

**Applicant**

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**Project Title**

Who is at Risk of Social Isolation and Loneliness? A Pilot Study using the Canadian Longitudinal Study on Aging

**Project Summary**

Research evidence shows that social isolation and loneliness are health risks. What is less clear, however, is what can be done to reduce social isolation and loneliness. Intervention studies have been conducted, but few conclusions can be drawn because of inconsistent definitions and approaches. Moreover, an assumption seems to be that the same intervention would work for everybody, when different interventions may be needed. For example, those who are socially isolated and also have mental health problems like depression may need a different intervention than people without depression. A major challenge is also how to identify people who are socially isolated or lonely, as there is no easy-to-use screening tool available. In this pilot project, we will explore if there are different types of people who are socially isolated or lonely. We will also see if there is a simple way to identify people who are socially isolated or lonely.

**Keywords**

Social isolation; loneliness; risk factors