**Demographic information**

Date of Birth (Month)

* January
* February
* March
* April
* May
* June
* July
* August
* September
* October
* November
* December

Date of Birth (Year)

* 1996
* 1997
* 1998
* 1999
* 2000
* 2001
* 2002
* 2003
* 2004
* 2005
* 2006

Please tick one box for Gender

* Male
* Female
* Non Binary
* Other

Please tick one box for Ethnicity

* White British or White other
* Black / African / Caribbean / Black British or Black Other
* Asian / Asian British or Asian Other
* Mixed / Multiple ethnic groups
* Other Ethnic group

**12-item and 7-item versions of the Social Response Biases in Loneliness for Young Adults scale (SRBL-YA).**

**Questions included in the 7-item version are indicated with a \*.**

**Questions belonging to the positive subscale are indicated with a p. Questions belonging to the negative subscale are indicated with an n.**

**Scores are summed (based on the ratings shown below), separately for positive and negative subscales.**

You will now be shown descriptions of some different situations. Each situation is followed by two possible endings. We would like you to carefully read the description of the situation and its endings, and rate how likely you think each of the endings are if this situation were to happen to you personally.

1. \*It is my first lecture of my new course. I go into the classroom and there are already small groups of people sitting together chatting. I decide to...

Please rate how likely you think the following endings are if this situation happened to you personally:

* 1. Sit on my ownn

(Extremely likely (5), Somewhat likely (4), Neither likely nor unlikely (3), Somewhat unlikely (2), Extremely unlikely (1))

* 1. Introduce myself to one of the groupsp

(Extremely likely (5), Somewhat likely (4), Neither likely nor unlikely (3), Somewhat unlikely (2), Extremely unlikely (1))

*Nb. Although not shown here for the purposes of brevity, the rating instructions (“Please rate how likely you think the following endings are if this situation happened to you personally:”) and response scales are displayed with every item.*

1. \*I am spending the night out with my friends. They invited me out with them because…
   1. They like me and genuinely want to get to know me morep
   2. They feel sorry for me and just wanted to be nicen
2. There is a strong drinking culture at my university. I don’t want to go out every night. People might think…
   1. I’m not funn
   2. I just have different interestsp
3. \*When I feel disconnected from others…
   1. I get lost in negative thoughts, which affects my moodn
   2. I try to remind myself that these feelings aren’t permanent and will passp
4. I have had relatively few romantic relationships compared to my peers. This is because...
   1. I haven’t met the right personp
   2. I am not attractiven
5. On social media, when I see a person that I think looks good I…
   1. Feel bad about myselfn
   2. Appreciate how nice the picture looksp
6. \*I’m planning on going to a welcome event at a society I joined. I don’t know anyone there. At the last minute…
   1. I decide to canceln
   2. I decide to knock on my neighbours’ door and invite them to come with mep

1. \*I arrive late at a social. There are already groups of people chatting...
   1. I will wait for someone to invite me to their groupn
   2. I try to catch someone’s eye to see if I can join themp

1. I haven’t had much luck dating…
   1. I am busy with my University life right nowp
   2. I will never find anyone who I connect with romanticallyn
2. \*Sometimes my friends go out together and don’t invite me. I am worried about our friendship so I…
   1. Tell them how I feel about our friendship to try and fix thingsp
   2. Slowly distance myself from themn
3. \*I am at a career networking event. I feel nervous…
   1. I decide to leaven
   2. I stay and try to speak to some of the potential employersp

1. I have attended a number of fresher events and they are always so crowded with lots of people...
   1. It takes time to meet people you share interests withp
   2. I feel that I am never going to find anyone I connect withn

**UCLA 20-item loneliness scale** [**(Russell, 1996)**](https://sciwheel.com/work/citation?ids=4931387&pre=&suf=&sa=0&dbf=0)

The following 20 statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described by selecting one of the options provided. Here is an example:   
  
How often do you feel happy? (Never (1), Rarely (2), Sometimes (3), Always (4)).  
  
If you never felt happy, you would respond "never"; if you always feel happy, you would respond "always."

1. \*How often do you feel that you are "in tune" with the people around you?
2. How often do you feel that you lack companionship?
3. How often do you feel that there is no one you can turn to?
4. How often do you feel alone?
5. \*How often do you feel part of a group of friends?
6. \*How often do you feel that you have a lot in common with the people around you?
7. How often do you feel that you are no longer close to anyone?
8. How often do you feel that your interests and ideas are not shared by those around you?
9. \*How often do you feel outgoing and friendly?
10. \*How often do you feel close to people?
11. How often do you feel left out?
12. How often do you feel that your relationships with others are not meaningful?
13. How often do you feel that no one really knows you well?
14. How often do you feel isolated from others?
15. \*How often do you feel you can find companionship when you want it?
16. \*How often do you feel that there are people who really understand you?
17. How often do you feel shy?
18. How often do you feel that people are around you but not with you?
19. \*How often do you feel that there are people you can talk to?
20. \*How often do you feel that there are people you can turn to?

Scoring: Items that are asterisked should be reversed (i.e. 1=4, 2=3, 3=2, 4=1), and the scores for each item then summed together. Higher scores indicate greater degrees of loneliness.

[Russell, D. W. (1996). UCLA Loneliness Scale (Version 3): reliability, validity, and factor structure. *Journal of Personality Assessment*, *66*(1), 20–40. https://doi.org/10.1207/s15327752jpa6601\_2](https://sciwheel.com/work/bibliography/4931387)