

Touch Deprivation Scale

Read the following questions and select the answer that corresponds with your perception. Do not be concerned if some of the items appear similar. Please use the scale below to rate the degree to which each statement applies to you.

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. I often wish I could get more hugs from others.
- _____ 2. I often go for days without being touched by someone.
- _____ 3. Touch from other people is a very common and natural part of my daily life.
- _____ 4. I receive a normal, healthy amount of touch from people.
- _____ 5. I often feel like I'm untouchable because of the lack of touch from others in my life.
- _____ 6. Human touch is not a daily occurrence in my life.
- _____ 7. Even if someone hits me, at least I'm receiving human touch.
- _____ 8. I've engaged in sexual behaviors for the pure purpose of being touched by someone.
- _____ 9. I receive a variety of forms of touch from a variety of different people.
- _____ 10. I receive more touch than your average person
- _____ 11. I would never engage in sex with someone, just to be touched.
- _____ 12. Some days I long to be held, but have no one to hold me.
- _____ 13. I can't imagine going even one day without someone touching me.
- _____ 14. There are days where I would do anything just to be touched by someone.
- _____ 15. I have longed for the touch of another person, any person.
- _____ 16. I am regularly touched by friends and family.
- _____ 17. I believe I receive less touch from others than your average person.
- _____ 18. Touch from other people is such a normal part of my life; I can't imagine going one day without being touched.

_____ 19. I can go long periods of time without being touched by another person.

_____ 20. I do not receive as much touch in my life as normal people.

Source:

Punyanunt-Carter, N., & Wrench, J. S. (2006b). *The influence of touch deprivation on perceptions of nonverbal touch*. Manuscript in preparation.