

Standing Committee on Social Issues

Online questionnaire summary report

Inquiry into the prevalence, causes and impacts of loneliness in New South Wales

The purpose of the questionnaire

As part of its inquiry into the prevalence, causes and impacts of loneliness in New South Wales, the Standing Committee on Social Issues provided an online questionnaire to encourage public participation in an efficient and accessible way.

The questionnaire was not intended as a statistically valid, random survey. Respondents self-selected in choosing to participate. This means that respondents are unlikely to be a representative sample of the New South Wales population. Instead, the responses represent a sample of interested members of the public who volunteered their time to have a say.

The questionnaire was complementary to and did not replace the usual submission process. The submissions process was available to individuals and organisations who wished to provide a more detailed response to the inquiry's terms of reference. In this regard, some respondents may have completed the questionnaire and also made a submission.

The online questionnaire was open from 16 August 2024 to 1 November 2024. The committee received 86 responses.

This report summarises the responses received by respondents to both the quantitative and qualitative questions posed. These responses will inform the committee's views throughout the inquiry.

Questions asked

In this questionnaire, respondents were asked 15 questions about their views, observations and experiences with loneliness and social isolation. The questions were divided across two sections:

- Section 1 (questions 1 to 4) contained mandatory administrative questions collating respondent's names, contact details and whether they are a resident of New South Wales. Respondents had the option to provide their postcode.
- Section 2 (questions 5 to 15) focused on respondents' observations and personal experiences with loneliness and social isolation, which included questions with respect to the following:
 - what factors contribute to feelings of loneliness or social connection
 - how loneliness impacts an individual physically and mentally (respondents were encouraged to share personal experiences or observations, if comfortable doing so)
 - if respondents are aware of any services or resources designed to address loneliness and if so, the effectiveness of those services and resources
 - how technology and social media influences feelings of loneliness and social connection
 - which groups of people are most affected by loneliness, and why that might be
 - if there have been any changes in their experience of loneliness and social connection over the past few years and if so, what they attribute those changes to
 - what strategies or activities are helpful in coping with loneliness
 - what could be done to help reduce loneliness.

The full list of questions is at Appendix 1.

Questions 1 to 3 of the questionnaire were mandatory administrative questions to collect basic details. Question 4 was optional, which asked respondents to provide their postcode.

Questions 5 to 15 were optional, open-answer questions (free text).

Responses to questions

Respondent information

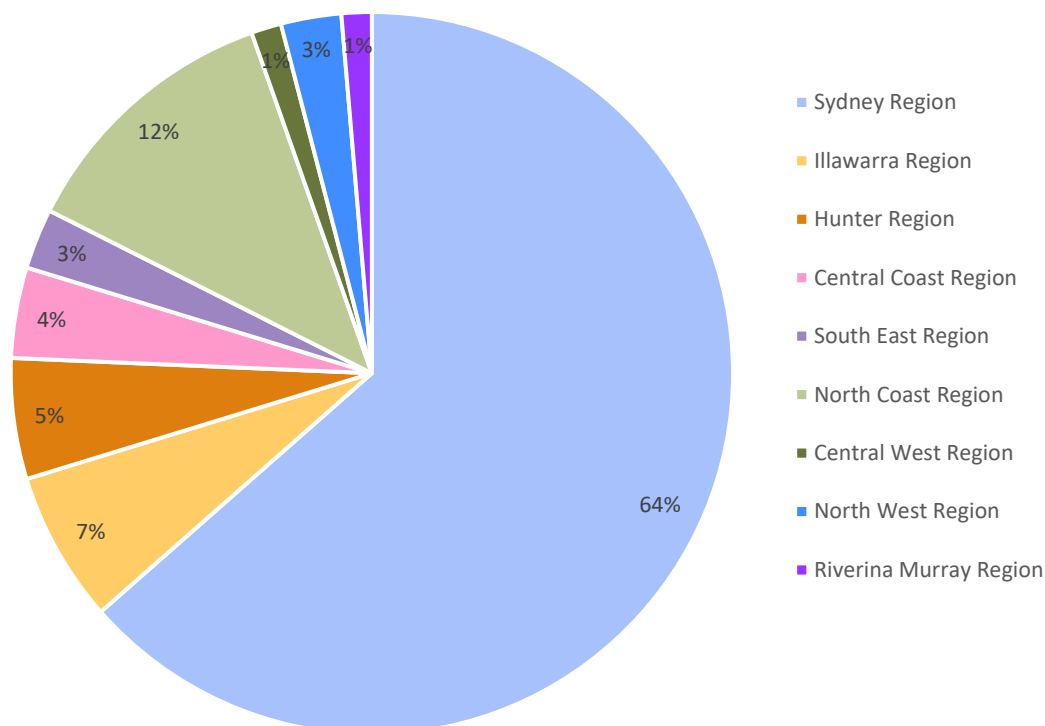
Question 3 - Are you a resident of New South Wales?

Of the 86 respondents that answered this question, 75 answered 'yes' (87%). Please note that those who answered 'no' to this question were unable to proceed with the questionnaire.

Question 4 - Postcode in New South Wales (optional)

74 respondents provided their postcode information. Of the 74 respondents, 47 (64%) indicated they were from metropolitan areas, while 27 (36%) were from regional areas.

The graph below provides a comprehensive visual representation of the geographical spread of respondents in New South Wales.



Views of respondents

Question 5 - How have you personally experienced, or witnessed others experiencing, feelings of loneliness or isolation?

73 respondents answered this question. All respondents answered that they had either personally experienced, or witnessed others experiencing feelings of loneliness or isolation. Many elaborated on their answers to provide a more detailed perspective. These answers could be divided into two

groups; those who have personally experienced feelings of loneliness and those who have witnessed others experience feelings of loneliness.

Personal experiences of loneliness

Many respondents shared that they have personally experienced feelings of loneliness or isolation. According to the responses received, respondents often encountered feelings of loneliness and/or isolation during significant life transitions and during times of hardship.

Respondents provided the following as to when and why they have experienced feelings of loneliness or isolation:

- during high school, university and after university
- mental illness
- managing a physical illness or disability
- living in a rural location
- sexual orientation and/or gender identity (LGBTQIA+)
- post-divorce/being a single parent
- living alone
- during the COVID-19 pandemic
- when experiencing domestic violence/intimate partner violence
- caring and supporting a loved one
- managing the loss of a loved one.

Comment from a respondent with lived experience of mental illness:

- 'Personally, I have experienced loneliness in the past due to my mental illness. Unfortunately, when I have been unwell people, including my family members, seem to distance themselves from me due to my behaviours. I've also experienced stigma and misunderstanding surrounding my diagnosed mental illness and the symptoms involved with this illness.'

Comments from respondents managing an illness or disability:

- 'Due to having a chronic illness, I spend most of my time housebound and am unable to work. I have very little chances to meet friends or socialise outside as I usually have other health issues impacting potential time. I also don't have many people to talk to who understand my circumstances...'
- 'Yes. During my cancer treatment I was isolating due to risk of infections. I no longer attended church, craft group or work. I live with my husband and two adult children, but I was alone nearly all day, every day. My husband didn't understand that he was my link to the outside world, and would brush off my questions when he would come home in the evenings. I have never felt so alone.'
- 'I am living with a significant disability, which includes immunodeficiency, so I have been living in perpetual isolation since before covid ... I feel utterly isolated, lonely, and no longer human. This has impacted on me drastically, because I no longer recognise myself as a person...'

Comments from respondents living in rural areas:

- 'I am [a] single parent, living rural, I have no support from family or friends. Friends have their own families and troubles, and my parents are at the stage of the life where I need to care for them too.'

- 'I'm 40 km from a regional centre. A carer for my 20-year-old and a younger son. Widowed a year ago. I'm on the autistic spectrum, and between cost of living, travel, care responsibilities and few friends, [I] often feel alone and lonely.'

Witnessing others experience loneliness

Many respondents advised that they had witnessed others experiencing feelings of loneliness or isolation, particularly older people and those who live alone.

Comments from respondents who have witnessed others experiencing loneliness:

- 'I have witnessed older people experiencing extreme loneliness, both in residential care environments and in the community. In my experience, loneliness is a major health risk for older people and puts them at risk of negative outcomes such as elder abuse and exploitative relationships.'
- 'I am a Home Care Package Case Manager. Particularly during COVID our clients/residents of our independent living villages were isolated from others, activities cancelled, and many did not recover from that social isolation. Many went into residential care and/or passed away.'
- 'There are now more people living alone, weekend shopping hours has reduced, the participation in sport with social facilities... online and TV participation is an easier option. Middle aged and older people are particularly affected. I know people who find it difficult to find and make friends as there is nowhere to go to find people of common interest.'

Question 6 - How would you describe your level of connection to others in your life?

This question received 72 responses. The responses to this question can be divided into two groups; respondents who had a good connection to others, and respondents who reported having a poor level of connection to others.

Respondents with a good level of connection to others

35 responses stated that they had a good connection to others in their life. Some respondents claimed that they were 'well connected,' and that their connection with others was 'healthy' and 'much better than average.'

Comments from respondents with a good level of connection with others:

- 'Very good. I have a great group of tennis playing friends and squash playing friends. My wife has a great group of Zumba friends, plus participates in a book club. We enjoy the company of each other's friendships.'
- 'I have a good connection with others. I am friendly, open to others, and I have built strong and reliable friendships. This has taken a lot of energy and also courage, it did not come easily.'

Respondents with a poor level of connection to others

29 responses claimed that they had little connection to others in their life, some responding that their level of connection to others was 'minimal' or 'very poor.'

8 respondents claimed that whilst they have acquaintances and people that they see on a regular basis, they find it difficult to connect with these people on a deeper level, and struggle to obtain more meaningful friendships.

Comments from respondents with a poor level of connection to others:

- 'As a first-year student, I'm experiencing feelings of social disconnection and isolation. It appears that many of my peers in our classes are not engaging with one another, which contributes to this sense of detachment. Many individuals seem increasingly absorbed in social media or focused on job-related concerns, particularly in light of the current living crisis. Additionally, the lack of social activities at our university appears to contribute to a decline in interpersonal engagement among students.'
- 'Limited connection as no family members live in NSW but I do try to talk to anyone, whether it be in shops, on public transport or pets in others' front gardens during my walks around the neighbourhood.'

Comments from respondents who lack a deeper level of connection to others:

- 'Very low, limited contacts to other people except my partner and co-workers, but no meaningful relationships...'
- 'I work as a Community Development Officer, and part of my role is to provide capacity building to support seniors in making informed decisions and seeking out activities. My connection to the community is strong due to my work, and I maintain a healthy social life as a self-described social butterfly. However, I still experience feelings of loneliness due to a lack of deeper connections...'
- 'Have many acquaintances and people I volunteer with but not people that I speak to outside of official contexts; not really people that I've done thing[s] that you might do as friends.'

Question 7 - What factors do you think contribute to feelings of loneliness or social connection in general?

This question received 72 responses.

In their responses, respondents noted the following as general factors that contribute to feelings of loneliness or social connection:

- lack of access to activities and a lack of opportunities to connect with others
- living with a disability or a chronic illness
- loss of a loved one
- infrequent contact with family members
- lack of transportation
- divorce
- moving to a new country or town
- living alone
- lack of deep, meaningful connections
- mental illness
- language barriers
- technology (lack of digital literacy)
- social media
- caring responsibilities
- domestic violence/intimate partner violence history and/or trauma
- sexual orientation and/or gender identity (LGBTQIA+)
- increase in cost of living/financial hardship.

Comments from respondents:

- 'Mental illness, trauma, language barriers, lack of accessibility for those living with disabilities and stigma towards many groups of the population. E.g. anyone who is perceived as different basically. Lack of accessible and affordable public transport and lack of information about the type of social supports that are available to people who are aged, who are from CALD [culturally and linguistically diverse] backgrounds, people living with [a] disability or mental health issues.'
- 'For many, a lack of accessible transport and information about activities can create barriers to engaging with the community. This is especially true for older residents who may struggle to navigate unfamiliar areas or feel unsafe going out alone. Additionally, the rise of technology can complicate social connections. Many seniors are not tech-savvy and find it challenging to access online resources, which further isolates them. ... The rising cost of living adds another layer of difficulty, as many people, especially seniors on fixed incomes, may feel financially strained and less able to participate in social activities. This financial pressure can lead to withdrawal from social engagements and further isolation.'
- 'Personally, I can say DV/IPV [domestic violence/intimate partner violence] history and distress. Family trauma, queer identity, low income, invisible disability and stigma about all of these things.'

Question 8 - How do you believe loneliness impacts physical and mental health? Please share your personal experiences or observations if comfortable.

This question received 73 responses.

Many respondents claimed that loneliness is significantly detrimental to a person's mental health and can cause depression, social anxiety, agoraphobia, general anxiety, feelings of wanting to self-harm and suicide.

Other respondents claimed that loneliness can have physical impacts and can contribute towards obesity, heart-related conditions, loss of weight, insomnia, drug and alcohol abuse and that it can cause dementia in older people.

Comments from respondents:

- 'People can experience weight problems (as some people turn to eating for comfort). Mentally, I have seen people experience depression, feelings of wanting to self-harm or suicide, loss of social confidence, and I have seen people even stop lifting their heads to make contact with others.'
- '...Our declining rates of mental health constitute a public health emergency. Lonely people have a 26% increased risk of death, and the impacts of loneliness are equivalent to smoking 15 cigarettes or having 6 alcoholic drinks per day. Suicide stats are at an all-time high. For example, one study found that 1 in 6 Australians aged 16–85 had experienced serious thoughts about taking their own life at some point in their lives...'
- '...Loneliness effects one's mental and physical health as the absence of positive affirmation, enjoyment and pleasure will surely be a concomitant to anxiety, depression and self-doubt. A personal experience: some years ago two of my close associates who I also considered friends turned their backs when I was being gossiped about, gaslighted, harshly judged and excluded from our group. I was greatly distressed and felt cut loose and utterly alone and lonely. Two weeks later I had a heart attack.'
- 'In my experience loneliness can make you want to isolate yourself further and lead to social anxiety. A lot of people in lockdown began developing social anxiety for the first time in their lives which goes to show how important getting out and about is for us as human beings. Once social anxiety sets in, it's easy for depression to set in. Soon your

struggle to leave the house for anything thus leading to a more sedentary lifestyle and also leading to poor diet and binge eating behaviours to deal with feelings of loneliness and isolation. Increased incidence of drug abuse, alcohol abuse and cigarettes consumption...'

Question 9 - Are you aware of any services or resources designed to address loneliness? If so, what do you think about their effectiveness?

This question received 72 responses. 26 respondents responded 'no' to this question.

The following services/organisations were acknowledged by respondents:

- The Men's Table
- Community Visitors Scheme
- Australian Red Cross TeleCross
- Ending Loneliness Together
- Connecting Seniors Programme
- Australian Men's Shed Association
- LiveUp
- The Recovery & Healing Arts Programme (Illawarra Women's Health Centre)
- Just Listening Community (South Australia)
- Neighbourhood Centres
- GROW
- local churches/religious groups.

Some respondents were supportive of these services and thought that they went some way to combatting loneliness and isolation. Some respondents claimed that these services require greater government funding and support to achieve best results.

Comments from respondents in support of services and resources to combat loneliness:

- 'The Recovery & Healing Arts program at the Illawarra Women's Health Centre has been the most powerful tool to address the loneliness & isolation I felt in the past. I have made lasting friendships & connections that have strengthened me as a person. I feel valued and validated.'
- 'Neighbourhood Centre's in NSW are key drivers in tackling loneliness in their communities however do not receive core funding as essential social infrastructure, particularly in regional communities. Neighbourhood Centres adopt a community development approach to their work, where connecting and engaging authentically with their communities and facilitating connections between community members are a priority. By providing an inclusive space in the community and a range of activities and services, community members can come together, develop local networks and seek support (both formal and informal). These opportunities breakdown social isolation and loneliness and encourages local people to participate in their community. NCCs also provide opportunities for participation through volunteering, gaining work experience and paid employment...'
- '...People join [GROW] groups or programs for many reasons, including loneliness, anxiety, grief, loss, depression, illness, isolation, etc. It provides a safe, regular, weekly time, with lovely non-judgemental people, to build community, check in with one another and develop personal resources & resilience. Grow helped me overcome isolation and build healthier habits to live well with my mental health condition and build new friendships along the way. It has changed my life.'

- 'Very good but sometimes they are stopped due to funding issues by the Government. This is extremely bad for the welfare and happy harmony of the Community. This happened to my own Age care fitness classes for over 65's which have at this point in time been cancelled by NSW Health thru POW [Prince of Wales] hospital. As many people were widowed or lonely they needed these social gatherings for not only physical health but mental health also and to feel part of a very pleasant group of people where they can meet and enjoy each other each week. The loss of these groups will be devastating for many including myself.'

Other respondents claimed that these types of services were simply not enough to combat loneliness and social isolation. Respondents raised the following key issues:

- there is stigma attached to admitting loneliness and accessing services to address it, therefore people who need it the most are unlikely to use the services available
- services and organisations tend to offer group-based activities and are catered towards extroverts
- lack of government funding
- the accessibility of services and resources (a significant issue for those who lack transport, have mobility issues or who live in regional areas)
- lack of facilities (community hubs/recreational centres)
- costs (transport/membership costs).

Comments from respondents who claimed that existing services are limited in their ability to combat loneliness:

- 'I am not aware of any such services, but even if they exist[ed], it is unlikely that I would make use of them. ... As with many other areas of mental health and social problems, such services may be helpful to some people, I would not question that, but they do not address the underlying reasons for those problems, they do not actually change anything, and they could never be a surrogate for the normal creation of friendships that are formed in youth and last a lifetime.'
- 'It seems to be emerging as a topic of interest, but I am NOT aware of anything helpful, and I personally do not find speaking on the phone and calling crisis lines an effective combatant for loneliness or zoom gatherings or telehealth.'
- 'Everything seems to be group based, and catered towards extroverts. There is no space for quiet autistic people with mobility issues.'

Question 10 - How do you believe technology and social media influence feelings of loneliness and social connection?

This question received 70 responses.

Respondents outlined both the negatives and positives of social media and technology. Answers can be divided into two groups: positive impacts and negative impacts.

Positive impacts

Some respondents claimed that social media and technology are beneficial in combatting feelings of loneliness and social isolation, particularly with respect to fostering long-distance connections, connecting those with similar interests and increasing accessibility.

Comments from respondents who endorsed the use of social media and technology:

- 'Technology was a great success for a 95-year-old client who had no family in Australia. She was taught how to use an iPad, take photos and engaged in emails with staff, and family overseas, including sharing photos ... It opened the world for her.'
- 'Social media platforms allow people to maintain relationships across distances, share experiences, and find communities of like-minded individuals. This can be particularly beneficial for marginalised groups, including those in the LGBTIQ+ community or individuals living with disabilities, who may feel isolated in their immediate surroundings.'
- '...Social media is also useful in moderation. I use WhatsApp to plan and book exercise and social events, and keep in touch with remote family...'

Negative impacts

Other respondents claimed that social media and technology can have a negative impact on individuals by fostering 'false connections,' excluding those who lack the knowledge to operate technology or who cannot afford devices and causing individuals to compare their lives with others.

Comments from respondents who critiqued the use of social media and technology:

- '[Young people] are very connected but are the loneliest. They are not experiencing 'real connections' in real life and are losing the art of communication and feeling comfortable around people. I have young relatives who only communicate via sms [text message] or social media.'
- 'While social media can create the illusion of connection, it often lacks the depth and authenticity of in-person interactions. Many users may find themselves comparing their lives to curated online personas, leading to feelings of inadequacy and loneliness. Moreover, the addictive nature of these platforms can result in excessive screen time, which may further detract from real-world social interactions.'
- 'It creates unrealistic expectations, doom scrolling, and a separation from reality.'

Question 11 - Which groups of people do you think are most affected by loneliness? Why do you think this is the case?

This question received 73 responses. Key demographics identified by respondents in response to this question were as follows:

- older people
- young people
- culturally and linguistically diverse (CALD) individuals
- people with lived experience of disability or chronic illness
- people experiencing homelessness and/or poverty
- people experiencing domestic and family violence
- migrants and refugees
- carers
- members of the LGBTIQ+ community
- new mothers
- divorcees and single parents
- widows
- men.

Comments from respondents identifying the groups of people most affected by loneliness:

- 'Older adults often experience loneliness due to factors such as retirement, loss of loved ones, declining health, and reduced mobility. Many may find it difficult to engage in social activities, especially if they lack transportation or access to information about local events...'
- 'Young people are the most affected group. The post-COVID digitalisation of the education system, coupled with a reduction in direct social interaction, has contributed to a generation that may lack essential social skills. Furthermore, the reduction of social events either on campuses or extracurricular activities has contributed to increased social disengagement among students.'
- 'Middle aged and older men. It seems the men in my life need an activity to bond around - if you're not one to drink at the pub or play a sport, you have few options to maintain friendships as a man.'
- '...Members of the LGBTIQ+ community may experience loneliness due to discrimination, stigma, and a lack of acceptance in their families or communities. This can lead to social isolation, particularly for those who may not have a supportive network or are navigating their identities in unwelcoming environments...'

Respondents also claimed that 'anyone' can be affected by loneliness and that 'all groups are affected in one way or another.'

Comment from a respondent stating that anyone can be affected by loneliness:

- 'People of any age, culture, SES [socioeconomic status], location, sexual orientation (incl. heterosexual), are affected by loneliness.'

Question 12 - Have you noticed any changes in your experience of loneliness or social connection over the past few years? If so, what do you attribute these changes to?

This question received 71 responses.

7 out of 71 respondents advised that their experience of loneliness or social connection over the past few years had improved. Respondents attributed these changes of improvement to regularly attending therapy, volunteering, engaging with local social groups, prioritising socialising and investing in relationships.

Comments from respondents whose experience of loneliness or social connection has improved over the past few years:

- 'My personal situation has improved after I looked after my mental health through a long period of therapy.'
- 'I started attending a [GROW] group a few years ago and it has connected me with a community of lovely, caring people, who I meet with online and in real life. It has helped me develop more resilience strategies, personal resources & healthier habits.'

In comparison, 42 out of 71 respondents advised that their experience of loneliness or social connection had worsened over the past few years. Respondents attributed this to the COVID-19 lockdowns, lack of public transport in regional areas, ageing and retiring, being diagnosed with an illness, the cost of living and financial hardship, divorce, and having to care for a loved one.

Comments from respondents whose experience of loneliness or social connection has worsened over the past few years:

- 'Covid for sure has aggregated the loneliness and isolation for many, but also because people are less capable of going out (financially)...'

- 'We need our public transport back urgently so we can connect with nearby regional towns and have a life. So, the main reason for loneliness in the outback is a lack of public transport and especially rail passenger services, which are easier and more comfortable for the elderly to use.'

Question 13 - What strategies or activities have you found or observed to be helpful in coping with loneliness?

This question received 71 responses. Respondents found the following key strategies and activities helpful in coping with feelings of loneliness:

- volunteering
- attending local social groups and clubs
- joining a gym/wellness centre/exercising
- counselling/therapy
- hobbies
- community choirs, art and music groups
- going out for walks
- owning a pet
- attending church.

Comments from respondents regarding strategies or activities that are helpful in coping with loneliness:

- 'Participating in volunteering has been of great help in decreasing feelings of isolation over the years.'
- 'Physical exercise; art courses; meetup groups (through the website meetup.com, this really helped me a lot); faith-based activities; outdoor activities.'
- 'Face to face interaction is by far the best way to reduce the sense of loneliness. Catching up with distance family on WhatsApp helps one not feel alone. Having an activity to look forward to, such as an organised game of tennis or squash, is also very beneficial.'
- 'I think we need to be self-aware as well as willing to adjust to normal changes as we age. Set up routine check-ups and follow sensible nutrition and self-care habits. Recognise when you have a need for company or entertainment and organise it. Throw in a few challenges like long drives to visit family or participation on a community event and life is enriched.'
- 'Do what you love and find others that love doing the same thing. Get a dog. Gives you an excuse for living, great company and gets you out for a walk every day. Volunteer. You meet some great people. And you feel better about yourself.'

Question 14 - What do you think could be done to help reduce loneliness in society?

This question received 69 responses. Respondents offered the following methods or ways to help reduce loneliness in society:

- encourage community street parties
- offer more community events that are free or cheap to attend
- create policies and programs to connect communities
- introduce a 'Lonely Line'
- book groups at local libraries
- introduce non-competitive sport programmes

- encourage workplace get-togethers
- offer more community spaces
- better public transport (particularly in regional areas)
- foster pet-friendly environments.

Comments from respondents stating what could be done to help reduce loneliness:

- 'Encourage neighbourhood activities eg. street parties ... book groups at local libraries, non-competitive sports & recreations, bush walking, bird watching, litter picking. Also, workplace and organisational small group get-togethers - not just a drink after the staff meeting or AGM, but a picnic in the park, or for a dozen or so to have monthly coffee at a nice cafe.'
- 'A dedicated 'Lonely Line' for people who feel entitled to use this when they are not in an emergency.'
- 'I think with all the new developments in Sydney we need to remember people need places to meet, take classes, join groups and not pay a huge amount of money. Free or affordable classes and groups should be encouraged and supported by local councils.'
- 'There needs to be better access to public transport for our aging population. As we grow older, it becomes harder to get around. Many old people are being forced to drive their cars when they should not be behind the wheel, but they have no choice...'

Question 15 - Is there anything else you would like to share about loneliness or social isolation that you believe would be valuable to this inquiry?

This question received 50 responses.

Six respondents answered 'no' or 'I don't know' to the question. Some respondents voiced that they were pleased that the issue of loneliness was being reviewed and addressed by the committee.

Others used the opportunity to share and provide additional information.

Comments from respondents wishing to provide further information:

- 'Have a look at what countries like the UK and Japan have done as they have Ministers for Loneliness.'
- 'Laws need to incorporate wellness as the first step in the workplace and community.'
- '...with the current cost of living crisis and housing crisis nobody is going to feel much like caring about others when they can barely care for themselves. This is all up to government to tackle. People need all of their basic needs met before they can either consider the impacts of others.'
- 'I'd like to highlight the urgent need for more community-minded individuals, especially among our political representatives. It's crucial for those in power to truly grasp the human impact of their decisions ... We need leaders who prioritise empathy and actively tackle the root causes of loneliness and isolation. This involves investing in community programs, creating inclusive spaces, and fostering environments where everyone feels valued. A holistic approach to community well-being ensures that initiatives are meaningful and not just surface-level efforts.'

Appendix 1 – List of questions

1. *Name*
2. *Email address*
3. *Are you a resident of New South Wales?*
 - a. *Yes*
 - b. *No*
4. *Postcode in New South Wales*
5. *How have you personally experienced, or witnessed others experiencing, feelings of loneliness or isolation?*
6. *How would you describe your level of connection to others in your life?*
7. *What factors do you think contribute to feelings of loneliness or social connection in general?*
8. *How do you believe loneliness impacts physical and mental health? Please share your personal experiences or observations if comfortable.*
9. *Are you aware of any services or resources designed to address loneliness? If so, what do you think about their effectiveness?*
10. *How do you believe technology and social media influence feelings of loneliness and social connection?*
11. *Which groups of people do you think are most affected by loneliness? Why do you think this is the case?*
12. *Have you noticed any changes in your experience of loneliness or social connection over the past few years? If so, what do you attribute these changes to?*
13. *What strategies or activities have you found or observed to be helpful in coping with loneliness?*
14. *What do you think could be done to help reduce loneliness in society?*
15. *Is there anything else you would like to share about loneliness or social isolation that you believe would be valuable to this inquiry?*