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Project Title

A longitudinal analysis of the experiences and impacts of loneliness and social isolation in Canada

Project Summary

As we grow older, our social circles often get smaller, and this can lead to feelings of loneliness and social isolation. This is particularly a concern for older adults, who may face additional challenges with mobility, cognitive decline, or life events such as the loss of a spouse. This study aims to understand how social isolation and loneliness impacts mental health, cognitive health, and overall satisfaction with life over time. Considering the impact of the COVID-19 pandemic, which has led to many older adults having even fewer social interactions, we'll also be looking at how mental health may affect the link between social isolation and cognitive decline. This study will not only help us better understand these relationships, but may also guide the development of strategies and public health policies to enhance the well-being of older adults, particularly in times of global crises like the COVID-19 pandemic.

Keywords

mental health, social isolation, cognition, loneliness, personality, physical activity