

## **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. While often associated with older adults, studies show that significant numbers of young people also struggle with feelings of loneliness and social isolation.
<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.