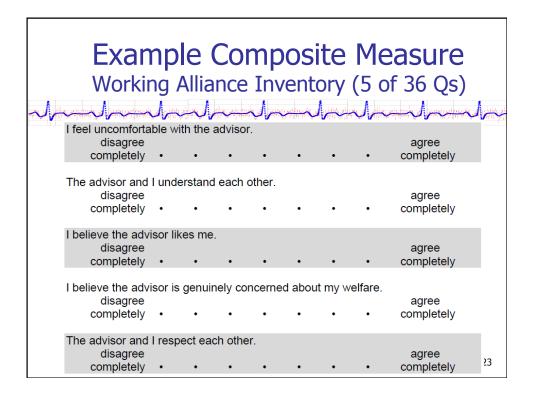
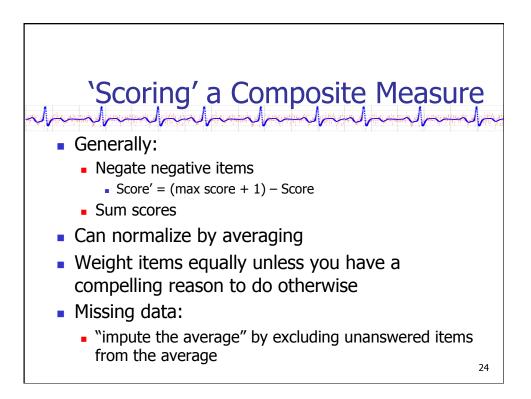
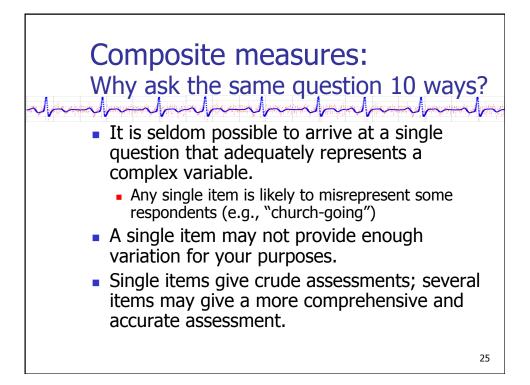
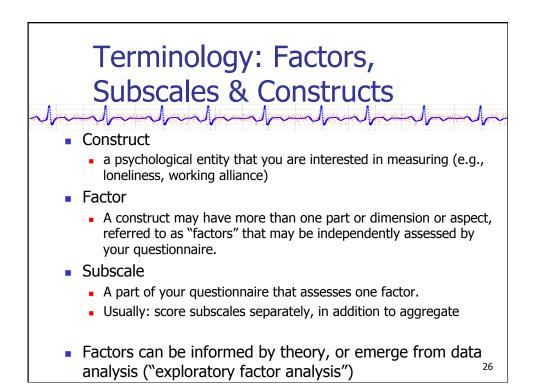


Example 'Composite Scale Questionnaire' UCLA Loneliness Scale (excerpt)				
1. I feel in tune with the people around me.				
NEVER	RARELY	SOMETIMES	ALWAYS	
2. I lack companionship.				
NEVER	RARELY	SOMETIMES	ALWAYS	
3. There is no one I can turn to.				
NEVER	RARELY	SOMETIMES	ALWAYS	
4. I do not feel alone.				
NEVER	RARELY	SOMETIMES	ALWAYS	
5. I feel part of a group of friends.				
NEVER	RARELY	SOMETIMES	ALWAYS	
			22	









1.	(B) I feel uncomfortable with George	
2.	(T) George and I agree about the things I will need to do to help improve	
	my level of physical activity.	
3.	(G) I am worried about the outcome of my sessions with George.	
4.	(T) What I am doing in my discussions with George gives me new ways of looking at physical activity.	
5.	(B) George and I understand each other.	
6.	(G) George perceives accurately what my goals are.	
7.	(B) I find what I am doing with George confusing.	
8.	(B) I believe George likes me.	
9.	(G) I wish George and I could clarify the purpose of our sessions.	
10.	(G) I disagree with George about what I ought to get out of my discussions with him.	
11.	(T) I believe the time George and I are spending together is not spent efficiently.	
12.	(G) George does not understand what I am trying to accomplish.	
13.	(T) I am clear on what my responsibilities are with respect to physical activity.	
14.	(G) My physical activity goals are important to me.	
15.	(G) I find what George and I are doing are unrelated to my concerns.	
16.	(T) I feel that the things I do with George will help me to accomplish the changes that I want.	
17.	(B) I believe George is genuinely concerned about my welfare.	
18.	(T) I am clear as to what George wants me to do in our discussions.	

