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Project Title

Examining Personal and Environmental Factors Associated with Social Isolation and Loneliness Among Canadians

Project Summary

A large body of research shows that social isolation and loneliness have negative consequences for people's health and well-being. Research also shows that many people are socially isolated or lonely. It is therefore important to prevent social isolation or loneliness from occurring, and provide supports to those who already are socially isolated or lonely. A challenge is to identify individuals at risk of, or who are experiencing social isolation or loneliness. This creates a major barrier to linking individuals to resources or supports. In this study, we aim to examine how socially isolated and lonely Canadians are in different areas in the country. We will also examine whether personal factors (e.g., age, health), as well as factors related to where people live (e.g., rural vs. urban place of residence; relatively poorer vs. more affluent places of residence) are related to social isolation and loneliness.

Keywords

Social networks; Social isolation; Loneliness; Social environment; Regional variation