



2025 Loneliness Study: AANHPI Adults 45-Plus Annotated Questionnaire

Study population: AANHPI adults age 45-plus

Field dates: August 4, 2025 - August 19, 2025

Data collection vendor: Ipsos Public Affairs

TOTAL sample size (and breakout of any subgroups): AANHPI sample: n=547; Lonely, n=255, Not lonely, n=290

MOE or appropriate estimate of error: AANHPI total (95% level): $\pm 6.08\%$

Notes:

- Data are weighted to represent the AANHPI 45-plus population
 - Percentages may not add to 100% due to rounding
 - Default base for all tables is n=547 unless otherwise stated
 - Cell values of “-” mean 0%, Cell values of “*” mean <0.5%, and cell values of “^” mean data suppressed due to small base size
-

Research study page: <https://www.aarp.org/loneliness2025>



S1. What is your current gender identity?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Man	48%	52%	43%
Woman	52%	47%	57%
Non-binary	*	1%	—
Another gender (please specify)	—	—	—

S3. Did you ever serve on active duty in the U.S. Armed Forces?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	5%	6%	4%
No	95%	94%	96%

S4. [If S3=1] Are you now in the U.S. Armed Forces?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	30	16	14
Yes	^	^	^
No	^	^	^

^*Data suppressed due to small base size

S2. Do you identify as LGBTQ+?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	4%	5%	3%
No	96%	94%	97%
Not sure	*	*	—
Prefer not to say	*	1%	*



Q2. How would you rate your overall health at the present time?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
Unweighted n	547	255	290
Top 2 Box (Net)	41%	31%	48%
Excellent	7%	7%	7%
Very good	34%	25%	41%
Good	39%	39%	39%
Bottom 2 Box (Net)	20%	29%	13%
Fair	17%	25%	11%
Poor	3%	4%	3%

Q3. Do you currently identify as a person with a disability or other chronic condition?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
Unweighted n	547	255	290
Yes	17%	18%	16%
No	79%	75%	83%
Prefer not to answer	4%	7%	1%



Q4. Do you have any of the following challenges or conditions?

a. Difficulty hearing

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	18%	28%	10%
Yes, serious difficulty	4%	7%	2%
Yes, but not serious difficulty	14%	21%	8%
No difficulty	82%	72%	90%

b. Deafness

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	12%	17%	7%
Yes, serious difficulty	2%	2%	2%
Yes, but not serious difficulty	10%	15%	5%
No difficulty	88%	81%	93%

c. Difficulty seeing, even when wearing glasses, or blindness

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	16%	22%	12%
Yes, serious difficulty	1%	2%	*
Yes, but not serious difficulty	15%	20%	12%
No difficulty	84%	78%	88%



d. Difficulty concentrating, remembering, or making decisions because of a physical, mental, or emotional problem

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	15%	22%	9%
Yes, serious difficulty	4%	8%	*
Yes, but not serious difficulty	11%	14%	9%
No difficulty	85%	78%	91%

e. Difficulty walking or climbing stairs

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	20%	27%	15%
Yes, serious difficulty	4%	8%	1%
Yes, but not serious difficulty	16%	19%	14%
No difficulty	79%	73%	83%

f. Difficulty dressing or bathing

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	8%	14%	3%
Yes, serious difficulty	2%	5%	—
Yes, but not serious difficulty	5%	9%	3%
No difficulty	92%	85%	97%



g. Difficulty doing errands alone such as visiting a doctor's office or shopping because of a physical, mental, or emotional problems

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	12%	17%	8%
Yes, serious difficulty	3%	7%	*
Yes, but not serious difficulty	9%	10%	8%
No difficulty	88%	83%	92%

h. Difficulty communicating, for example, understanding or being understood

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	10%	19%	3%
Yes, serious difficulty	2%	3%	—
Yes, but not serious difficulty	9%	16%	3%
No difficulty	90%	81%	97%

i. A chronic condition or disease that has lasted more than three months

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes, difficulty (net)	28%	31%	26%
Yes, serious difficulty	4%	7%	3%
Yes, but not serious difficulty	24%	24%	23%
No difficulty	72%	69%	74%



Q5. Which of the following medical conditions have you been diagnosed with, if any?

a. Diabetes (high blood sugar)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	24%	21%	26%
No	76%	79%	74%

b. Obesity

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	11%	16%	7%
No	89%	84%	93%

c. Depression

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	11%	20%	3%
No	89%	80%	96%

d. Anxiety

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	11%	16%	6%
No	89%	84%	93%

e. ADHD

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	2%	3%	2%
No	97%	97%	96%



f. Other mood disorder (e.g., bipolar disorder)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	2%	4%	—
No	98%	96%	100%

g. Sleep disorder (e.g., insomnia, sleep apnea)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	14%	21%	8%
No	86%	79%	92%

h. High Cholesterol

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	40%	44%	36%
No	60%	56%	64%

i. Other Chronic Pain Condition

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	13%	15%	11%
No	87%	85%	89%

j. Drug/Alcohol Abuse

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	2%	5%	—
No	98%	95%	100%



k. HIV/AIDS

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	1%	—	1%
No	98%	100%	97%

l. Other sexually transmitted diseases

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	1%	1%	1%
No	99%	99%	99%

m. Other medical condition (please specify)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	15%	15%	16%
No	75%	76%	75%



Q10. On a scale from 1 to 10, where 1 is “extremely low” and 10 is “extremely high,” please rate the overall stress level in your life today.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 3 Box	10%	16%	4%
10 Extremely High	1%	2%	—
9	2%	3%	1%
8	7%	11%	3%
Middle 4 Box	45%	51%	39%
7	12%	16%	9%
6	12%	16%	9%
5	12%	13%	10%
4	9%	5%	11%
Bottom 3 Box	46%	33%	56%
3	21%	16%	26%
2	18%	11%	24%
1 Extremely Low	6%	6%	7%

Q22. [Those married / partner (PPMARIT = 1 or 6)] How satisfied are you in your current relationship with your spouse or partner?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	425	181	242
Top 2 Box	82%	75%	87%
Very satisfied	52%	34%	65%
Somewhat satisfied	30%	42%	22%
Neither satisfied nor unsatisfied	11%	11%	11%
Bottom 2 Box	7%	14%	2%
Somewhat unsatisfied	5%	9%	1%
Very unsatisfied	2%	5%	1%



Q23. [Those divorced (PPMARIT = 3)] How long have you been divorced?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	41	25	16
Less than 10 years (Net)	^	^	^
Less than 1 year	^	^	^
1 to 2 years	^	^	^
3 to 4 years	^	^	^
5 to 9 years	^	^	^
10 or more years (Net)	^	^	^
10 to 19 years	^	^	^
20 years or more	^	^	^

^*Data suppressed due to small base size

Q24. [Those widowed (PPMARIT = 2)] How long have you been widowed?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	21	12	9
Less than 10 years (Net)	^	^	^
Less than 1 year	^	^	^
1 to 2 years	^	^	^
3 to 4 years	^	^	^
5 to 9 years	^	^	^
10 or more years (Net)	^	^	^
10 to 19 years	^	^	^
20 years or more	^	^	^

^*Data suppressed due to small base size



Q25a. Are your parents still living?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes (Net)	50%	52%	48%
Yes, both	17%	18%	16%
Yes, one	33%	34%	31%
No	49%	45%	52%
Don't know	1%	2%	—



Q26. How many siblings do you have?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
0	8%	11%	5%
Up to 5 sibling (Net)	84%	81%	86%
1	20%	21%	19%
2	23%	26%	20%
3	21%	15%	27%
4	12%	11%	13%
5	8%	9%	7%
Between 6 and 10 (Net)	6%	3%	8%
6	4%	2%	6%
7	1%	1%	1%
8	*	—	1%
9	*	*	1%
10	*	—	1%
11 or more (Net)	1%	2%	—
11	*	—	—
12	—	—	—
13	*	*	—
14	—	—	—
15	1%	2%	—



Q43. How many children age 18 or older do you have?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
0	33%	34%	33%
Up to 5 children (Net)	65%	64%	66%
1	22%	22%	21%
2	30%	31%	29%
3	9%	8%	10%
4	3%	2%	4%
5	2%	*	3%
Between 6 and 10 (Net)	1%	1%	*
6	*	1%	—
7	—	—	—
8	—	—	—
9	*	*	*
10	—	—	—
11 or more (Net)	—	—	—
11	—	—	—
12	—	—	—
13	—	—	—
14	—	—	—
15	—	—	—



Q44. How many children under the age of 18 do you have?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
0	76%	76%	76%
Up to 5 children (Net)	23%	23%	24%
1	13%	13%	13%
2	10%	9%	10%
3	1%	*	1%
4	—	—	—
5	—	—	—
Between 6 and 10 (Net)	*	*	—
6	*	*	—
7	—	—	—
8	—	—	—
9	—	—	—
10	—	—	—
11 or more (Net)	—	—	—
11	—	—	—
12	—	—	—
13	—	—	—
14	—	—	—
15	—	—	—



Q45. Are you a grandparent or step-grandparent?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes (Net)	26%	25%	28%
Yes, I'm a grandparent	25%	23%	26%
Yes, I'm a step-grandparent	3%	1%	4%
No, I am not a grandparent nor a step-grandparent	73%	75%	72%

Q46_new. How many close relatives (parents, siblings, grandparents, etc.) do you have - people that you feel at ease with and can talk to about private matters?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
None	15%	23%	9%
1-2 (Net)	41%	43%	39%
1	17%	18%	15%
2	24%	25%	24%
3+ (Net)	43%	33%	52%
3-5	32%	26%	38%
6+ (Net)	11%	7%	14%
6-9	5%	3%	6%
10 or more	6%	4%	8%



Q47. How many close friends do you have - people that you feel at ease with and can talk to about private matters?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
None	18%	24%	14%
1-2 (Net)	39%	47%	33%
1	13%	18%	8%
2	26%	28%	25%
3+ (Net)	42%	29%	54%
3-5	32%	23%	39%
6+ (Net)	11%	6%	15%
6-9	6%	3%	9%
10 or more	4%	2%	6%

Q34. Have any good friends, close relatives, or a spouse or partner passed away in the past 5 years, since 2020?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes (Net)	52%	52%	52%
Yes, a good friend/close relative (Net)	50%	48%	52%
Yes, a good friend	23%	22%	23%
Yes, a close relative	36%	33%	39%
Yes, a spouse or partner [AUTOMATICALLY SELECT AND PRE-POPULATE IN Q34b IF Q24=1-4, Show selected on screen]	4%	4%	3%
No	48%	48%	48%



Q35. Have any good friends, adult child, or other close relatives moved away from you in the past 5 years?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes (Net)	29%	31%	27%
Yes, a good friend	12%	14%	10%
Yes, an adult child	14%	15%	14%
Yes, a close relative (not an adult child)	4%	4%	5%
Close relative / adult child (Net)	18%	18%	18%
No	71%	69%	73%

Q35a. [Q35 = 1, 2 or 3 (someone has moved in the past 5 years)] How connected do you still feel to the person/people who moved away in the past 5 years? If you have more than one friend, adult child, or close relative who has moved away, please think about the one who moved most recently.

a. A good friend

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	61	35	26
Close/Still in touch (net)	^	^	^
We still maintain a close, frequent connection	^	^	^
We're still in touch but less often than before	^	^	^
Drifted apart/Not in contact (net)	^	^	^
We've drifted apart	^	^	^
We are no longer in contact	^	^	^

^*Data suppressed due to small base size



b. An adult child

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	73	33	40
Close/Still in touch (net)	^	^	^
We still maintain a close, frequent connection	^	^	^
We're still in touch but less often than before	^	^	^
Drifted apart/Not in contact (net)	^	^	^
We've drifted apart	^	^	^
We are no longer in contact	^	^	^

^*Data suppressed due to small base size

c. A close relative (not an adult child)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	28	12	16
Close/Still in touch (net)	^	^	^
We still maintain a close, frequent connection	^	^	^
We're still in touch but less often than before	^	^	^
Drifted apart/Not in contact (net)	^	^	^
We've drifted apart	^	^	^
We are no longer in contact	^	^	^

^*Data suppressed due to small base size

Q38. Would you say that you have more friends, fewer friends, or about the same number of friends as you did 5 years ago?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
More	9%	4%	14%
Fewer	27%	41%	15%
About the same	64%	55%	71%



Q39. Are you currently providing unpaid care or assistance to an **adult** friend or family member who needs assistance due to aging, a disability, or a health-related issue? By care or assistance, we are referring to providing help with activities (like bathing/dressing, grocery shopping, housekeeping, meal preparation, providing transportation to medical appointments, managing medications, help with bill-paying or managing their finances, arranging for outside services, etc.) for someone who needs assistance due to aging, a disability, or a health-related issue.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	15%	13%	17%
No	85%	87%	83%

Q41. [If Q39 = 1 (caregivers)] What is this person's relationship to you? If you provide unpaid care to more than one adult friend or family member, please answer about the person for whom you spend the most time providing care.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	90	42	48
Parent	^	^	^
Child	^	^	^
Sibling	^	^	^
Grandparent	^	^	^
Friend	^	^	^
Neighbor	^	^	^
Spouse/partner	^	^	^
Other relative	^	^	^

^*Data suppressed due to small base size



Q46. How often do you attend religious services or other events at a place of worship?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Once a month or more often (Net)	29%	27%	30%
Once a week or more	20%	19%	21%
A couple times a month	5%	5%	5%
Once a month	4%	3%	4%
Less often than once a month (Net)	71%	73%	70%
A couple times a year	13%	9%	17%
Once a year or less	22%	23%	22%
Never	35%	40%	31%

Q48. In the past 12 months, have you volunteered, that is given your time or skills, for a non-profit organization, a charity, school, hospital, religious organization, neighborhood association, civic or any other group?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	34%	34%	34%
No	66%	66%	66%

Q49. [Q48 = 1 (have volunteered in the past 12 months)] In what ways do you participate in volunteer activities?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	202	84	117
In-person	81%	^	82%
Virtual	3%	^	1%
Both in-person and virtual	16%	^	17%

^*Data suppressed due to small base size



Q50. Do you belong to any local community organizations, clubs, or groups such as Kiwanis, book clubs, gardening groups, or other social groups? If so, how many?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
0	75%	78%	73%
1+ (Net)	25%	22%	27%
1	16%	15%	17%
2	5%	3%	6%
3 or more	4%	4%	5%

Q51. [Q50 = 2, 3, or 4 (belong to local community organizations)] In what ways do you participate in community organizations, clubs, or group activities?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	133	50	83
In-person	70%	^	^
Virtual	7%	^	^
Both in-person and virtual	20%	^	^

^*Data suppressed due to small base size

Q57. [Those where PPEMPLOY = 1 (Working)] How satisfied are you with your current job?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	263	126	135
Top 2 Box (Net)	73%	62%	83%
Very satisfied	21%	10%	30%
Somewhat satisfied	52%	51%	52%
Bottom 2 Box (Net)	18%	25%	12%
Neither satisfied nor unsatisfied	8%	13%	4%
Somewhat unsatisfied	6%	11%	3%
Very unsatisfied	2%	2%	1%



Q61. [Those where ppwork=5 (retired)] How long have you been retired?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	165	68	97
Less than 1 year	6%	^	^
More than 1 year but less than 5 years	20%	^	^
More than 5 years but less than 10 years	25%	^	^
10 years or more	48%	^	^

^*Data suppressed due to small base size

Q63. [Those where ppwork=5 (retired)] Have you stayed in contact with any of your former coworkers after your retirement?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	165	68	97
Yes (Net)	60%	^	^
Yes, regularly	10%	^	^
Yes, occasionally	23%	^	^
Yes, once in a while	27%	^	^
No	34%	^	^
I did not have coworkers	6%	^	^

^*Data suppressed due to small base size

Q64. How long have you lived at your current residence?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Less than 10 years (Net)	37%	38%	37%
Less than 1 year	4%	6%	3%
1 year to less than 5 years	12%	12%	12%
5 years to less than 10 years	21%	19%	22%
10 years+ (Net)	62%	61%	63%
10 years to less than 20 years	30%	27%	32%
20 years or more	33%	34%	31%



Q70. The following statements describe how people sometimes feel. For each statement, please indicate how often you feel the way described.

a. How often do you feel that you are "in tune" with the people around you?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	78%	60%	94%
Always	17%	2%	30%
Sometimes	61%	58%	64%
Bottom 2 box (Net)	22%	40%	6%
Rarely	16%	30%	4%
Never	6%	9%	2%

b. How often do you feel that you lack companionship?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	35%	66%	10%
Always	7%	14%	*
Sometimes	29%	51%	10%
Bottom 2 box (Net)	64%	34%	90%
Rarely	37%	29%	44%
Never	28%	5%	46%



c. How often do you feel that there is no one you can turn to?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	26%	52%	4%
Always	6%	11%	1%
Sometimes	21%	41%	3%
Bottom 2 box (Net)	73%	48%	95%
Rarely	41%	43%	40%
Never	32%	5%	56%

d. How often do you feel alone?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	31%	61%	6%
Always	5%	10%	—
Sometimes	27%	51%	6%
Bottom 2 box (Net)	69%	39%	94%
Rarely	44%	32%	54%
Never	25%	7%	40%

e. How often do you feel part of a group of friends?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	73%	55%	89%
Always	28%	6%	47%
Sometimes	45%	49%	42%
Bottom 2 box (Net)	27%	45%	11%
Rarely	19%	32%	9%
Never	7%	13%	2%



f. How often do you feel that you have a lot in common with the people around you?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	73%	52%	90%
Always	13%	1%	24%
Sometimes	59%	52%	66%
Bottom 2 box (Net)	27%	47%	10%
Rarely	23%	40%	9%
Never	3%	7%	*

g. How often do you feel that you are no longer close to anyone?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	32%	57%	10%
Always	6%	13%	—
Sometimes	26%	45%	10%
Bottom 2 box (Net)	68%	43%	90%
Rarely	37%	37%	37%
Never	31%	6%	53%

h. How often do you feel that your interests and ideas are not shared by those around you?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	52%	67%	40%
Always	5%	8%	3%
Sometimes	47%	59%	37%
Bottom 2 box (Net)	48%	33%	60%
Rarely	33%	28%	38%
Never	14%	4%	23%



i. How often do you feel outgoing and friendly?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	78%	61%	93%
Always	22%	7%	35%
Sometimes	56%	53%	58%
Bottom 2 box (Net)	21%	39%	7%
Rarely	19%	34%	7%
Never	3%	5%	*

j. How often do you feel close to people?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	75%	52%	96%
Always	22%	1%	40%
Sometimes	53%	50%	55%
Bottom 2 box (Net)	24%	48%	4%
Rarely	20%	39%	4%
Never	4%	9%	—

k. How often do you feel left out?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	31%	57%	9%
Always	5%	10%	—
Sometimes	26%	47%	9%
Bottom 2 box (Net)	69%	43%	91%
Rarely	48%	35%	58%
Never	21%	7%	33%



I. How often do you feel that your relationships with others are not meaningful?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	36%	61%	15%
Always	4%	7%	1%
Sometimes	32%	55%	14%
Bottom 2 box (Net)	64%	39%	85%
Rarely	42%	34%	48%
Never	22%	4%	37%

m. How often do you feel that no one really knows you well?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	44%	72%	21%
Always	9%	19%	—
Sometimes	36%	53%	21%
Bottom 2 box (Net)	55%	28%	79%
Rarely	38%	24%	49%
Never	18%	4%	30%

n. How often do you feel isolated from others?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	33%	63%	7%
Always	7%	16%	—
Sometimes	26%	47%	7%
Bottom 2 box (Net)	67%	37%	93%
Rarely	39%	29%	48%
Never	28%	8%	45%



o. How often do you feel you can find companionship when you want it?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	70%	48%	88%
Always	31%	8%	51%
Sometimes	39%	40%	37%
Bottom 2 box (Net)	30%	52%	11%
Rarely	22%	38%	9%
Never	8%	14%	3%

p. How often do you feel that there are people who really understand you?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	72%	49%	92%
Always	20%	6%	33%
Sometimes	52%	43%	59%
Bottom 2 box (Net)	27%	51%	8%
Rarely	22%	41%	6%
Never	5%	10%	2%

q. How often do you feel shy?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	51%	59%	45%
Always	6%	8%	4%
Sometimes	45%	51%	40%
Bottom 2 box (Net)	49%	41%	55%
Rarely	33%	30%	37%
Never	15%	11%	19%



r. How often do you feel that people are around you but not with you?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	46%	71%	26%
Always	7%	12%	3%
Sometimes	40%	59%	23%
Bottom 2 box (Net)	53%	29%	74%
Rarely	38%	25%	50%
Never	15%	4%	24%

s. How often do you feel that there are people you can talk to?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	79%	59%	96%
Always	43%	9%	71%
Sometimes	36%	50%	24%
Bottom 2 box (Net)	21%	41%	4%
Rarely	17%	34%	3%
Never	4%	7%	1%

t. How often do you feel that there are people you can turn to?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	78%	57%	95%
Always	38%	7%	64%
Sometimes	40%	49%	32%
Bottom 2 box (Net)	22%	43%	5%
Rarely	17%	32%	4%
Never	6%	12%	1%



Q71. Overall, how often do you feel lonely or isolated from those around you?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (Net)	33%	65%	6%
Always	4%	8%	—
Sometimes	30%	57%	6%
Bottom 2 box (Net)	67%	35%	94%
Rarely	41%	29%	52%
Never	25%	6%	42%

Q75. [Q71=1-3] Sometimes loneliness is caused by a specific event or condition such as the loss of a spouse or an unexpected illness, and sometimes there doesn't seem to be a specific reason why people feel lonely. Is there a specific cause for your feelings of loneliness?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	411	242	167
No	82%	77%	90%
Yes, please specify	17%	22%	10%

Q75 (2). [Q71=1-2] Sometimes loneliness is caused by a specific event or condition such as the loss of a spouse or an unexpected illness, and sometimes there doesn't seem to be a specific reason why people feel lonely. Is there a specific cause for your feelings of loneliness?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	189	167	21
No	70%	69%	^
Yes, please specify	29%	30%	^

^*Data suppressed due to small base size

Q76. Below are some behaviors that people might do to cope with feelings of loneliness or isolation. Please select things that you do when you are feeling lonely.

a. Talk to a friend or relative in person

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	63%	50%	74%
No	37%	50%	26%



b. Talk to a friend or relative over the internet or via email, phone, or text

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	67%	50%	82%
No	32%	49%	18%

c. Watch television or stream entertainment

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	74%	75%	73%
No	26%	25%	26%

d. Write in a diary or journal

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	12%	11%	13%
No	88%	89%	86%

e. Drink alcohol

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	12%	15%	10%
No	87%	84%	89%

f. Smoke cigarettes or use other tobacco products

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	5%	7%	3%
No	95%	93%	96%



g. Sleep

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	53%	57%	49%
No	47%	43%	50%

h. Go out alone, such as to a restaurant or to run an errand

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	36%	38%	34%
No	64%	62%	66%

i. Eat food

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	45%	52%	39%
No	55%	48%	61%

j. Go out with friends or family

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	63%	45%	78%
No	36%	53%	21%

k. Surf the internet

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	65%	66%	64%
No	35%	34%	35%



l. Go to bars or clubs

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	5%	5%	4%
No	94%	93%	95%

m. Work on a hobby or personal interest

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	62%	55%	68%
No	38%	45%	32%

n. Attend religious services

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	19%	19%	19%
No	81%	81%	81%

o. Use drugs

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	1%	3%	—
No	98%	97%	100%

p. Take medicine

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	8%	13%	5%
No	92%	87%	95%



q. Take a walk or go to the park

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	56%	53%	58%
No	44%	47%	42%

r. Go shopping

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	35%	40%	32%
No	65%	60%	68%

s. Do something artistic or creative

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	33%	25%	39%
No	67%	75%	61%

t. Scroll or post on social media (e.g., Facebook, YouTube, Instagram, TikTok, etc.)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	48%	50%	46%
No	52%	50%	54%

u. Play a game or gaming

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	34%	37%	32%
No	66%	63%	68%



v. Spend time with your pet

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	25%	22%	27%
No	75%	78%	73%

w. Other

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	6%	4%	8%
No	76%	76%	76%

Q77. On average, how many hours per day are you physically alone?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
0-2 hours	43%	31%	53%
3-5 hours	28%	27%	30%
6-10 hours	18%	25%	13%
11-15 hours	5%	8%	2%
16-20 hours	3%	5%	2%
21-24 hours	3%	5%	1%



Q78. [Q71 = 1-2] About how long have you felt lonely or isolated from those around you?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	189	167	21
Less than six months	20%	19%	^
Six months to a year	7%	4%	^
One to two years	14%	14%	^
Three to five years	24%	25%	^
Six to ten years	10%	11%	^
More than ten years	23%	24%	^

^*Data suppressed due to small base size

Q79. On average, compared to how you felt 5 years ago, would you say that you are more lonely, less lonely, or about the same?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
More lonely	15%	25%	7%
Less lonely	21%	18%	23%
About the same	63%	54%	70%



Q79a. How often do you feel like you truly belong when you are with the following groups or individuals?

a. In volunteer or civic groups I participate in

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (net)	36%	28%	42%
Always	13%	6%	20%
Sometimes	23%	23%	23%
Bottom 2 box (net)	19%	29%	10%
Rarely	14%	22%	8%
Never	4%	7%	2%
Not applicable	45%	43%	46%

b. In clubs, hobby groups, or social organizations

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (net)	37%	29%	44%
Always	13%	6%	18%
Sometimes	25%	24%	26%
Bottom 2 box (net)	22%	33%	13%
Rarely	15%	24%	7%
Never	8%	9%	7%
Not applicable	40%	38%	42%



c. At my place of worship

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (net)	35%	31%	38%
Always	17%	7%	25%
Sometimes	18%	23%	14%
Bottom 2 box (net)	17%	23%	12%
Rarely	9%	9%	8%
Never	8%	13%	4%
Not applicable	48%	46%	49%

d. In my neighborhood

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (net)	59%	45%	71%
Always	17%	7%	25%
Sometimes	42%	38%	45%
Bottom 2 box (net)	29%	44%	16%
Rarely	20%	28%	13%
Never	9%	16%	3%
Not applicable	11%	11%	10%



e. With my family

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (net)	88%	77%	97%
Always	61%	35%	83%
Sometimes	26%	42%	13%
Bottom 2 box (net)	10%	19%	2%
Rarely	8%	17%	1%
Never	2%	2%	1%
Not applicable	2%	4%	1%

f. With my friends

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Top 2 box (net)	83%	71%	93%
Always	46%	19%	69%
Sometimes	37%	52%	24%
Bottom 2 box (net)	12%	23%	3%
Rarely	9%	18%	2%
Never	3%	5%	1%
Not applicable	4%	6%	3%



g. [ASK IF CURRENTLY WORKING PPEMPLOY = 1] With my co-workers

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	263	126	135
Top 2 box (net)	68%	52%	83%
Always	19%	5%	33%
Sometimes	49%	47%	51%
Bottom 2 box (net)	25%	45%	7%
Rarely	21%	36%	7%
Never	4%	9%	1%
Not applicable	6%	2%	9%

Q79b. Do you currently have access to the internet at home?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes (net)	98%	99%	97%
Yes, I have broadband internet (i.e., fiber, cable, or DSL)	83%	84%	82%
Yes, I have mobile internet (i.e., 4G or 5G)	40%	43%	37%
Yes, I have satellite internet	2%	3%	2%
Yes, I have dial-up internet	*	1%	—
No, I do not have internet access at home	2%	1%	3%



Q79c. Which of the following items do you have/own?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Desktop computer, laptop, Netbook, or tablet (e.g., iPad)	83%	80%	86%
Smartphone (e.g., iPhone, Android)	91%	91%	92%
Regular cell phone (not including iPhone or other smartphones)	16%	12%	19%
E-reader (e.g., Kindle, Nook)	17%	16%	18%
Wearable device (e.g., Fitbit, Garmin, Apple Watch, Samsung Galaxy Watch)	35%	31%	39%
Smart home technology (e.g., Amazon Echo/Alexa, Google Home, Nest)	35%	29%	40%
Smart TV	62%	58%	66%

Q79d. How often do you use the following?

a. Desktop computer, laptop, Netbook, or tablet (e.g., iPad)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	485	216	267
Daily/Weekly/Monthly (Net)	95%	93%	98%
Daily/Weekly (Subnet)	94%	92%	96%
Daily	79%	75%	83%
Weekly	15%	17%	13%
Monthly	1%	1%	2%
Less often than monthly	4%	7%	2%
Don't use	*	*	*



b. Smartphone (e.g., iPhone, Android)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	513	233	278
Daily/Weekly/Monthly (Net)	100%	99%	100%
Daily/Weekly (Subnet)	99%	98%	100%
Daily	97%	97%	98%
Weekly	2%	2%	2%
Monthly	1%	1%	—
Less often than monthly	*	*	—
Don't use	—	—	—

c. Regular cell phone (not including iPhone or other smartphones)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	81	34	46
Daily/Weekly/Monthly (Net)	^	^	^
Daily/Weekly (Subnet)	^	^	^
Daily	^	^	^
Weekly	^	^	^
Monthly	^	^	^
Less often than monthly	^	^	^
Don't use	^	^	^

^*Data suppressed due to small base size



d. E-reader (e.g., Kindle, Nook)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	116	52	64
Daily/Weekly/Monthly (Net)	74%	^	^
Daily/Weekly (Subnet)	63%	^	^
Daily	37%	^	^
Weekly	26%	^	^
Monthly	11%	^	^
Less often than monthly	20%	^	^
Don't use	6%	^	^

^*Data suppressed due to small base size

e. Wearable device (e.g., Fitbit, Garmin, Apple Watch, Samsung Galaxy Watch)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	209	79	129
Daily/Weekly/Monthly (Net)	93%	^	96%
Daily/Weekly (Subnet)	90%	^	93%
Daily	82%	^	84%
Weekly	8%	^	9%
Monthly	3%	^	2%
Less often than monthly	6%	^	3%
Don't use	1%	^	2%

^*Data suppressed due to small base size



f. Smart home technology (e.g., Amazon Echo/Alexa, Google Home, Nest)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	218	83	134
Daily/Weekly/Monthly (Net)	88%	^	90%
Daily/Weekly (Subnet)	84%	^	88%
Daily	65%	^	71%
Weekly	19%	^	18%
Monthly	4%	^	2%
Less often than monthly	6%	^	3%
Don't use	6%	^	7%

^*Data suppressed due to small base size

g. Smart TV

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	356	148	208
Daily/Weekly/Monthly (Net)	92%	91%	93%
Daily/Weekly (Subnet)	90%	88%	92%
Daily	77%	71%	81%
Weekly	14%	17%	11%
Monthly	2%	3%	1%
Less often than monthly	4%	6%	3%
Don't use	4%	3%	4%



Q84. [Q79c=1,2,5 and Q79d=1-4 (Desktop, Smartphone or Wearable device at Q79c and use at least one of those devices (Daily, Weekly, Monthly, Less often than monthly) at Q79d)] How many people, if any, have you met online through social media, websites, apps, or forums, who you didn't know before and now consider real friends?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
None	78%	71%	85%
1-2	13%	18%	10%
3-5	4%	7%	2%
6-10	1%	2%	1%
11-20	1%	2%	1%
21 or more	1%	*	2%

Q89. [Q79c=1,2,5 and Q79d=1-4 (Desktop, Smartphone or Wearable device at Q79c and use at least one of those devices (Daily, Weekly, Monthly, Less often than monthly) at Q79d)] Below is a series of statements about internet relationships. Please indicate how much you agree or disagree with each statement.

a. The internet makes it easier for me to share personal or uncomfortable information.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	24%	29%	20%
Strongly agree	7%	9%	5%
Somewhat agree	17%	20%	15%
Neither agree nor disagree	43%	47%	40%
Bottom 2 box (Net)	30%	20%	38%
Somewhat disagree	10%	8%	12%
Strongly disagree	20%	12%	26%



b. Communicating online is less satisfying than communicating on the phone or in person.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	53%	45%	60%
Strongly agree	23%	20%	27%
Somewhat agree	30%	26%	33%
Neither agree nor disagree	34%	41%	27%
Bottom 2 box (Net)	12%	12%	12%
Somewhat disagree	9%	9%	9%
Strongly disagree	3%	3%	2%

c. Communicating with people online, rather than in person, makes me feel more lonely.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	19%	26%	13%
Strongly agree	3%	4%	2%
Somewhat agree	16%	22%	11%
Neither agree nor disagree	44%	48%	42%
Bottom 2 box (Net)	35%	25%	44%
Somewhat disagree	17%	13%	20%
Strongly disagree	19%	12%	24%



d. Social media sites like Facebook and Instagram have helped me keep in touch with friends and family I would have otherwise drifted away from.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	48%	38%	56%
Strongly agree	17%	11%	22%
Somewhat agree	31%	28%	34%
Neither agree nor disagree	29%	38%	21%
Bottom 2 box (Net)	22%	22%	22%
Somewhat disagree	6%	8%	5%
Strongly disagree	16%	14%	17%

e. The internet has made it so I have fewer "deep" friendship connections.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	22%	29%	15%
Strongly agree	5%	8%	2%
Somewhat agree	17%	20%	13%
Neither agree nor disagree	49%	50%	49%
Bottom 2 box (Net)	28%	19%	35%
Somewhat disagree	12%	8%	16%
Strongly disagree	15%	11%	19%



f. Technology has made it harder to spend time with my friends and family in person.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	26%	32%	22%
Strongly agree	5%	6%	4%
Somewhat agree	21%	25%	18%
Neither agree nor disagree	36%	44%	28%
Bottom 2 box (Net)	37%	23%	49%
Somewhat disagree	17%	12%	21%
Strongly disagree	20%	11%	27%

g. I rely on technology to stay connected and in touch with friends and family.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	59%	46%	71%
Strongly agree	24%	20%	27%
Somewhat agree	35%	25%	43%
Neither agree nor disagree	26%	38%	16%
Bottom 2 box (Net)	13%	15%	12%
Somewhat disagree	6%	5%	6%
Strongly disagree	8%	10%	6%



h. I find it easy to balance my time on the internet with in person activities and obligations.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	48%	39%	56%
Strongly agree	20%	11%	27%
Somewhat agree	29%	28%	29%
Neither agree nor disagree	38%	48%	30%
Bottom 2 box (Net)	13%	12%	13%
Somewhat disagree	7%	8%	7%
Strongly disagree	5%	5%	6%

i. The relationships I maintain online are just as meaningful as those I have in person.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	21%	15%	26%
Strongly agree	5%	3%	7%
Somewhat agree	16%	12%	19%
Neither agree nor disagree	39%	39%	39%
Bottom 2 box (Net)	38%	45%	33%
Somewhat disagree	21%	28%	15%
Strongly disagree	17%	17%	18%



j. The internet makes it easier for me to find people who share my interests, experiences, values, or identity.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	37%	39%	36%
Strongly agree	6%	7%	6%
Somewhat agree	31%	32%	30%
Neither agree nor disagree	42%	44%	40%
Bottom 2 box (Net)	20%	16%	23%
Somewhat disagree	7%	6%	9%
Strongly disagree	12%	10%	14%

k. I worry that interactions with people online aren't genuine or honest.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	54%	59%	50%
Strongly agree	17%	17%	16%
Somewhat agree	38%	42%	34%
Neither agree nor disagree	32%	32%	33%
Bottom 2 box (Net)	12%	7%	16%
Somewhat disagree	7%	3%	10%
Strongly disagree	5%	4%	6%



l. I avoid using digital tools or apps that could help me stay connected with others because it feels too complicated or intimidating.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	20%	21%	19%
Strongly agree	5%	4%	7%
Somewhat agree	15%	18%	13%
Neither agree nor disagree	32%	40%	24%
Bottom 2 box (Net)	47%	37%	55%
Somewhat disagree	21%	21%	22%
Strongly disagree	25%	16%	33%

m. I seek relationships online to avoid feeling lonely.

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	532	244	286
Top 2 box (Net)	9%	16%	3%
Strongly agree	3%	5%	1%
Somewhat agree	6%	11%	2%
Neither agree nor disagree	22%	30%	16%
Bottom 2 box (Net)	68%	53%	81%
Somewhat disagree	14%	13%	14%
Strongly disagree	55%	40%	66%



Q91. New technologies, including artificial intelligence (AI), are being developed to offer companionship, conversation, or reminders to connect with others. How interested would you be in an AI-powered solution to help you feel less lonely?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
Unweighted n	547	255	290
Top 2 box (Net)	27%	35%	21%
Very interested	8%	10%	7%
Somewhat interested	19%	25%	14%
Bottom 2 box (Net)	72%	65%	79%
Not too interested	29%	28%	30%
Not at all interested	43%	37%	49%

Q94. Would you like to be more socially connected with others?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
Unweighted n	547	255	290
Yes	47%	57%	40%
No	52%	43%	59%



Q95. [IF Q94 = 1 (would like to be more socially connected)] Which of the following, if any, would you say are the biggest barriers to being more socially connected with others?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	258	141	117
My health	12%	18%	4%
The health of a loved one	4%	2%	7%
Access to transportation	4%	4%	5%
Access to the internet	2%	1%	2%
Fear of rejection or social anxiety	17%	26%	7%
Loss of a someone close to you	2%	3%	1%
Geographic isolation	12%	10%	14%
Financial constraints	10%	14%	4%
Caregiving responsibilities	5%	4%	8%
Cultural or language barriers	19%	16%	22%
Lack of confidence or motivation	25%	37%	11%
Differences in values	24%	24%	23%
Work responsibilities	9%	10%	8%
Not enough time in general	33%	26%	42%
Lack of accessible physical locations	7%	7%	7%
Fear of poor treatment due to discrimination	5%	5%	4%
I don't have any barriers to connect with others	21%	12%	31%



Q93. Last, we have just a few background questions to understand the group of people taking this survey. Which best describes the community where you live?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Urban (Net)	31%	33%	29%
Urban near mix of offices, apartments, and shops	11%	13%	10%
Urban and mostly residential	20%	21%	19%
Suburban (Net)	58%	58%	58%
Suburban with a mix of offices, apartments, and shops	19%	22%	16%
Suburban and mostly residential	39%	36%	42%
Small town	4%	6%	3%
Rural area	7%	2%	10%

Q96. Are you [Show if PPMARIT =1,6] or your spouse / partner] currently a member of AARP?

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Yes	30%	24%	36%
No	64%	69%	60%
Don't know	6%	7%	4%



PPAGE. Respondent's Age

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
45-54 (Net)	35%	40%	31%
45-49 years	17%	19%	16%
50-54 years	18%	21%	15%
55-64 (Net)	31%	30%	32%
55-59 years	15%	19%	11%
60-64 years	16%	11%	21%
65+ (Net)	34%	30%	36%
65-69 years	10%	9%	12%
70-74 years	7%	9%	6%
75 and over	16%	13%	19%

PPETHM. Race/Ethnicity, Census Categories

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
White, Non-Hispanic	—	—	—
ETHNIC (Net)	100%	100%	100%
Black, Non-Hispanic	—	—	—
Other, Non-Hispanic	100%	100%	100%
Hispanic	—	—	—
2+ Races, Non-Hispanic	—	—	—



PPEDUC5. Respondent's Highest Completed Education Level

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
No high school diploma or GED	9%	4%	13%
High school graduate (high school diploma or the equivalent GED)	23%	27%	20%
Some college or Associate degree	16%	18%	15%
Bachelor's degree	24%	22%	26%
Master's degree or above	28%	29%	26%

PPEDUCAT. Respondent's Highest Completed Education Level - Categorical

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Less than high school	9%	4%	13%
High school	23%	27%	20%
Some college	16%	18%	15%
Bachelors degree or higher	52%	51%	53%

PPINC7. Household Income

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Under \$10,000	4%	4%	4%
\$10,000 to \$24,999	5%	6%	4%
\$25,000 to \$49,999	11%	14%	8%
\$50,000 to \$74,999	11%	11%	11%
\$75,000 to \$99,999	9%	9%	10%
\$100,000 to \$149,999	18%	18%	18%
\$150,000 or more	41%	39%	44%



PPRENT. Household Ownership Status

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Owned or being bought by you or someone in your household	83%	78%	86%
Rented for cash	17%	21%	14%
Occupied without payment of cash rent	*	*	*

PPREG4. Region 4 (based on State of Residence)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Northeast	19%	20%	19%
Midwest	9%	7%	10%
South	24%	26%	23%
West	47%	47%	48%

PPMSACAT. Metro/Non-Metro (based on MSA)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Non-metro area	3%	2%	4%
Metro Area	97%	98%	96%



PPHHSIZE. Household Size (including adults and children of all ages, including infants)

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
1	17%	18%	16%
More than one (Net)	83%	82%	84%
2	39%	40%	37%
3	20%	18%	21%
4	15%	16%	14%
5	6%	5%	7%
6	3%	2%	4%
7	1%	*	1%
8+	*	1%	—

PPT18OV. Total number of adults 18+

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
0	—	—	—
1	18%	21%	16%
More than one (Net)	82%	79%	84%
2	49%	49%	49%
3	23%	22%	24%
4	6%	4%	8%
5	3%	3%	2%
6	1%	—	1%
7	—	—	—
8+	*	*	—



PPMARIT. Marital status

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Married	73%	68%	78%
Widowed	6%	8%	4%
Divorced	8%	11%	5%
Separated	2%	4%	*
Never married	10%	8%	11%
Living with partner	1%	1%	1%

PPWORK. Current employment status

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Working - as a paid employee	47%	49%	46%
Working - self-employed	9%	8%	9%
Not working - on temporary layoff from a job	1%	1%	*
Not working - looking for work	5%	8%	2%
Not working - retired	32%	27%	37%
Not working - disabled	1%	1%	2%
Not working - other	6%	7%	4%

UCLA Loneliness

	AANHPI Total	AANHPI Lonely	AANHPI Not lonely
<i>Unweighted n</i>	547	255	290
Low	35%	42%	29%
High	65%	58%	71%
Lonely	46%	100%	—
Not lonely	54%	—	100%



About AARP

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. With a nationwide presence, AARP strengthens communities and advocates for what matters most to the more than 100 million Americans 50-plus and their families: health security, financial stability and personal fulfillment. AARP also produces the nation's largest circulation publications: AARP The Magazine and AARP Bulletin. To learn more, visit www.aarp.org/about-aarp/, www.aarp.org/español or follow @AARP, @AARPenEspañol and @AARPadvocates on social media.



For more information, contact Lona Choi-Allum, LAllum@aarp.org.
For media inquiries, contact media@aarp.org.