Lubben Social Network Scale

**About:** This scale is a self-report measure of social engagement including family and friends. There are two versions of this scale included; the short, 6 item scale and the 12 item scale. **Before using this scale, researchers are asked to fill out this permission form.**

**Items:** 12 / 6

**Reliability:**
- Internal reliability for the 12 item scale = .70
- Internal reliability for the 6 item scale = .83
- Reliability of the family questions = .84 - .89
- Reliability of the non-kin questions = .80 - .82

**Validity:**
The Lubben Social Network Scale is correlates with mortality, all case hospitalization, health behaviors, depressive symptoms, and overall physical health.

**Scoring:**

<table>
<thead>
<tr>
<th></th>
<th>Less Social Engagement</th>
<th>More Social Engagement</th>
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</thead>
<tbody>
<tr>
<td>All questions</td>
<td>0</td>
<td>1</td>
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The total score is calculated by finding the sum of the all items. For the LSNS-R, the score ranges between 0 and 60, with a higher score indicating more social engagement. For the LSNS-6, the score ranges between 0 and 30, with a higher score indicating more social engagement.

**References:**
FAMILY: Considering the people to whom you are related by birth, marriage, adoption, etc…

1. How many relatives do you see or hear from at least once a month?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more

2. How often do you see or hear from the relative with whom you have the most contact?
   0 = less than monthly 1 = monthly 2 = few times a month 3 = weekly 4 = few times a week 5 = daily

3. How many relatives do you feel at ease with that you can talk about private matters?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more

4. How many relatives do you feel close to such that you could call on them for help?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more

5. When one of your relatives has an important decision to make, how often do they talk to you about it?
   0 = never 1 = seldom 2 = sometimes 3 = often 4 = very often 5 = always

6. How often is one of your relatives available for you to talk to when you have an important decision to make?
   0 = never 1 = seldom 2 = sometimes 3 = often 4 = very often 5 = always
FRIENDSHIPS: Considering all of your friends including those who live in your neighborhood…

7. How many of your friends do you see or hear from at least once a month?
   0 = none  1 = one  2 = two  3 = three or four  4 = five thru eight  5 = nine or more

8. How often do you see or hear from the friend with whom you have the most contact?
   0 = less than monthly  1 = monthly  2 = few times a month  3 = weekly  4 = few times a week  5 = daily

9. How many friends do you feel at ease with that you can talk about private matters?
   0 = none  1 = one  2 = two  3 = three or four  4 = five thru eight  5 = nine or more

10. How many friends do you feel close to such that you could call on them for help?
    0 = none  1 = one  2 = two  3 = three or four  4 = five thru eight  5 = nine or more

11. When one of your friends has an important decision to make, how often do they talk to you about it?
    0 = never  1 = seldom  2 = sometimes  3 = often  4 = very often  5 = always

12. How often is one of your friends available for you to talk to when you have an important decision to make?
    0 = never  1 = seldom  2 = sometimes  3 = often  4 = very often  5 = always
LUBBEN SOCIAL NETWORK SCALE – 6 (LSNS-6)

FAMILY: Considering the people to whom you are related by birth, marriage, adoption, etc…

1. How many relatives do you see or hear from at least once a month?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more

2. How many relatives do you feel at ease with that you can talk about private matters?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more

3. How many relatives do you feel close to such that you could call on them for help?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more

FRIENDSHIPS: Considering all of your friends including those who live in your neighborhood

4. How many of your friends do you see or hear from at least once a month?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more

5. How many friends do you feel at ease with that you can talk about private matters?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more

6. How many friends do you feel close to such that you could call on them for help?
   0 = none 1 = one 2 = two 3 = three or four 4 = five thru eight 5 = nine or more