

## Loneliness and Isolation Quiz

### True or false statements

*(Please circle)*

1. Loneliness can affect people at any age	<b>True/False</b>
2. Loneliness is a mental health problem	<b>True/False</b>
3. Lonely people are more likely to visit their GP and other health/social care services	<b>True/False</b>
4. Loneliness can have a negative impact on your health	<b>True/False</b>
5. Loneliness and isolation are the same	<b>True/False</b>

## Answers

<b>1. Loneliness can affect people at any age</b>	<b>True</b> Loneliness can affect people at any age, but we often think of loneliness as only affecting the elderly population. Research carried out by NSPCC highlighted that over 5,000 children contacted Childline about loneliness, sadness, and isolation as their main problem (April 2008- March 2009).
<b>2. Loneliness is a mental health problem</b>	<b>False</b> Feeling lonely isn't in itself a mental health problem but the two are strongly linked. Having a mental health problem increases your chance of feeling lonely and feeling lonely can have a negative impact on your mental health.
<b>3. Lonely people are more likely to visit their GP and other health/ social care service</b>	<b>True</b> Reports highlight that older people often present to their GP's/or other services because they have no-one else for company.
<b>4. Loneliness can have a negative impact on your health</b>	<b>True</b> Some research has found that loneliness can increase the risk of heart disease and links between loneliness and dementia rates.
<b>5. Loneliness and isolation are the same</b>	<b>False</b> You don't have to be socially isolated to be lonely.