

SOCIAL WELLNESS MONTH

Social Wellness Assessment

Interested in analyzing your own social wellness?
Take a few minutes to complete the following Social Wellness Assessment.

Read each statement carefully and respond honestly by using the following scoring:

Almost always = 2 points

Sometimes/occasionally = 1 point

Very seldom/never = 0 points

Social Wellness Statements

1. I have a strong network of close friends and/or family.
2. I try to maintain positive relationships with people.
3. I communicate well with others and consider myself a good listener.
4. I consider the feelings of others.
5. I can take responsibility and apologize if I have affected someone else.
6. I am able to balance my own needs with the needs of others.
7. I engage with my community by participating in activities or volunteering.
8. There are people in my life that I trust.
9. I am interested in others, including those from different backgrounds than my own.
10. I am compassionate and try to help others where I can.

Social Wellness Score

Add together the points you scored on the ten questions for your combined total. Find the range of points that compare to your combined total to complete your assessment.

Score: 15-20 Points – You have excellent strength in social wellness. Keep up the good work!

Score 9-14 Points – There is room for improvement. Look again at the statements where you scored 1 or 0. What changes can you make to improve your score?

Score 0-8 Points – Your social wellness could do with some work. Look again at the assessment and challenge yourself to make small steps toward growth.

Sources

1. Campaign to End Loneliness, <https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1.pdf>
2. Capital District YMCA, <https://cdymca.org/july-social-wellness-month/>
3. Depression and Bipolar Support Alliance, <https://www.dbsalliance.org/wp-content/uploads/2020/04/DBSA-WellnessWheel-WS-Social-04.29.20.pdf>



In the De Jong Gierveld Loneliness Scale, there are three statements about 'emotional loneliness' and three about 'social loneliness'. Social loneliness (SL) occurs when someone is missing a wider social network and emotional loneliness (EL) is caused when you miss an "intimate relationship". This scale was designed for use by older adults.

Read each statement carefully and respond honestly by using the following scoring:

Statements 1-3

Yes = 1 point

More or Less = 1 point

No = 0 points

Statements 4-6

Yes = 0 points

More or Less = 1 point

No = 1 point

De Jong Gierveld Loneliness Scale Statements

1. I experience a general sense of emptiness [EL]
2. I miss having people around me [EL]
3. I often feel rejected [EL]
4. There are plenty of people I can rely on when I have problems [SL]
5. There are many people I can trust completely [SL]
6. There are enough people I feel close to [SL]

Loneliness Score

Add the scores to all questions together for your combined total. Your score will be between 0-6, with 0 being least lonely, and 6 being most lonely. A score of 3 or higher may be an indication of loneliness.

Sources

1. Campaign to End Loneliness, <https://www.campaigntoendloneliness.org/wp-content/uploads/Loneliness-Measurement-Guidance1.pdf>
2. Capital District YMCA, <https://cdymca.org/july-social-wellness-month/>
3. Depression and Bipolar Support Alliance, <https://www.dbsalliance.org/wp-content/uploads/2020/04/DBSA-WellnessWheel-WS-Social-04.29.20.pdf>

