

# Go&Dine Isolation Survey

Please indicate how often each of these statements below is descriptive of you. The answers given to this survey are **COMPLETELY CONFIDENTIAL** and will have no effect on your services going forward. The information gathered in this survey will only be used to determine whether the Go&Dine has had positive effects on those who use it.

1. I am unhappy doing so many things alone.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

2. I have nobody to talk to.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

3. I cannot tolerate being so alone.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

4. I lack companionship.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

5. I feel as if nobody really understands me.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

6. I find myself waiting for people to call or write.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

7. There is no one I can turn to.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

8. I am no longer close to anyone.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

9. My interests and ideas are not shared by those around me.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

10. I feel left out.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

11. I feel completely alone.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

12. I am unable to reach out and communicate with those around me.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

**Turn Over**

Russell, D. (1996). UCLA Loneliness Scale (Version 3): Reliability, validity and factor structure. *Journal of Personality Assessment*, 66, 20-40.

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13. My social relationships are superficial.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

14. I feel starved for company.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

15. No one really knows me well.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

16. I feel isolated from others.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

17. I am unhappy being so withdrawn.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

18. It is difficult for me to make friends.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

19. I feel shut out and excluded by others.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

20. People are around me but not with me.

- I often feel this way.     I sometimes feel this way.     I rarely feel this way.     I never feel this way.

**Thank you for your feedback!**

*Official use only:*

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- Baseline     6 Months     12 Months

- Erie     Albany