

## Differential Loneliness Scale for Non-student Populations (Schmidt & Sermat, 1983)

Instructions: For each statement, decide whether it describes you or your situation or not. If it does seem to describe you or your situation, mark it TRUE (T). If not, mark it FALSE (F). If an item is not applicable to you because you are currently not involved in the situation it depicts, e.g., a current romantic or marital relationship, then mark it FALSE (F).

1.*	I find it easy to express feelings of affection toward members of my family.	T	F	Fam
2.	Most everyone around me is a stranger.	T	F	Gr
3.	I usually wait for a friend to call me up and invite me out before making plans to go anywhere.	T	F	Fr
4.*	Most of my friends understand my motives and reasoning.	T	F	Fr
5.	At this time, I do not have a romantic relationship that means a lot to me.	T	F	R/S
6.	I don't get along very well with my family.	T	F	Fam
7.*	I have at least one good friend of the same sex.	T	F	Fr
8.	I can't depend on getting moral or financial support from any group or organization in a time of trouble.	T	F	Gr
9.*	I am now involved in a romantic or marital relationship where both of us make a genuine effort at cooperation.	T	F	R/S
10.	I often become shy and retiring in the company of relatives.	T	F	Fam
11.*	Some of my friends will stand by me in almost any difficulty.	T	F	Fr
12.	People in my community aren't really interested in what I think or feel.	T	F	Gr
13.	My trying to have friends and to be liked seldom succeeds the way I would like it to.	T	F	Fr
14.*	I spend time talking individually with each member of my family.	T	F	Fam
15.	I find it difficult to tell anyone that I love him or her.	T	F	R/S
16.	I don't have many friends in the city where I live.	T	F	Fr
17.*	I work well with others in a group.	T	F	Gr
18.*	I am an important part of the emotional and physical well-being of my lover or spouse.	T	F	R/S
19.	I don't feel that I can turn to my friends living around me for help when I need it.	T	F	Fr
20.	I don't think that anyone in my family really understands me.	T	F	Fam
21.*	I have a lover or spouse who fulfils many of my emotional needs.	T	F	R/S
22.*	My friends are generally interested in what I am doing, although not to the point of being nosy.	T	F	Fr
23.*	Members of my family enjoy meeting my friends.	T	F	Fr
24.*	I allow myself to become close to my friends.	T	F	Fr

25.	My relatives are generally too busy with their concerns to bother about my problems.	T	F	Fam
26.	Few of my friends understand me the way I want to be understood.	T	F	Fr
27.	No one in the community where I live cares much about me.	T	F	Gr
28.	Right now, I don't have true compatibility in a romantic or marital relationship.	T	F	R/S
29.*	Members of my family give me the kind of support that I need.	T	F	Fam
30.	A lot of my friendships ultimately turn out to be pretty disappointing.	T	F	Fr
31.*	My romantic or marital partner gives me much support and encouragement.	T	F	R/S
32.	I am not very open with members of my family.	T	F	Fam
33.	I often feel resentful about certain actions of my friends.	T	F	Fr
34.	I am embarrassed about the way my family behaves.	T	F	Fam
35.	People who say they are in love with me are usually only trying to rationalize using me for their own purposes.	T	F	R/S
36.*	I have a good relationship with most members of my family.	T	F	Fam
37.*	In my relationships, I am generally able to express both positive and negative feelings.	T	F	Fr
38.	I don't get much satisfaction from the groups I attend.	T	F	Gr
39.*	I get plenty of help and support from friends.	T	F	Fr
40.	I seem to have little to say to members of my family.	T	F	Fam
41.	I don't have any one special love relationship in which I feel really understood.	T	F	R/S
42.*	I really feel that I belong to a family.	T	F	Fam
43.	I have few friends with whom I can talk openly.	T	F	Fr
44.	My family is quite critical of me.	T	F	Fam
45.*	I have an active love life.	T	F	R/S
46.	I have few friends that I can depend on to fulfil their end of mutual commitments.	T	F	Fr
47.*	Generally I feel that members of my family acknowledge my strengths and positive qualities.	T	F	Fam
48.*	I have at least one real friend.	T	F	Fr
49.	I don't have any neighbours who would help me out in a time of need.	T	F	Gr
50.*	Members of my family are relaxed and easy-going with each other.	T	F	Fam
51.	I have moved around so much that I find it difficult to maintain lasting friendships.	T	F	Fr
52.*	I tend to get along well with partners in romantic relationships.	T	F	R/S
53.	I find it difficult to invite a friend to do something with me.	T	F	Fr
54.	I have little contact with members of my family.	T	F	Fam
55.	My friends don't seem to stay interested in me for long.	T	F	Fr
56.*	There are people in my community who understand my views and beliefs.	T	F	Gr

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| 57.  | As much as possible, I avoid members of my family.                                 | T | F | Fam |
| 58.  | I seldom get the emotional security I need from a romantic or sexual relationship. | T | F | R/S |
| 59.* | My family usually values my opinion when a family decision is to be made.          | T | F | Fam |
| 60.* | Most of my friends are genuinely concerned about my welfare.                       | T | F | Fr  |

Note: Scoring on the scale is determined in the following way: For items with no asterisk next to the item number, each marking of T (TRUE) is given one point. For items with an asterisk, each marking of F (FALSE) is given one point. The scale measures loneliness in four types of relationships, namely romantic/sexual relationships (R/S), friendships (Fr), relationships with family (Fam), and relationships with larger groups (Gr).

## References

Schmidt, N. & Sermat, V. (1983). Measuring loneliness in different relationships. *Journal of Personality and Social Psychology*, 44, 1038-1047.