



This is a repository copy of *Changes in loneliness and patterns of loneliness among older people*.

White Rose Research Online URL for this paper:
<http://eprints.whiterose.ac.uk/143161/>

Version: Accepted Version

Proceedings Paper:

Bath, P. orcid.org/0000-0002-6310-7396, Yang, H. and Nicholls, J. (2018) Changes in loneliness and patterns of loneliness among older people. In: *Innovation in Aging*. GSA 2018 Annual Scientific Meeting, 14-18 Nov 2018, Boston, Massachusetts, USA. Oxford University Press (OUP) , pp. 480-481.

<https://doi.org/10.1093/geroni/igy023.1794>

This is a pre-copyedited, author-produced version of an article accepted for publication in *Innovation in Aging* following peer review. The version of record P Bath, H Yang, J Nicholls, *Changes in loneliness and patterns of loneliness among older people*, *Innovation in Aging*, Volume 2, Issue suppl_1, November 2018, Pages 480–481 is available online at: <https://doi.org/10.1093/geroni/igy023.1794>

Reuse

Items deposited in White Rose Research Online are protected by copyright, with all rights reserved unless indicated otherwise. They may be downloaded and/or printed for private study, or other acts as permitted by national copyright laws. The publisher or other rights holders may allow further reproduction and re-use of the full text version. This is indicated by the licence information on the White Rose Research Online record for the item.

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.



eprints@whiterose.ac.uk
<https://eprints.whiterose.ac.uk/>

Changes in Loneliness and Patterns of Loneliness among Older People

Hui Yang, Justine Nicholls and Peter A. Bath
Information School, the University of Sheffield, UK

Abstract

Objective: Loneliness is not necessarily stable or constant across the life course and may be more volatile in old age. The risk factors for loneliness and changes in loneliness are complex and multifactorial. The aim of our study was to describe changes in loneliness among older people and to identify factors associated with changes in loneliness among older adults.

Methods: Data were obtained from the English Longitudinal Study of Ageing (ELSA). The study sample consisted of 3,838 men and women aged 50 and over who participated all of the ELSA survey waves. Data from Waves 2 (2002) and 7 (2014) were used to investigate the following potential risk factors for loneliness between Waves 2 and 7 using multinomial logistic regression: socio-economic, lifestyle and health factors.

Results: Among the 3,838 respondents, 2,635 (68.66%) never felt lonely and 39 (1.01%) were persistently lonely throughout the 14-year period. 168 (4.37%) of the people who were not lonely in Wave 1 reported becoming lonely subsequently and 152 (3.96%) of people who had been lonely in Wave 1 stopped being lonely at a later point. Approximately 22% of the people alternated between being lonely and not being lonely across the 14-year study period (episodic loneliness). Females with depressive symptoms were more likely to become lonely and have variable loneliness over the period.

Conclusions: The findings from our study suggested that loneliness was an experience that change could change over time. Further work is required to elucidate reasons for changes in loneliness in different contexts and circumstances.

Objectives (2 required):

1. To investigate changes in loneliness among older people over 14 years of follow-up
2. To examine the impact of a wide range of risk factors on 5-level long-term loneliness changes

Section code: Health Risk Behaviours, Mental Health

Section: Behavioural & Social Science