

Homesickness Scale

To what extent is each of the following true of you?

Not at All 1 2 3 4 Extremely

- ___ 1. I can't help thinking about my home.
- ___ 2. I can't concentrate on my work because I'm always thinking about home.
- ___ 3. I visit home as often as I can.
- ___ 4. Thinking about home makes me cry.
- ___ 5. I dream about my friends at home.
- ___ 6. If I ever went home for the weekend I wouldn't want to come back
- ___ 7. I get really upset when I think home.
- ___ 8. I can't concentrate on my work.
- ___ 9. I feel empty inside.
- ___ 10. I am drawn towards people who come from my hometown.