

Demonstrating the impact of befriending on loneliness in older age

03 June 2015

Do you...

Monitor and evaluate your befriending scheme?

Include reducing loneliness as one of your outcomes?

Currently use a scale to measure the impact of your scheme on loneliness?

Today's workshop

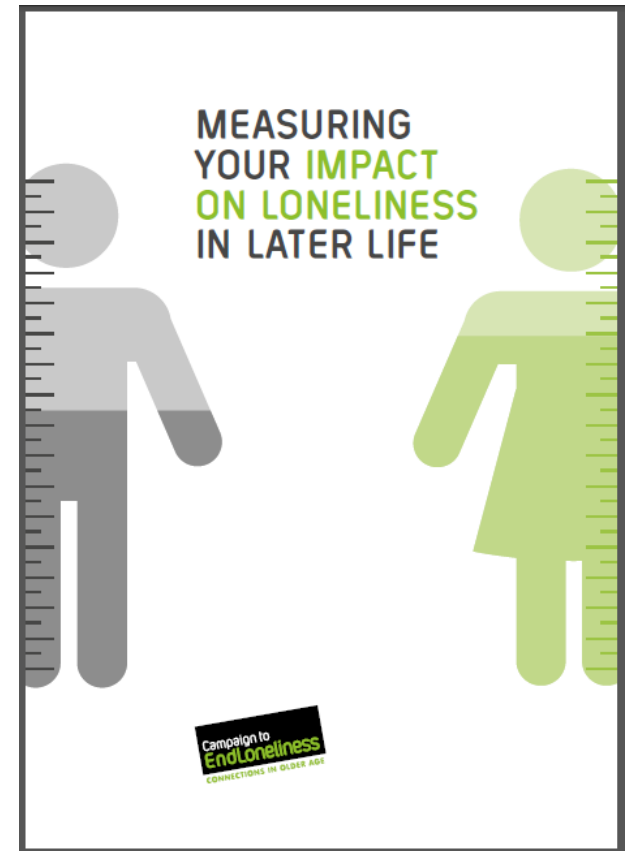
What is a scale?

Why not social isolation, or wellbeing?

Existing scales:

- Campaign to End Loneliness Measurement Tool
- De Jong Gierveld Loneliness Scale
- UCLA Loneliness Scale
- Single questions (*not included!*)

Benefits and drawbacks of using a scale



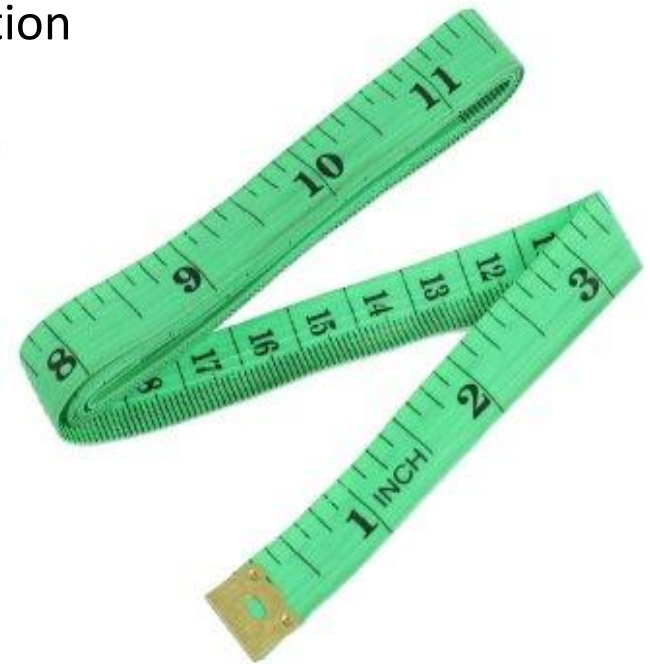
Loneliness Measurement – Tools & Scales

What is a scale?

- Consistent, numerical measurement of an emotion
- Show *how much* of a difference you've made
- Compare the impact of different types of activities/services

Why not social isolation, or wellbeing?

- Three distinct concepts
- Social isolation = objective measure
- Wellbeing = broader measure



The Campaign to End Loneliness Measurement Tool

- Cognitive discrepancy – “mismatch”
- Overall score of 0 - 12

Strengths

- Positive language about a tricky issue
- Practical resource for organisations
- Co-designed with 50+ people & services
- Validated against academic scale

Limitations

- Newness – not widely tested
- ‘Response set’

The Campaign to End Loneliness Measurement Tool

Scale **1**

Length: 3 Questions

Language: Positive wording

Initially developed for: Service providers

Does it mention loneliness? No

This scale is for you if: you want a short and sensitively-worded tool that is easy to use.

The Campaign to End Loneliness Measurement Tool

I am content with my friendships and relationships

Strongly Disagree [4] Disagree [3] Neutral [2] Agree [1] Strongly Agree [0]

I have enough people I feel comfortable asking for help at any time

Strongly Agree [0] Agree [1] Neutral [2] Disagree [3] Strongly Disagree [4]

My relationships are as satisfying as I would want them to be

Strongly Disagree [4] Disagree [3] Neutral [2] Agree [1] Strongly Agree [0]

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De Jong Gierveld Loneliness Scale

- Definition based upon Weiss (1973) theory – emotional and social loneliness
- Overall score of 0-6 (two 0-3 subscales)

Strengths

- Different types of loneliness
- Designing with and for older people
- Extensively used and validated

Limitations

- Length
- Training/support needed for negative Qs

De Jong Gierveld Loneliness Scale

Scale

2

Length: 6 Questions

Language: Mixes positive and negative wording

Initially developed for: Researchers

Does it mention loneliness? No

This scale is for you if: you want an academically rigorous tool that distinguishes between different causes of loneliness.

De Jong Gierveld Loneliness Scale

I experience a general sense of emptiness

Yes [1] More or less [1] No [0]

There are plenty of people I can rely on when I have problems

Yes [0] More or less [1] No [1]

There are many people I can trust completely

Yes [0] More or less [1] No [1]

I miss having people around me

Yes [1] More or less [1] No [0]

There are enough people I feel close to

Yes [0] More or less [1] No [1]

I often feel rejected

Yes [1] More or less [1] No [0]

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UCLA Loneliness Scale

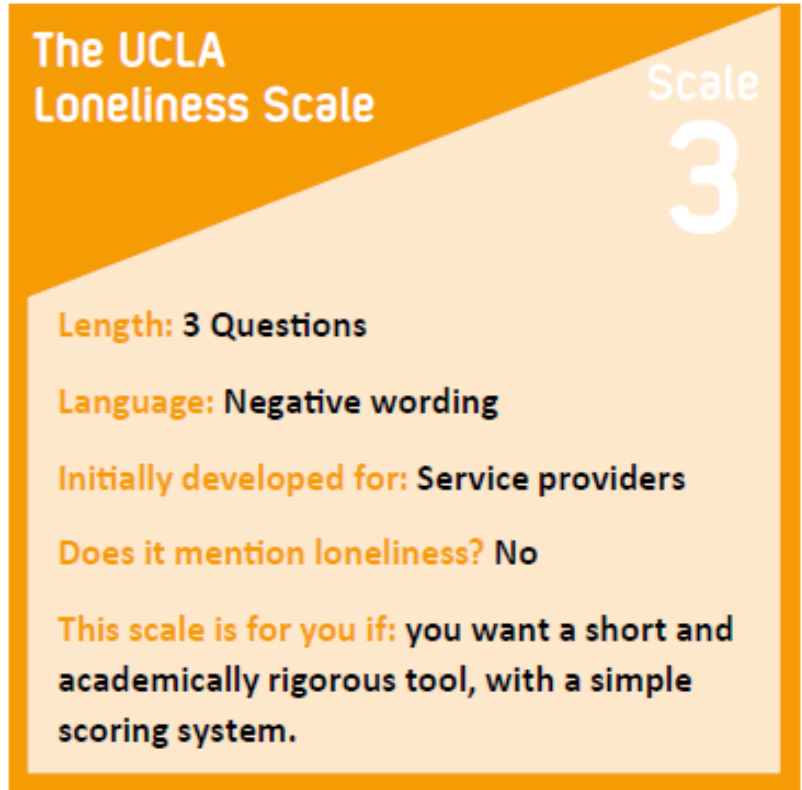
- Cognitive discrepancy – “mismatch”
- Overall score of 3-9

Strengths

- Widely used
- Well tested and validated
- Compare to national studies/data

Limitations

- Originally developed with USA students
- ‘Response set’
- Training/support needed for negative Qs



The UCLA Loneliness Scale

Scale
3

Length: 3 Questions

Language: Negative wording

Initially developed for: Service providers

Does it mention loneliness? No

This scale is for you if: you want a short and academically rigorous tool, with a simple scoring system.

UCLA Loneliness Scale

How often do you feel that you lack companionship?

Hardly ever [1] Some of the time [2] Often [3]

How often do you feel left out?

Hardly ever [1] Some of the time [2] Often [3]

How often do you feel isolated from others?

Hardly ever [1] Some of the time [2] Often [3]

UCLA Loneliness Scale

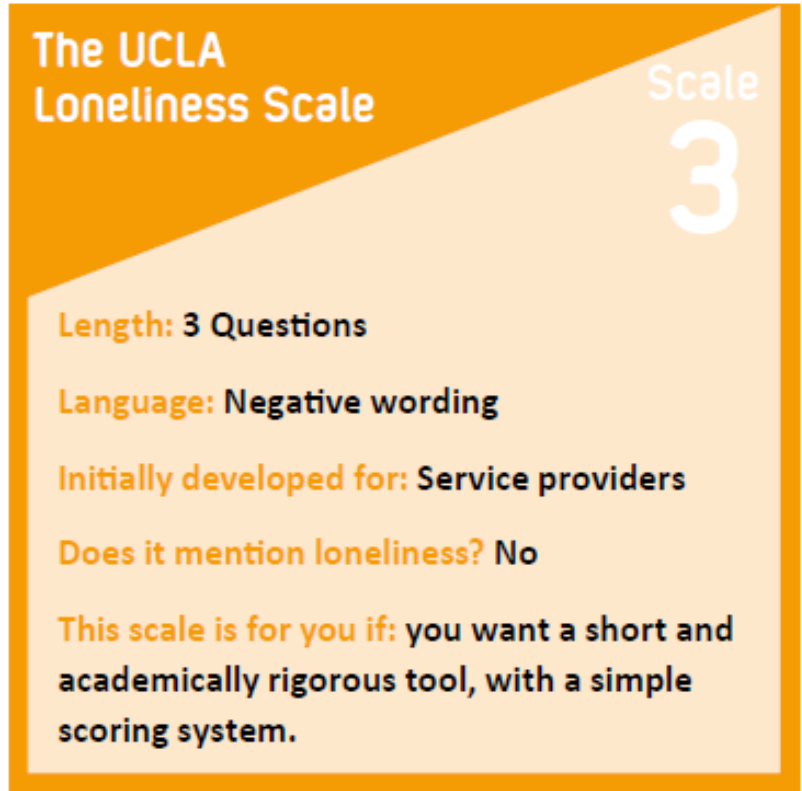
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Any questions?

Collecting data with a scale

1. What are the benefits?

E.g. demonstrate progress; comparable results

2. What are the drawbacks?

E.g. Results lack depth; only a snapshot