

## De Jong Gierveld Scale

		None of the time	Rarely	Some of the time	Often	All of the time
1	There is always someone I can talk to about my day-to-day problems					
2	I miss having a really close friend					
3	I experience a general sense of emptiness					
4	There are plenty of people I can lean on when I have problems					
5	I miss the pleasure of the company of others					
6	I find my circle of friends and acquaintances too limited					
7	There are many people I can trust completely					
8	There are enough people I feel close to					
9	I miss having people around me					
10	I often feel rejected					
11	I can call on my friends whenever I need them					

### **processing the scale data manually**

#### *Step 1*

Count the neutral and positive answers ("more or less", "yes", or "yes!") on items 2, 3, 5, 6, 9, 10. This is the *emotional loneliness score*.

Count the missing values (i.e., no answer) on items 2, 3, 5, 6, 9, 10. This is the *missing emotional loneliness score*.

Count the neutral and negative ("no!", "no", or "more or less") answers on items 1, 4, 7, 8, 11. This is the *social loneliness score*.

Count the missing values (i.e., no answer) on items 1, 4, 7, 8, 11. This is the *missing social loneliness score*.

#### *Step 2*

Compute the total *loneliness score* by taking the sum of the *emotional loneliness score* and the *social loneliness score*.

#### *Step 3*

The *emotional loneliness score* is valid only if the *missing emotional loneliness score* equals 0.

The *social loneliness score* is valid only if the *missing social loneliness score* equals 0.

The total *loneliness score* is valid only if the sum of the *missing emotional loneliness score* and the *missing social loneliness score* equals 0 or 1.

#### *Step 4*

If desired, the total *loneliness score* can be categorized into four levels: *not lonely* (score 0, 1 or 2), *moderate lonely* (score 3 through 8), *severe lonely* (score 9 or 10), and *very severe lonely* (score 11).

### **8 A short scale**

A 6-item version for overall, emotional and social loneliness has been developed because the length of the 11-item version has sometimes rendered it difficult to use the scale in large surveys. The construction and empirically testing is reported in De Jong Gierveld & Van Tilburg (2006). The selected items are:

3. I experience a general sense of emptiness
4. There are plenty of people I can rely on when I have problems
7. There are many people I can trust completely
9. I miss having people around
8. There are enough people I feel close to
10. I often feel rejected

Whether to use the 11-item version or the shortened 6-item version of the loneliness scale is not a neutral decision. Whereas studies detailing the prevalence of loneliness, or in-depth studies of loneliness among certain individuals, as well as research into the changing nature and impact of loneliness after specific life events may benefit from using the 11-item scale, the use of the shortened 6-item loneliness scale may be sufficient in other studies. In both cases, however, the researcher has a reliable and valid measuring instrument at hand, which can be used as a unidimensional overall loneliness measure as well as provide information about the emotional and/or social loneliness situation of respondents.

**Appendix 1****Requested background data for the purpose of validation studies**

	Identification subsamples
	Year and months of data collection
	Sex
	Age (or year and month of birth)
	Official marital status - unmarried and never married - married - divorced (separated) - widowed
	Household composition - unmarried, living with parent(s) - living with partner, no children - living with partner and children - living with partner in household of different composition - one-parent family - living without partner in household of different composition - living alone
	Residential situation - living independently - living in with private person - home for the elderly, personal care home - student residence - independent planned housing, congregate housing (only for elderly persons) - other
	Employment status (paid employment) - no employment history - employed, >19 hours a week - employed, <20 hours a week - disabled - retired - other non-employed
	Education (highest level, whether or not completed) - primary education (6 years) - lower vocational training (6+3 years) - intermediate vocational training (6+4 years) - lower secondary education (6+4 years) - intermediate secondary education (6+5 years) - higher secondary education (6+6 years) - higher vocational training (6+5+4 years) - university (6+6+4 years)
	Self-rated health What is your general state of health? 1 poor, 2 not so good, 3 fair, 4 good, 5 very good
	ADL capacity - Can you walk up and down stairs? - Can you get up from and sit down in a chair? - Can you dress and undress yourself? 1 not at all, 2 only with assistance, 3 with much difficulty, 4 with some difficulty, 5 without difficulty