Name** | **ID** | **Source** |
| Common Data Element (CDE) | Person Social Isolation Assessment Score | 3163008 | [CDE Browser](https://cdebrowser.nci.nih.gov/CDEBrowser/search?elementDetails=9&FirstTimer=0&PageId=ElementDetailsGroup&publicId=3163008&version=1.0) |
| Logical Observation Identifiers Names and Codes (LOINC) | Social isolation proto | 62933-7 | [LOINC](http://s.details.loinc.org/LOINC/62933-7.html?sections=Web) |

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| **General References** | Doane, L. D., & Adam, E. K. (2010). Loneliness and cortisol: Momentary, day-to-day, and trait associations. *Psychoneuroendocrinology, 35,* 430-441.Fox, C., Harper, A., Hyner, G., & Lyle, R. (1994). Loneliness, emotional repression, marital quality, and major life events in women who develop breast cancer. *Journal of Community Health, 19,* 467-482.Pressman, S. D., Cohen, S., Miller, G. E., Barkin, A., Rabin, B. S., & Treanor, J. J. (2005). Loneliness, social network size, and immune response to influenza vaccination in college freshmen. *Health Psychology, 24,* 297-306.Seeman, T. E. (2000). Health promoting effects of friends and family on health outcomes in older adults. *American Journal of Health Promotion, 14,* 362-370. |
| **Protocol Type** | Self-administered questionnaire |
| **Derived Variables** | None |
| **Requirements** |

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| **Requirement Category** | **Required** |
| Average time of greater than 15 minutes in an unaffected individualAverage time of greater than 15 minutes in an unaffected individual | No |
| Major equipmentThis measure requires a specialized measurement device that may not be readily available in every setting where genome wide association studies are being conducted. Examples of specialized equipment are DEXA, Echocardiography, and Spirometry | No |
| Specialized requirements for biospecimen collectionThis protocol requires that blood, urine, etc. be collected from the study participants. | No |
| Specialized trainingThis measure requires staff training in the protocol methodology and/or in the conduct of the data analysis. | No |

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