

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 correlated with mortality, all cause hospitalization, health behaviors, depressive symptoms, and overall physical health.

Scoring:

	Less Social Engagement			More Social Engagement		
All questions	0	1	2	3	4	5

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:

Lubben, J. (1988). [Assessing social networks among elderly populations](#). *Family & Community Health: The Journal of Health Promotion & Maintenance*, 11, 42-52.

Lubben, J., Blozik, E., Gillmann, G., Iliffe, S., von Renteln Kruse, W., Beck, J. C., & Stuck, A. E. (2006). [Performance of an abbreviated version of the Lubben Social Network Scale among three European Community-dwelling older adult populations](#). *Gerontologist*, 46(4), 503–513.

LUBBEN SOCIAL NETWORK SCALE – REVISED (LSNS-R)

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