



HIV Care, Treatment and Retention Indicators

Indicator 32: Loneliness Scale scores for people living with HIV before and after participation in support groups	
Description	<ul style="list-style-type: none"> The UCLA Loneliness Scale indicates feelings of separation and isolation, and has been found to be reliable in a study comparing loneliness among people living with HIV who attend and do not attend support groups (Kalichman, et al., 1996).
Significance	<ul style="list-style-type: none"> Research demonstrates that social support groups offer a means of addressing the support needs of people living with HIV. A study conducted by Kalichman and colleagues (1996) found that people living with HIV that did not attend support groups were more lonely and depressed than those who did attend support groups. Loneliness among PLWHA has been found to be associated with greatly likelihood of depression for these individuals (Groves, et al., 2010).
Measurement	<ul style="list-style-type: none"> Various versions of the UCLA Loneliness Scale (e.g. 3-item; 8-item; 20-item, etc.)
Data source	<ul style="list-style-type: none"> Client survey
Possible disaggregation	<ul style="list-style-type: none"> Type of support group
Limitations	<ul style="list-style-type: none"> Other factors impacting clients' loneliness outside of support groups



References

1. Grov, C., Golub, S.A., Parsons, J.T., Brennan, M., & Karpiak, S.E. (2010). Loneliness and HIV-related stigma explain depression among older HIV-positive adults. *AIDS Care*, 22(5): 630-639.
2. Kalichman, S.C., Sikkema, K.J., & Somlai, A. (1996). People living with HIV infection who attend and do not attend support groups: A pilot study of needs, characteristics and experiences. *AIDS Care*, 8(5): 589-600.

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