Sense of Belonging Scale

Rate the extent to which you agree with the following statements in relation to your home and community.

In my home and community,	Never 0	Sometimes 1	Often 2	Always 3
1. I feel included.				
2. I feel valued.				
3. I feel cared about.				
4. I feel accepted.				
5. I feel respected.				
6. I feel needed.				
7. I feel supported.				

Instrument reference

Stallman, H. M. (2020). Sense of Belonging Scale. Maroochydore, Qld: University of the Sunshine Coast

Purpose

Sense of Belonging is one of the seven modifiable domains of health and wellbeing [1, 2]. The Sense of Belonging Scale assesses a person's overall sense of belonging.

Scoring

- A total score is the sum of items 1 to 7.
- Total scores range from 0 to 21.
- Higher scores equal a greater sense of belonging.

Validation references

Stallman HM, Dodd N, Warren-James M, Chiera B. Workplace sense of belonging and paramedic wellbeing using network analysis: A cross-sectional study. Australas Emerg Care. 2023 Sep;26(3):254-263. doi: 10.1016/j.auec.2023.02.001. Epub 2023 Mar 1. PMID: 36868938.

References

1. Stallman, H.M., *Suicide following hospitalisation: systemic treatment failure needs to be the focus rather than risk factors.* The Lancet Psychiatry, 2020. **7**(4): p. 303.
2. Stallman, H.M., *Coping planning: A patient-centred and strengths-focused approach to suicide prevention training.* Australasian Psychiatry, 2018. **26**(2): p. 141-144.