

Measuring loneliness: questionnaire template

What this template is for

This questionnaire template helps you understand if your activities help people feel less lonely, as part of your project evaluation and planning.

We have brought together all the recommended measures for adults set out in the [Brief guide to measuring loneliness \(for charities and social enterprises\)](#). This includes questions about:

- people's overall wellbeing
- their relationships, community and loneliness
- suggestions about demographic measures.

How to use this template

1. Use it alongside our [Brief guide to measuring loneliness](#). The guidance has advice on carrying out your evaluation, as well as more information about the questions included here.
2. You can use some or all of the questions here, and you may have some additional measures you want to include. The document is fully editable.
3. This text in blue will explain the sections, and give advice on choosing which questions to choose for your final questionnaire.
4. By the end of the process you should have a questionnaire that is ready to be printed out and used in your evaluation.

You should delete the blue text here AND in the questionnaire before you use this questionnaire in your evaluation.

Find out more about the What Works Centre for Wellbeing:

[whatworkswellbeing.org](https://www.whatworkswellbeing.org)

[@whatworksWB](https://twitter.com/whatworksWB)

info@whatworkswellbeing.org

Introduction

Add a couple of lines explaining why you are asking people to fill out this questionnaire and what you will do with the data you collect. Make sure your approach to data collection and processing complies with [GDPR legislation](#) and your own data protection policies (here are some [useful resources](#) to help with that). You should make it clear in this section that by answering the questionnaire people are giving you their consent for their data to be used for evaluation purposes.

Section 1 - Your questions. Start by adding questions about key information you need to capture for your project. This might be data about the participants, or specific project outcomes other than loneliness. You could also include screening questions here, to make sure you're surveying your target population.

[Your questions here]

About your life overall

Section 2 - About your life overall. These are the questions we ask in the UK to measure people's subjective sense of wellbeing. Include these questions to find out how people feel their lives are going overall.

←Not at all Completely →

0 1 2 3 4 5 6 7 8 9 10

2.1 > Overall, how satisfied are you with your life nowadays?																				
2.2 > Overall, to what extent do you feel that the things you do in your life are worthwhile?																				
2.3 > Overall, how happy did you feel yesterday?																				
2.4 > Overall, how anxious did you feel yesterday?																				

About your relationships and community

Section 3 - Social relationships and support. These are good questions to find out a bit more about the kinds of relationships people have.

3.1: > How much do you agree or disagree with the following statement? **If I needed help, there are people who would be there for me**

- Definitely agree Tend to agree Tend to disagree Definitely disagree

3.2: > How much do you agree or disagree with the following statement? **If I wanted company or to socialise, there are people I can call on**

- Definitely agree Tend to agree Tend to disagree Definitely disagree

3.3: > How often do you chat to your neighbours, more than just to say hello?

- On most days Once or twice a week Once or twice a month Less than once a month Never

Section 4. Feelings about the area: These questions could help you understand how people feel about their neighbourhood and others in the community.

4.1: > How strongly do you feel you belong to your immediate neighbourhood?

- Very strongly Fairly strongly Not very strongly Not at all strongly

4.2: > Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

- Most people can be trusted Can't be too careful in dealing with people It depends

4.3: > Overall, how satisfied or dissatisfied are you with your local area as a place to live?

- Very satisfied Fairly satisfied Neither satisfied nor dissatisfied Fairly dissatisfied Very dissatisfied

Section 5. Loneliness measures. We recommend that you ask all four questions, but if you can only ask one it should be the fourth one (5.4). **You shouldn't split up the first three questions (5.1, 5.2 & 5.3) but ask them together as a set.**

	Hardly ever or never	Some of the time	Often
5.1 > How often do you feel that you lack companionship?			
5.2 > How often do you feel left out?			
5.3 > How often do you feel isolated from others?			

	Often / always	Some of the time	Occasionally	Hardly ever	Never
5.4 > How often do you feel lonely?					

About yourself

6. Demographics. These are some suggested questions to find out more about the people who take the survey, their personal background and their households. They include questions about areas of people's lives which may put them at higher risk of loneliness. There are a lot of possible questions in this section, and you don't necessarily have to ask all of them. Try to keep the questionnaire as short as possible by only asking the questions you really need for your evaluation. Make sure this section fits with the way you capture demographic information elsewhere in your project.

6.1 > What is your age?

- 16-24
- 25-34
- 35-44

- 45-54
- 55-64
- 65-74
- 75-84
- 85+

6.2 > Which of these best describes your gender identity?

- Female
- Male
- Other
- Prefer not to say

6.2.1 (include this question only if you are including 6.2) > Does your gender identity match your sex as registered at birth?

- Yes
- No
- Prefer not to say

6.3 > What is your marital status?

- Single (never married)
- Married or living with a partner
- Widowed
- Divorced or separated

6.4 > Which one of the following best describes your ethnic group or background?

WHITE

English/Welsh/Scottish/Northern Irish/British

Irish

Gypsy or Irish Traveller

Any other White background
(specify)

BLACK OR BLACK BRITISH

African

Caribbean

Any other Black/African/Caribbean
background
(specify)

MIXED

White and Black Caribbean

White and Black African

White and Asian

Any other mixed/multiple ethnic background
(specify)

OTHER ETHNIC GROUP

Arab

Any other ethnic group
(specify)

ASIAN OR ASIAN BRITISH

Indian

Pakistani

Bangladeshi

Chinese

Any other Asian background
(specify)

6.5 > Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more?

Yes

- No
- Prefer not to say

6.5.1 (include this question only if you are including 6.5) > If yes, does your condition or illness reduce your ability to carry-out day-to-day activities?

- Yes, a lot
- Yes, a little
- Not at all

6.6 > Which of the following best describes your current working status?

- Working for an employer full-time
- Working for an employer part-time
- Self-employed full-time
- Self-employed part-time
- Unemployed and looking for work
- Unemployed and not looking for work
- Retired or semi-retired

- Student
- Permanently sick/ disabled
- Temporarily sick (no job to go to)
- Looking after the home
- Caring for family members
- Other (specify)

About where you live and who you live with

6.7 > Including you, how many adults live in your household?

6.8 > How many children live in your household?

6.9 > In which of these ways do you occupy your accommodation?

- Owner
- Part own and part rent (shared ownership)
- Rent from private landlord
- Rent from housing association or local authority
- Occupy it in some other way (specify)