

Differential Loneliness Scale – short student version (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).

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|------|--|---|---|-----|
| 1.* | I feel close to members of my family. | T | F | Fam |
| 2.* | I have a lover or spouse (boyfriend girlfriend husband or wife) with whom I can discuss my important problems and worries. | T | F | R/S |
| 3. | I feel I really do not have much in common with the larger community in which I live. | T | F | Gr |
| 4. | I have little contact with members of my family. | T | F | Fam |
| 5. | I do not get along very well with my family. | T | F | Fam |
| 6.* | I am now involved in a romantic or marital relationship where both of us are making a genuine effort at co-operation. | T | F | R/S |
| 7.* | I have a good relationship with most members of my immediate family. | T | F | Fam |
| 8. | I do not feel that I can turn to my friends living around me for help when I need it. | T | F | Fr |
| 9. | No one in the community where I live seems to care much about me. | T | F | Gr |
| 10.* | I allow myself to become close to my friends. | T | F | Fr |
| 11. | I seldom get the emotional security I need from a good romantic or sexual relationship. | T | F | S/R |
| 12. | I feel that I have “roots” (a sense of belonging) in the larger community or neighbourhood I live in. | T | F | Gr |
| 13. | I do not have many friends in the city where I live. | T | F | Fr |
| 14. | I do not have any neighbours who would help me out in a time of need. | T | F | Gr |
| 15.* | I get plenty of help and support from my friends. | T | F | Fr |
| 16. | My family seldom really listens to what I say. | T | F | Fam |
| 17. | Few of my friends understand me the way I want to be understood. | T | F | Fr |
| 18.* | My lover or spouse senses when I am troubled and encourages me. | T | F | R/S |
| 19.* | I feel valued and respected in my current romantic or marital relationship. | T | F | R/S |
| 20.* | I know people in my community who understand and share my views and beliefs. | T | F | Gr |

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.