

2025 Loneliness Study: African American/Black Adults 45+ Annotated Questionnaire

Study population: African American/Black 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): African American/Black sample, n=550; Lonely, n=223, Not lonely, n=316

MOE or appropriate estimate of error: African American/Black total (95% level): $\pm 4.55\%$

Notes:

- Data are weighted to represent the African American/Black 45-plus population
 - Percentages may not add to 100% due to rounding
 - Default base for all tables is n=550 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
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Research study page: <https://www.aarp.org/loneliness2025>



S1. What is your current gender identity?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Man	44%	47%	41%
Woman	56%	53%	59%
Non-binary	—	—	—
Another gender (please specify)	—	—	—

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	16%	14%	18%
No	84%	86%	82%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	92	34	56
Yes	^	^	^
No	^	^	^

^*Data suppressed due to small base size

S2. Do you identify as LGBTQ+?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	1%	1%	1%
No	95%	94%	96%
Not sure	2%	3%	1%
Prefer not to say	2%	2%	2%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 Box (Net)	33%	27%	38%
Excellent	5%	4%	5%
Very good	29%	23%	33%
Good	42%	40%	44%
Bottom 2 Box (Net)	25%	33%	19%
Fair	22%	30%	16%
Poor	3%	3%	3%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	38%	42%	35%
No	60%	55%	63%
Prefer not to answer	2%	2%	2%



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

a. Difficulty hearing

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	16%	19%	13%
Yes, serious difficulty	1%	1%	2%
Yes, but not serious difficulty	14%	18%	11%
No difficulty	84%	80%	87%

b. Deafness

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	6%	6%	6%
Yes, serious difficulty	1%	*	2%
Yes, but not serious difficulty	5%	5%	4%
No difficulty	93%	94%	94%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	21%	29%	15%
Yes, serious difficulty	2%	5%	*
Yes, but not serious difficulty	19%	24%	15%
No difficulty	79%	71%	85%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	19%	26%	13%
Yes, serious difficulty	3%	4%	1%
Yes, but not serious difficulty	16%	22%	12%
No difficulty	81%	73%	87%

e. Difficulty walking or climbing stairs

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	33%	35%	32%
Yes, serious difficulty	10%	11%	10%
Yes, but not serious difficulty	23%	23%	22%
No difficulty	67%	65%	67%

f. Difficulty dressing or bathing

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	9%	10%	8%
Yes, serious difficulty	1%	2%	*
Yes, but not serious difficulty	8%	8%	8%
No difficulty	90%	88%	92%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	12%	17%	9%
Yes, serious difficulty	3%	5%	3%
Yes, but not serious difficulty	9%	12%	7%
No difficulty	87%	82%	90%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	9%	15%	5%
Yes, serious difficulty	1%	1%	1%
Yes, but not serious difficulty	8%	14%	4%
No difficulty	90%	84%	94%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes, difficulty (net)	42%	47%	40%
Yes, serious difficulty	12%	16%	9%
Yes, but not serious difficulty	30%	31%	31%
No difficulty	57%	53%	60%



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

a. Diabetes (high blood sugar)

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	23%	24%	23%
No	76%	74%	76%

b. Obesity

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	26%	30%	24%
No	73%	69%	75%

c. Depression

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	18%	26%	11%
No	81%	74%	87%

d. Anxiety

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	22%	32%	15%
No	77%	68%	84%

e. ADHD

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	2%	3%	1%
No	96%	95%	97%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	5%	9%	3%
No	93%	90%	96%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	23%	26%	22%
No	76%	74%	77%

h. High Cholesterol

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	41%	44%	38%
No	58%	56%	61%

i. Other Chronic Pain Condition

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	27%	31%	24%
No	72%	68%	75%

j. Drug/Alcohol Abuse

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	3%	5%	2%
No	96%	94%	97%



k. HIV/AIDS

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	1%	3%	*
No	97%	97%	98%

l. Other sexually transmitted diseases

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	4%	4%	4%
No	96%	96%	95%

m. Other medical condition (please specify)

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	26%	27%	25%
No	67%	65%	69%



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.

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 3 Box	12%	21%	6%
10 Extremely High	3%	5%	2%
9	1%	3%	1%
8	7%	13%	3%
Middle 4 Box	49%	54%	44%
7	10%	14%	7%
6	11%	15%	8%
5	16%	15%	17%
4	12%	9%	13%
Bottom 3 Box	39%	25%	50%
3	14%	13%	15%
2	11%	5%	15%
1 Extremely Low	14%	7%	20%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	261	85	172
Top 2 Box	83%	^	89%
Very satisfied	53%	^	62%
Somewhat satisfied	30%	^	27%
Neither satisfied nor unsatisfied	7%	^	5%
Bottom 2 Box	10%	^	6%
Somewhat unsatisfied	7%	^	5%
Very unsatisfied	3%	^	2%

^*Data suppressed due to small base size



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	101	46	54
Less than 10 years (Net)	25%	^	^
Less than 1 year	2%	^	^
1 to 2 years	3%	^	^
3 to 4 years	4%	^	^
5 to 9 years	16%	^	^
10 or more years (Net)	73%	^	^
10 to 19 years	27%	^	^
20 years or more	47%	^	^

^*Data suppressed due to small base size

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	42	13	28
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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes (Net)	37%	42%	33%
Yes, both	12%	12%	12%
Yes, one	25%	30%	21%
No	63%	58%	66%
Don't know	*	*	*



Q26. How many siblings do you have?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
0	7%	7%	6%
Up to 5 sibling (Net)	70%	67%	73%
1	15%	14%	16%
2	16%	14%	18%
3	18%	22%	17%
4	12%	10%	13%
5	9%	8%	9%
Between 6 and 10 (Net)	20%	22%	19%
6	7%	10%	6%
7	6%	6%	6%
8	4%	3%	4%
9	2%	2%	3%
10	1%	*	1%
11 or more (Net)	2%	3%	2%
11	*	1%	*
12	1%	*	1%
13	1%	1%	—
14	*	—	1%
15	*	*	—



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
0	25%	29%	21%
Up to 5 children (Net)	71%	66%	76%
1	20%	22%	19%
2	28%	25%	29%
3	15%	11%	19%
4	5%	4%	5%
5	3%	3%	4%
Between 6 and 10 (Net)	2%	3%	2%
6	1%	*	1%
7	1%	1%	*
8	*	1%	*
9	*	—	1%
10	*	*	—
11 or more (Net)	*	*	*
11	—	—	—
12	*	—	*
13	—	—	—
14	—	—	—
15	*	*	—



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
0	85%	78%	90%
Up to 5 children (Net)	14%	21%	10%
1	8%	11%	5%
2	4%	6%	2%
3	2%	3%	1%
4	1%	*	*
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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes (Net)	56%	51%	62%
Yes, I'm a grandparent	51%	47%	56%
Yes, I'm a step-grandparent	8%	6%	9%
No, I am not a grandparent nor a step-grandparent	43%	48%	38%

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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
None	12%	17%	7%
1-2 (Net)	37%	45%	31%
1	13%	16%	10%
2	24%	29%	21%
3+ (Net)	51%	38%	62%
3-5	29%	29%	29%
6+ (Net)	23%	9%	33%
6-9	11%	6%	15%
10 or more	11%	3%	18%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
None	17%	25%	11%
1-2 (Net)	45%	52%	39%
1	15%	21%	10%
2	30%	31%	28%
3+ (Net)	38%	22%	50%
3-5	26%	19%	32%
6+ (Net)	12%	3%	18%
6-9	6%	2%	9%
10 or more	6%	1%	10%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes (Net)	71%	73%	69%
Yes, a good friend/close relative (Net)	69%	70%	68%
Yes, a good friend	32%	28%	35%
Yes, a close relative	55%	53%	56%
Yes, a spouse or partner [AUTOMATICALLY SELECT AND PRE-POPULATE IN Q34b IF Q24=1-4, Show selected on screen]	4%	3%	3%
No	29%	27%	31%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes (Net)	32%	32%	31%
Yes, a good friend	13%	10%	14%
Yes, an adult child	14%	17%	13%
Yes, a close relative (not an adult child)	9%	9%	8%
Close relative / adult child (Net)	22%	26%	20%
No	68%	67%	69%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	70	24	44
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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	76	40	36
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)

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	45	22	22
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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
More	8%	4%	11%
Fewer	41%	57%	30%
About the same	50%	39%	58%



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.

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	14%	15%	14%
No	85%	84%	86%

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.

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	81	37	42
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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Once a month or more often (Net)	48%	43%	53%
Once a week or more	35%	28%	41%
A couple times a month	9%	9%	10%
Once a month	4%	6%	3%
Less often than once a month (Net)	51%	57%	45%
A couple times a year	13%	13%	12%
Once a year or less	19%	21%	18%
Never	19%	24%	15%

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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	32%	29%	35%
No	68%	71%	65%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	188	68	118
In-person	72%	^	70%
Virtual	4%	^	4%
Both in-person and virtual	23%	^	26%

^*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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
0	79%	80%	78%
1+ (Net)	21%	20%	21%
1	11%	11%	11%
2	7%	7%	8%
3 or more	3%	2%	3%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	122	47	72
In-person	56%	^	^
Virtual	12%	^	^
Both in-person and virtual	31%	^	^

^*Data suppressed due to small base size

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	224	92	128
Top 2 Box (Net)	73%	^	82%
Very satisfied	32%	^	44%
Somewhat satisfied	41%	^	38%
Bottom 2 Box (Net)	17%	^	10%
Neither satisfied nor unsatisfied	10%	^	7%
Somewhat unsatisfied	5%	^	7%
Very unsatisfied	5%	^	—

^*Data suppressed due to small base size



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	184	51	130
Less than 1 year	5%	^	3%
More than 1 year but less than 5 years	16%	^	14%
More than 5 years but less than 10 years	29%	^	26%
10 years or more	50%	^	57%

^*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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	184	51	130
Yes (Net)	74%	^	78%
Yes, regularly	19%	^	23%
Yes, occasionally	27%	^	30%
Yes, once in a while	28%	^	25%
No	24%	^	22%
I did not have coworkers	2%	^	1%

^*Data suppressed due to small base size

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Less than 10 years (Net)	42%	51%	35%
Less than 1 year	6%	10%	4%
1 year to less than 5 years	17%	20%	15%
5 years to less than 10 years	18%	21%	16%
10 years+ (Net)	58%	49%	64%
10 years to less than 20 years	22%	22%	21%
20 years or more	36%	28%	43%



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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	77%	57%	94%
Always	26%	7%	40%
Sometimes	51%	50%	54%
Bottom 2 box (Net)	22%	43%	6%
Rarely	18%	36%	4%
Never	4%	7%	1%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	37%	67%	15%
Always	11%	25%	1%
Sometimes	25%	42%	14%
Bottom 2 box (Net)	61%	33%	84%
Rarely	26%	23%	29%
Never	36%	11%	55%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	29%	63%	5%
Always	7%	16%	1%
Sometimes	22%	47%	4%
Bottom 2 box (Net)	69%	37%	95%
Rarely	27%	27%	27%
Never	42%	10%	68%

d. How often do you feel alone?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	40%	73%	17%
Always	7%	16%	1%
Sometimes	33%	57%	16%
Bottom 2 box (Net)	59%	27%	83%
Rarely	30%	20%	38%
Never	29%	7%	45%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	67%	42%	87%
Always	26%	5%	43%
Sometimes	40%	37%	44%
Bottom 2 box (Net)	32%	58%	13%
Rarely	20%	38%	7%
Never	12%	19%	6%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	68%	40%	91%
Always	20%	4%	33%
Sometimes	48%	36%	58%
Bottom 2 box (Net)	31%	60%	9%
Rarely	25%	49%	7%
Never	6%	11%	2%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	32%	67%	8%
Always	6%	11%	2%
Sometimes	27%	56%	6%
Bottom 2 box (Net)	66%	33%	92%
Rarely	26%	26%	26%
Never	40%	7%	66%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	50%	75%	32%
Always	8%	14%	3%
Sometimes	42%	60%	29%
Bottom 2 box (Net)	49%	25%	68%
Rarely	32%	18%	44%
Never	17%	8%	24%



i. How often do you feel outgoing and friendly?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	81%	64%	94%
Always	36%	15%	52%
Sometimes	45%	49%	43%
Bottom 2 box (Net)	18%	36%	6%
Rarely	14%	28%	5%
Never	4%	8%	1%

j. How often do you feel close to people?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	75%	52%	95%
Always	28%	3%	46%
Sometimes	48%	49%	49%
Bottom 2 box (Net)	23%	48%	5%
Rarely	19%	40%	4%
Never	3%	8%	*

k. How often do you feel left out?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	33%	66%	9%
Always	6%	14%	*
Sometimes	27%	52%	9%
Bottom 2 box (Net)	65%	34%	91%
Rarely	37%	23%	49%
Never	28%	11%	42%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	36%	66%	16%
Always	6%	10%	4%
Sometimes	30%	56%	11%
Bottom 2 box (Net)	63%	34%	84%
Rarely	32%	27%	35%
Never	31%	7%	49%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	44%	73%	23%
Always	9%	18%	2%
Sometimes	35%	55%	21%
Bottom 2 box (Net)	54%	27%	77%
Rarely	33%	24%	42%
Never	21%	3%	35%

n. How often do you feel isolated from others?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	34%	67%	10%
Always	6%	14%	—
Sometimes	28%	53%	10%
Bottom 2 box (Net)	64%	33%	90%
Rarely	31%	22%	38%
Never	33%	10%	52%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	69%	49%	87%
Always	34%	10%	53%
Sometimes	35%	39%	34%
Bottom 2 box (Net)	28%	50%	11%
Rarely	18%	33%	7%
Never	10%	17%	5%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	69%	49%	87%
Always	22%	4%	37%
Sometimes	47%	45%	50%
Bottom 2 box (Net)	29%	51%	13%
Rarely	22%	40%	9%
Never	7%	11%	4%

q. How often do you feel shy?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	42%	57%	31%
Always	7%	16%	1%
Sometimes	35%	42%	31%
Bottom 2 box (Net)	57%	43%	69%
Rarely	30%	27%	33%
Never	27%	16%	36%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	48%	81%	25%
Always	9%	19%	2%
Sometimes	39%	62%	24%
Bottom 2 box (Net)	49%	19%	75%
Rarely	30%	13%	44%
Never	20%	6%	31%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	77%	55%	96%
Always	47%	14%	74%
Sometimes	30%	41%	23%
Bottom 2 box (Net)	21%	45%	3%
Rarely	17%	36%	3%
Never	4%	8%	1%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	73%	51%	92%
Always	39%	8%	63%
Sometimes	35%	43%	29%
Bottom 2 box (Net)	25%	49%	8%
Rarely	19%	39%	5%
Never	6%	10%	3%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (Net)	35%	65%	13%
Always	4%	10%	*
Sometimes	31%	56%	12%
Bottom 2 box (Net)	65%	35%	87%
Rarely	32%	24%	39%
Never	33%	11%	49%

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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	367	200	160
No	69%	64%	76%
Yes, please specify	29%	35%	21%

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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	189	149	36
No	59%	58%	^
Yes, please specify	39%	41%	^

^*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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	68%	57%	78%
No	30%	41%	21%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	70%	63%	77%
No	29%	36%	22%

c. Watch television or stream entertainment

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	83%	86%	81%
No	16%	14%	17%

d. Write in a diary or journal

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	15%	16%	16%
No	83%	84%	83%

e. Drink alcohol

	AA Total	AA Lonely	AA Not lonely
<i>Unweighted n</i>	550	223	316
Yes	18%	23%	15%
No	81%	77%	84%

f. Smoke cigarettes or use other tobacco products

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	13%	16%	11%
No	85%	83%	88%



g. Sleep

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	48%	57%	42%
No	51%	43%	57%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	53%	60%	48%
No	46%	40%	51%

i. Eat food

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	50%	63%	40%
No	49%	37%	59%

j. Go out with friends or family

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	58%	42%	71%
No	41%	57%	28%

k. Surf the internet

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	65%	76%	58%
No	34%	24%	41%



l. Go to bars or clubs

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	5%	4%	5%
No	93%	96%	93%

m. Work on a hobby or personal interest

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	60%	55%	67%
No	38%	44%	32%

n. Attend religious services

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	37%	32%	41%
No	62%	67%	58%

o. Use drugs

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	4%	6%	2%
No	94%	93%	96%

p. Take medicine

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	19%	23%	15%
No	81%	77%	84%



q. Take a walk or go to the park

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	48%	48%	49%
No	51%	51%	49%

r. Go shopping

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	43%	41%	44%
No	56%	58%	54%

s. Do something artistic or creative

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	34%	31%	38%
No	64%	68%	60%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	54%	65%	47%
No	45%	35%	52%

u. Play a game or gaming

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	46%	49%	45%
No	53%	50%	54%



v. Spend time with your pet

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	21%	24%	19%
No	77%	75%	79%

w. Other

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	6%	8%	5%
No	75%	78%	73%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
0-2 hours	37%	24%	45%
3-5 hours	23%	24%	23%
6-10 hours	21%	24%	19%
11-15 hours	7%	11%	4%
16-20 hours	6%	8%	4%
21-24 hours	6%	10%	4%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	189	149	36
Less than six months	25%	21%	^
Six months to a year	10%	8%	^
One to two years	15%	15%	^
Three to five years	17%	20%	^
Six to ten years	11%	12%	^
More than ten years	16%	20%	^

^*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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
More lonely	20%	33%	10%
Less lonely	29%	22%	35%
About the same	50%	45%	55%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (net)	36%	27%	43%
Always	16%	8%	22%
Sometimes	20%	19%	21%
Bottom 2 box (net)	21%	33%	12%
Rarely	11%	17%	6%
Never	11%	15%	6%
Not applicable	42%	39%	44%

b. In clubs, hobby groups, or social organizations

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (net)	37%	26%	46%
Always	15%	5%	24%
Sometimes	22%	22%	22%
Bottom 2 box (net)	21%	33%	13%
Rarely	10%	16%	5%
Never	11%	17%	7%
Not applicable	40%	39%	41%



c. At my place of worship

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (net)	57%	46%	68%
Always	36%	18%	51%
Sometimes	22%	28%	17%
Bottom 2 box (net)	13%	22%	6%
Rarely	7%	12%	4%
Never	6%	10%	3%
Not applicable	28%	31%	25%

d. In my neighborhood

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (net)	57%	40%	72%
Always	26%	10%	39%
Sometimes	31%	30%	32%
Bottom 2 box (net)	29%	45%	16%
Rarely	19%	28%	13%
Never	9%	18%	3%
Not applicable	13%	13%	12%



e. With my family

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (net)	81%	68%	93%
Always	55%	27%	78%
Sometimes	26%	41%	15%
Bottom 2 box (net)	15%	27%	5%
Rarely	9%	18%	3%
Never	5%	10%	2%
Not applicable	3%	3%	1%

f. With my friends

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Top 2 box (net)	75%	58%	90%
Always	46%	15%	71%
Sometimes	29%	43%	19%
Bottom 2 box (net)	14%	26%	5%
Rarely	9%	17%	3%
Never	5%	9%	3%
Not applicable	8%	13%	4%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	224	92	128
Top 2 box (net)	65%	^	76%
Always	27%	^	38%
Sometimes	38%	^	38%
Bottom 2 box (net)	24%	^	16%
Rarely	21%	^	15%
Never	4%	^	1%
Not applicable	9%	^	8%

^*Data suppressed due to small base size

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes (net)	96%	93%	98%
Yes, I have broadband internet (i.e., fiber, cable, or DSL)	77%	72%	80%
Yes, I have mobile internet (i.e., 4G or 5G)	44%	40%	45%
Yes, I have satellite internet	5%	3%	7%
Yes, I have dial-up internet	1%	2%	*
No, I do not have internet access at home	4%	7%	2%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Desktop computer, laptop, Netbook, or tablet (e.g., iPad)	76%	67%	83%
Smartphone (e.g., iPhone, Android)	84%	78%	88%
Regular cell phone (not including iPhone or other smartphones)	23%	23%	24%
E-reader (e.g., Kindle, Nook)	15%	13%	17%
Wearable device (e.g., Fitbit, Garmin, Apple Watch, Samsung Galaxy Watch)	33%	29%	37%
Smart home technology (e.g., Amazon Echo/Alexa, Google Home, Nest)	33%	31%	36%
Smart TV	74%	69%	78%

Q79d. How often do you use the following?

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	435	159	267
Daily/Weekly/Monthly (Net)	92%	93%	91%
Daily/Weekly (Subnet)	87%	83%	89%
Daily	66%	64%	66%
Weekly	21%	19%	22%
Monthly	5%	10%	3%
Less often than monthly	5%	5%	6%
Don't use	2%	1%	3%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	469	180	280
Daily/Weekly/Monthly (Net)	99%	98%	99%
Daily/Weekly (Subnet)	99%	98%	99%
Daily	98%	97%	98%
Weekly	1%	*	2%
Monthly	*	*	—
Less often than monthly	1%	1%	1%
Don't use	*	1%	—

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	131	55	74
Daily/Weekly/Monthly (Net)	90%	^	^
Daily/Weekly (Subnet)	87%	^	^
Daily	82%	^	^
Weekly	5%	^	^
Monthly	3%	^	^
Less often than monthly	1%	^	^
Don't use	8%	^	^

^*Data suppressed due to small base size



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	92	32	57
Daily/Weekly/Monthly (Net)	^	^	^
Daily/Weekly (Subnet)	^	^	^
Daily	^	^	^
Weekly	^	^	^
Monthly	^	^	^
Less often than monthly	^	^	^
Don't use	^	^	^

^*Data suppressed due to small base size

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	197	74	122
Daily/Weekly/Monthly (Net)	90%	^	92%
Daily/Weekly (Subnet)	87%	^	91%
Daily	80%	^	85%
Weekly	7%	^	6%
Monthly	2%	^	2%
Less often than monthly	4%	^	1%
Don't use	5%	^	6%

^*Data suppressed due to small base size



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	193	75	117
Daily/Weekly/Monthly (Net)	86%	^	85%
Daily/Weekly (Subnet)	81%	^	82%
Daily	63%	^	64%
Weekly	18%	^	18%
Monthly	5%	^	3%
Less often than monthly	9%	^	10%
Don't use	5%	^	4%

^*Data suppressed due to small base size

g. Smart TV

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	415	160	247
Daily/Weekly/Monthly (Net)	96%	97%	96%
Daily/Weekly (Subnet)	95%	94%	95%
Daily	90%	90%	90%
Weekly	5%	4%	6%
Monthly	2%	2%	1%
Less often than monthly	2%	1%	2%
Don't use	2%	2%	2%



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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
None	77%	72%	80%
1-2	12%	14%	12%
3-5	6%	9%	4%
6-10	2%	3%	1%
11-20	1%	2%	1%
21 or more	2%	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.

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	15%	21%	12%
Strongly agree	6%	7%	5%
Somewhat agree	10%	14%	7%
Neither agree nor disagree	36%	42%	31%
Bottom 2 box (Net)	47%	35%	57%
Somewhat disagree	10%	8%	12%
Strongly disagree	37%	27%	45%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	50%	49%	52%
Strongly agree	25%	21%	29%
Somewhat agree	25%	28%	23%
Neither agree nor disagree	32%	36%	29%
Bottom 2 box (Net)	16%	13%	18%
Somewhat disagree	7%	7%	7%
Strongly disagree	9%	6%	11%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	12%	19%	8%
Strongly agree	3%	4%	2%
Somewhat agree	9%	15%	6%
Neither agree nor disagree	40%	43%	38%
Bottom 2 box (Net)	46%	36%	53%
Somewhat disagree	12%	12%	13%
Strongly disagree	33%	24%	40%



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.

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	46%	50%	44%
Strongly agree	20%	18%	22%
Somewhat agree	26%	32%	23%
Neither agree nor disagree	22%	22%	22%
Bottom 2 box (Net)	30%	27%	33%
Somewhat disagree	7%	8%	7%
Strongly disagree	23%	19%	26%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	14%	22%	9%
Strongly agree	3%	5%	2%
Somewhat agree	11%	17%	7%
Neither agree nor disagree	35%	42%	30%
Bottom 2 box (Net)	49%	34%	61%
Somewhat disagree	13%	13%	13%
Strongly disagree	36%	21%	47%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	15%	20%	12%
Strongly agree	4%	5%	3%
Somewhat agree	12%	15%	10%
Neither agree nor disagree	35%	41%	29%
Bottom 2 box (Net)	49%	38%	57%
Somewhat disagree	14%	14%	15%
Strongly disagree	34%	23%	42%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	50%	53%	49%
Strongly agree	18%	16%	19%
Somewhat agree	32%	36%	30%
Neither agree nor disagree	22%	26%	18%
Bottom 2 box (Net)	27%	19%	33%
Somewhat disagree	8%	7%	8%
Strongly disagree	20%	12%	25%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	45%	38%	51%
Strongly agree	24%	16%	29%
Somewhat agree	21%	22%	21%
Neither agree nor disagree	33%	39%	28%
Bottom 2 box (Net)	19%	20%	19%
Somewhat disagree	7%	10%	5%
Strongly disagree	12%	10%	14%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	21%	22%	21%
Strongly agree	6%	2%	8%
Somewhat agree	15%	20%	13%
Neither agree nor disagree	38%	38%	37%
Bottom 2 box (Net)	39%	38%	41%
Somewhat disagree	12%	14%	12%
Strongly disagree	27%	24%	29%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	34%	36%	33%
Strongly agree	10%	10%	11%
Somewhat agree	24%	26%	22%
Neither agree nor disagree	37%	40%	34%
Bottom 2 box (Net)	27%	22%	32%
Somewhat disagree	7%	8%	6%
Strongly disagree	21%	14%	26%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	51%	61%	46%
Strongly agree	21%	22%	20%
Somewhat agree	30%	39%	25%
Neither agree nor disagree	33%	28%	36%
Bottom 2 box (Net)	13%	9%	17%
Somewhat disagree	8%	6%	9%
Strongly disagree	6%	3%	7%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	16%	19%	15%
Strongly agree	7%	7%	7%
Somewhat agree	9%	11%	9%
Neither agree nor disagree	33%	36%	31%
Bottom 2 box (Net)	49%	43%	54%
Somewhat disagree	16%	20%	13%
Strongly disagree	33%	23%	41%

m. I seek relationships online to avoid feeling lonely.

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	513	197	305
Top 2 box (Net)	4%	9%	1%
Strongly agree	1%	1%	—
Somewhat agree	4%	8%	1%
Neither agree nor disagree	19%	25%	14%
Bottom 2 box (Net)	76%	65%	85%
Somewhat disagree	9%	10%	8%
Strongly disagree	67%	55%	76%



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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
Unweighted n	550	223	316
Top 2 box (Net)	21%	30%	15%
Very interested	4%	7%	3%
Somewhat interested	16%	23%	12%
Bottom 2 box (Net)	79%	70%	85%
Not too interested	24%	26%	21%
Not at all interested	55%	44%	64%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
Unweighted n	550	223	316
Yes	36%	48%	27%
No	63%	52%	73%



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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	206	111	92
My health	11%	14%	^
The health of a loved one	3%	4%	^
Access to transportation	10%	14%	^
Access to the internet	5%	6%	^
Fear of rejection or social anxiety	24%	31%	^
Loss of a someone close to you	5%	8%	^
Geographic isolation	10%	7%	^
Financial constraints	21%	21%	^
Caregiving responsibilities	7%	8%	^
Cultural or language barriers	5%	3%	^
Lack of confidence or motivation	19%	29%	^
Differences in values	18%	21%	^
Work responsibilities	15%	11%	^
Not enough time in general	22%	12%	^
Lack of accessible physical locations	3%	1%	^
Fear of poor treatment due to discrimination	14%	20%	^
I don't have any barriers to connect with others	21%	14%	^

^*Data suppressed due to small base size



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?

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Urban (Net)	38%	39%	38%
Urban near mix of offices, apartments, and shops	17%	17%	17%
Urban and mostly residential	21%	22%	21%
Suburban (Net)	39%	35%	43%
Suburban with a mix of offices, apartments, and shops	15%	16%	14%
Suburban and mostly residential	25%	19%	29%
Small town	10%	10%	11%
Rural area	12%	16%	8%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Yes	41%	31%	49%
No	56%	66%	49%
Don't know	3%	3%	2%



PPAGE. Respondent's Age

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
45-54 (Net)	29%	35%	25%
45-49 years	16%	22%	11%
50-54 years	13%	13%	14%
55-64 (Net)	33%	39%	28%
55-59 years	17%	22%	13%
60-64 years	15%	17%	14%
65+ (Net)	38%	26%	48%
65-69 years	14%	13%	15%
70-74 years	13%	7%	18%
75 and over	11%	6%	15%

PPETHM. Race/Ethnicity, Census Categories

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
White, Non-Hispanic	—	—	—
ETHNIC (Net)	100%	100%	100%
Black, Non-Hispanic	100%	100%	100%
Other, Non-Hispanic	—	—	—
Hispanic	—	—	—
2+ Races, Non-Hispanic	—	—	—



PPEDUC5. Respondent's Highest Completed Education Level

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
No high school diploma or GED	10%	13%	8%
High school graduate (high school diploma or the equivalent GED)	34%	37%	32%
Some college or Associate degree	27%	26%	28%
Bachelor's degree	17%	13%	20%
Master's degree or above	12%	10%	13%

PPEDUCAT. Respondent's Highest Completed Education Level - Categorical

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Less than high school	10%	13%	8%
High school	34%	37%	32%
Some college	27%	26%	28%
Bachelors degree or higher	28%	24%	33%

PPINC7. Household Income

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Under \$10,000	6%	8%	4%
\$10,000 to \$24,999	16%	20%	12%
\$25,000 to \$49,999	19%	23%	16%
\$50,000 to \$74,999	15%	17%	15%
\$75,000 to \$99,999	13%	13%	13%
\$100,000 to \$149,999	15%	9%	19%
\$150,000 or more	17%	10%	23%



PPRENT. Household Ownership Status

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Owned or being bought by you or someone in your household	63%	51%	73%
Rented for cash	34%	46%	25%
Occupied without payment of cash rent	2%	3%	2%

PPREG4. Region 4 (based on State of Residence)

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Northeast	15%	14%	16%
Midwest	17%	17%	16%
South	60%	61%	61%
West	8%	8%	8%

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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Non-metro area	9%	11%	7%
Metro Area	91%	89%	93%



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

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
1	33%	35%	30%
More than one (Net)	67%	65%	70%
2	33%	30%	36%
3	19%	21%	18%
4	5%	5%	6%
5	5%	4%	6%
6	2%	2%	2%
7	1%	2%	1%
8+	2%	1%	3%

PPT18OV. Total number of adults 18+

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
0	—	—	—
1	38%	42%	33%
More than one (Net)	62%	58%	67%
2	35%	33%	37%
3	18%	18%	18%
4	5%	3%	6%
5	3%	2%	4%
6	1%	*	1%
7	*	—	*
8+	1%	1%	1%



PPMARIT. Marital status

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Married	43%	32%	51%
Widowed	8%	6%	10%
Divorced	18%	21%	16%
Separated	4%	5%	4%
Never married	22%	29%	17%
Living with partner	4%	7%	2%

PPWORK. Current employment status

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Working - as a paid employee	45%	48%	43%
Working - self-employed	4%	6%	3%
Not working - on temporary layoff from a job	1%	—	1%
Not working - looking for work	4%	6%	3%
Not working - retired	32%	21%	41%
Not working - disabled	9%	13%	7%
Not working - other	4%	7%	2%

UCLA Loneliness

	AA/B Total	AA/B Lonely	AA/B Not lonely
<i>Unweighted n</i>	550	223	316
Low	38%	48%	30%
High	62%	52%	70%
Lonely	42%	100%	—
Not lonely	56%	—	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.



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