



SAINT LOUIS
UNIVERSITY.
— EST. 1818 —

ALONE Scale

To assess an individual's perception of being lonely, ask each of the items below using the following rating scale:

	Yes (1 point)	Sometimes (2 points)	No (3 points)
A Are you emotionally Appealing to others as a friend?	Yes _____	Sometimes _____	No _____
L Are you Lonely ?	Yes _____	Sometimes _____	No _____
O Are you Outgoing/friendly ?	Yes _____	Sometimes _____	No _____
N Do you feel you have No friends?	Yes _____	Sometimes _____	No _____
E Are you Emotionally upset (sad)?	Yes _____	Sometimes _____	No _____
Total Score: _____			

Scoring: a score of 8 or higher indicates severe loneliness.

Source: Deol, E.S., Yamashita, K., Elliott, S., Malmstrom, T.K., & Morley, J.E. (2022). Validation of the ALONE scale: A clinical measure of loneliness. *Journal of Nutrition, Health, and Aging* (online first).