

Loneliness Among Older Adults Before and During the COVID-19 Pandemic

September 2020

www.healthyagingpoll.org



Questions were answered by respondents age 50–80.

Q1. Since March 2020, how often have you felt a lack of companionship?

1. Hardly ever
2. Some of the time
3. Often

Q2. Since March 2020, would you say you feel...

1. Much more companionship
2. A little more companionship
3. About the same
4. A little less companionship
5. Much less companionship

Q3. Since March 2020, how often have you felt isolated from others?

1. Hardly ever
2. Some of the time
3. Often

Q4. Since March 2020, would you say you feel...

1. Much less isolated
2. A little less isolated
3. About the same
4. A little more isolated
5. Much more isolated



Q5. Over the past two weeks, how often have you been bothered by the following:

	Not at all	Several days	Over half the days	Nearly every day
having little interest or pleasure in doing things				
feeling down, depressed, or hopeless				
having interpersonal conflicts				

Q6. Since March 2020, how often do you have contact with family, friends, or neighbors who do not live with you?

1. Every day
2. Several times a week
3. Once a week
4. Every 2-3 weeks
5. Once a month or less
6. Never

Q7. Since March 2020, how often, if at all, have you done the following to connect with family and friends who do not live with you?

	Every day	Several times a week	Once a week	Every 2-3 weeks	Once a month or less	Never
Used video chat						
Used social media						

Q8. Since March 2020, how often do you do the following?

	Every day	Several times a week	Once a week	Every 2–3 weeks	Once a month or less	Never
Eat a healthy diet						
Get exercise						
Have arguments with family or friends						

Q9. Since March 2020, how often have you done the following?

	Every day or almost every day	A few times a week	A few times a month or less	Never
Spent time outdoors/interacted with nature				
Interacted with people in your neighborhood				

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