<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Very Isolated</td>
<td>Somewhat Isolated</td>
<td>Not Isolated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Desolate</td>
<td>Isolated but not lonely</td>
<td>Lonely but not isolated</td>
</tr>
<tr>
<td>Sample Size</td>
<td>1845</td>
<td>464</td>
<td>521</td>
<td>512</td>
</tr>
</tbody>
</table>

Regional sample sizes are unweighted. All other sample sizes, including column totals, are weighted to census data. Cells containing "*%" are statistically zero, though at least one response was received. Blank cells indicate zero responses received. Sample sizes below 100 should be interpreted with caution.

QA1. [You personally becoming sick from this coronavirus] How concerned are you about each of the following...?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Very Isolated</td>
<td>Somewhat Isolated</td>
<td>Not Isolated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Desolate</td>
<td>Isolated but not lonely</td>
<td>Lonely but not isolated</td>
</tr>
<tr>
<td>Very concerned</td>
<td>21%</td>
<td>24%</td>
<td>24%</td>
<td>18%</td>
</tr>
<tr>
<td>Moderately concerned</td>
<td>46%</td>
<td>44%</td>
<td>49%</td>
<td>47%</td>
</tr>
<tr>
<td>Not that concerned</td>
<td>21%</td>
<td>20%</td>
<td>18%</td>
<td>24%</td>
</tr>
<tr>
<td>Not at all concerned</td>
<td>12%</td>
<td>12%</td>
<td>9%</td>
<td>11%</td>
</tr>
<tr>
<td>Net: Concerned</td>
<td>37%</td>
<td>38%</td>
<td>34%</td>
<td>30%</td>
</tr>
<tr>
<td>Net: Not concerned</td>
<td>33%</td>
<td>32%</td>
<td>27%</td>
<td>24%</td>
</tr>
</tbody>
</table>

QA1. [Friends or family becoming sick] How concerned are you about each of the following...?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Very Isolated</td>
<td>Somewhat Isolated</td>
<td>Not Isolated</td>
</tr>
<tr>
<td></td>
<td></td>
<td>The Desolate</td>
<td>Isolated but not lonely</td>
<td>Lonely but not isolated</td>
</tr>
<tr>
<td>Very concerned</td>
<td>41%</td>
<td>46%</td>
<td>44%</td>
<td>41%</td>
</tr>
<tr>
<td>Moderately concerned</td>
<td>39%</td>
<td>36%</td>
<td>39%</td>
<td>39%</td>
</tr>
<tr>
<td>Not that concerned</td>
<td>14%</td>
<td>11%</td>
<td>12%</td>
<td>15%</td>
</tr>
<tr>
<td>Not at all concerned</td>
<td>6%</td>
<td>7%</td>
<td>4%</td>
<td>6%</td>
</tr>
<tr>
<td>Net: Concerned</td>
<td>80%</td>
<td>81%</td>
<td>84%</td>
<td>80%</td>
</tr>
<tr>
<td>Net: Not concerned</td>
<td>20%</td>
<td>19%</td>
<td>16%</td>
<td>20%</td>
</tr>
</tbody>
</table>
QA1. [People in your community becoming sick] How concerned are you about each of the following…?

<table>
<thead>
<tr>
<th></th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very concerned</td>
<td>23%</td>
<td>25%</td>
<td>23%</td>
</tr>
<tr>
<td>Moderately concerned</td>
<td>50%</td>
<td>50%</td>
<td>54%</td>
</tr>
<tr>
<td>Not that concerned</td>
<td>20%</td>
<td>15%</td>
<td>19%</td>
</tr>
<tr>
<td>Not at all concerned</td>
<td>8%</td>
<td>11%</td>
<td>4%</td>
</tr>
<tr>
<td>Net: Concerned</td>
<td>73%</td>
<td>75%</td>
<td>77%</td>
</tr>
<tr>
<td>Net: Not concerned</td>
<td>27%</td>
<td>25%</td>
<td>23%</td>
</tr>
</tbody>
</table>

QA1. [Coronavirus hurting your personal financial situation] How concerned are you about each of the following…?

<table>
<thead>
<tr>
<th></th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very concerned</td>
<td>34%</td>
<td>44%</td>
<td>34%</td>
</tr>
<tr>
<td>Moderately concerned</td>
<td>33%</td>
<td>30%</td>
<td>36%</td>
</tr>
<tr>
<td>Not that concerned</td>
<td>24%</td>
<td>19%</td>
<td>21%</td>
</tr>
<tr>
<td>Not at all concerned</td>
<td>10%</td>
<td>6%</td>
<td>9%</td>
</tr>
<tr>
<td>Net: Concerned</td>
<td>66%</td>
<td>75%</td>
<td>70%</td>
</tr>
<tr>
<td>Net: Not concerned</td>
<td>34%</td>
<td>25%</td>
<td>30%</td>
</tr>
</tbody>
</table>
### Q1. How many people currently live in your household -- including yourself?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>You live alone</td>
<td>16%</td>
<td>26%</td>
<td>16%</td>
<td>13%</td>
</tr>
<tr>
<td>Two/One other person</td>
<td>43%</td>
<td>33%</td>
<td>45%</td>
<td>45%</td>
</tr>
<tr>
<td>Three people</td>
<td>16%</td>
<td>16%</td>
<td>14%</td>
<td>18%</td>
</tr>
<tr>
<td>Four people</td>
<td>16%</td>
<td>17%</td>
<td>16%</td>
<td>15%</td>
</tr>
<tr>
<td>Five or more people in household</td>
<td>8%</td>
<td>8%</td>
<td>9%</td>
<td>8%</td>
</tr>
</tbody>
</table>

### Q2. Has the coronavirus outbreak affected you personally in any way?

<table>
<thead>
<tr>
<th>Event</th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taken a financial loss on your investments</td>
<td>35%</td>
<td>34%</td>
<td>39%</td>
<td>37%</td>
</tr>
<tr>
<td>Laid off/lost hours at work</td>
<td>29%</td>
<td>37%</td>
<td>29%</td>
<td>28%</td>
</tr>
<tr>
<td>None of these</td>
<td>47%</td>
<td>44%</td>
<td>43%</td>
<td>46%</td>
</tr>
</tbody>
</table>
Q2. What is your current marital status?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single/Never married</td>
<td>20%</td>
<td>33%</td>
<td>20%</td>
<td>14%</td>
</tr>
<tr>
<td>Married</td>
<td>50%</td>
<td>33%</td>
<td>50%</td>
<td>58%</td>
</tr>
<tr>
<td>Common-law/Living as</td>
<td>17%</td>
<td>13%</td>
<td>18%</td>
<td>17%</td>
</tr>
<tr>
<td>married</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Separated/Divorced</td>
<td>11%</td>
<td>17%</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>Widowed</td>
<td>3%</td>
<td>4%</td>
<td>3%</td>
<td>2%</td>
</tr>
<tr>
<td>Net: Married/ common law</td>
<td>67%</td>
<td>46%</td>
<td>68%</td>
<td>75%</td>
</tr>
</tbody>
</table>

Q3. Do you have children?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No, no children</td>
<td>37%</td>
<td>46%</td>
<td>40%</td>
<td>29%</td>
</tr>
<tr>
<td>Yes, have a child/children under 18</td>
<td>30%</td>
<td>30%</td>
<td>28%</td>
<td>32%</td>
</tr>
<tr>
<td>Yes, have a child/children over 18</td>
<td>36%</td>
<td>28%</td>
<td>34%</td>
<td>42%</td>
</tr>
<tr>
<td>Net: Yes</td>
<td>63%</td>
<td>54%</td>
<td>60%</td>
<td>71%</td>
</tr>
</tbody>
</table>
Q4. Are you currently working or studying as a student at a post-secondary institution?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Working/studying full-time</td>
<td>44%</td>
<td>47%</td>
<td>45%</td>
<td>39%</td>
</tr>
<tr>
<td>Working/studying part-time</td>
<td>10%</td>
<td>12%</td>
<td>9%</td>
<td>10%</td>
</tr>
<tr>
<td>Not working/studying</td>
<td>21%</td>
<td>23%</td>
<td>20%</td>
<td>22%</td>
</tr>
<tr>
<td>Retired</td>
<td>25%</td>
<td>18%</td>
<td>25%</td>
<td>29%</td>
</tr>
<tr>
<td>Net: Work/ studying</td>
<td>54%</td>
<td>59%</td>
<td>55%</td>
<td>49%</td>
</tr>
</tbody>
</table>

Q5. [Participate in neighbourhood or community projects] This summer, which of the following activities did you participate in:

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did this a few times</td>
<td>5%</td>
<td>3%</td>
<td>5%</td>
<td>6%</td>
</tr>
<tr>
<td>Did this once or twice</td>
<td>7%</td>
<td>8%</td>
<td>9%</td>
<td>6%</td>
</tr>
<tr>
<td>Did not do this at all</td>
<td>89%</td>
<td>89%</td>
<td>86%</td>
<td>89%</td>
</tr>
<tr>
<td>Net: Did this at least once</td>
<td>11%</td>
<td>11%</td>
<td>14%</td>
<td>11%</td>
</tr>
</tbody>
</table>
Q5. [Use the local community centre or library] This summer, which of the following activities did you participate in:

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>Did this a few times</td>
<td></td>
<td>10%</td>
<td>8%</td>
<td>12%</td>
</tr>
<tr>
<td>Did this once or twice</td>
<td></td>
<td>11%</td>
<td>10%</td>
<td>11%</td>
</tr>
<tr>
<td>Did not do this at all</td>
<td></td>
<td>79%</td>
<td>82%</td>
<td>77%</td>
</tr>
<tr>
<td>Net: Did this at least once</td>
<td>21%</td>
<td>18%</td>
<td>23%</td>
<td>22%</td>
</tr>
</tbody>
</table>

Q5. [Volunteer for a community group or cause] This summer, which of the following activities did you participate in:

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>Did this a few times</td>
<td></td>
<td>10%</td>
<td>8%</td>
<td>12%</td>
</tr>
<tr>
<td>Did this once or twice</td>
<td></td>
<td>9%</td>
<td>9%</td>
<td>9%</td>
</tr>
<tr>
<td>Did not do this at all</td>
<td></td>
<td>81%</td>
<td>83%</td>
<td>80%</td>
</tr>
<tr>
<td>Net: Did this at least once</td>
<td>19%</td>
<td>17%</td>
<td>20%</td>
<td>21%</td>
</tr>
</tbody>
</table>

Q5. [Go out to events like live music or theatre] This summer, which of the following activities did you participate in:

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>Did this a few times</td>
<td></td>
<td>5%</td>
<td>4%</td>
<td>3%</td>
</tr>
<tr>
<td>Did this once or twice</td>
<td></td>
<td>8%</td>
<td>10%</td>
<td>9%</td>
</tr>
<tr>
<td>Did not do this at all</td>
<td></td>
<td>87%</td>
<td>88%</td>
<td>87%</td>
</tr>
<tr>
<td>Net: Did this at least once</td>
<td>13%</td>
<td>14%</td>
<td>13%</td>
<td>14%</td>
</tr>
</tbody>
</table>
Q5. [Socialize with your neighbours] This summer, which of the following activities did you participate in:

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did this a few times</td>
<td>40%</td>
<td>34%</td>
<td>40%</td>
<td>42%</td>
</tr>
<tr>
<td>Did this once or twice</td>
<td>27%</td>
<td>32%</td>
<td>29%</td>
<td>27%</td>
</tr>
<tr>
<td>Did not do this at all</td>
<td>33%</td>
<td>34%</td>
<td>32%</td>
<td>31%</td>
</tr>
<tr>
<td>Net: Did this at least once</td>
<td>67%</td>
<td>66%</td>
<td>68%</td>
<td>69%</td>
</tr>
</tbody>
</table>

Q6. [Your current financial situation] How would you describe each of the following aspects of your life these days?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
<td>13%</td>
<td>8%</td>
<td>10%</td>
<td>14%</td>
</tr>
<tr>
<td>Good</td>
<td>44%</td>
<td>32%</td>
<td>45%</td>
<td>47%</td>
</tr>
<tr>
<td>Only fair</td>
<td>30%</td>
<td>35%</td>
<td>32%</td>
<td>30%</td>
</tr>
<tr>
<td>Poor</td>
<td>10%</td>
<td>18%</td>
<td>10%</td>
<td>6%</td>
</tr>
<tr>
<td>Very poor</td>
<td>4%</td>
<td>8%</td>
<td>3%</td>
<td>3%</td>
</tr>
<tr>
<td>Net: Very good/ good</td>
<td>57%</td>
<td>40%</td>
<td>55%</td>
<td>61%</td>
</tr>
<tr>
<td>Net: Poor/ very poor</td>
<td>13%</td>
<td>25%</td>
<td>13%</td>
<td>8%</td>
</tr>
</tbody>
</table>
Q6. [Your own mental health] How would you describe each of the following aspects of your life these days?

<table>
<thead>
<tr>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
<td>25%</td>
<td>17%</td>
<td>23%</td>
</tr>
<tr>
<td>Good</td>
<td>46%</td>
<td>43%</td>
<td>46%</td>
</tr>
<tr>
<td>Only fair</td>
<td>19%</td>
<td>22%</td>
<td>22%</td>
</tr>
<tr>
<td>Poor</td>
<td>8%</td>
<td>14%</td>
<td>8%</td>
</tr>
<tr>
<td>Very poor</td>
<td>2%</td>
<td>4%</td>
<td>1%</td>
</tr>
<tr>
<td>Net: Very good/ good</td>
<td>71%</td>
<td>60%</td>
<td>69%</td>
</tr>
<tr>
<td>Net: Poor/ very poor</td>
<td>9%</td>
<td>18%</td>
<td>9%</td>
</tr>
</tbody>
</table>

Q6. [Your own physical health] How would you describe each of the following aspects of your life these days?

<table>
<thead>
<tr>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very good</td>
<td>17%</td>
<td>5%</td>
<td>9%</td>
</tr>
<tr>
<td>Good</td>
<td>36%</td>
<td>22%</td>
<td>40%</td>
</tr>
<tr>
<td>Only fair</td>
<td>28%</td>
<td>34%</td>
<td>33%</td>
</tr>
<tr>
<td>Poor</td>
<td>14%</td>
<td>26%</td>
<td>15%</td>
</tr>
<tr>
<td>Very poor</td>
<td>5%</td>
<td>14%</td>
<td>4%</td>
</tr>
<tr>
<td>Net: Very good/ good</td>
<td>53%</td>
<td>27%</td>
<td>49%</td>
</tr>
<tr>
<td>Net: Poor/ very poor</td>
<td>19%</td>
<td>39%</td>
<td>18%</td>
</tr>
</tbody>
</table>
Q6. [Your social life] How would you describe each of the following aspects of your life these days?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
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<tr>
<td>Only fair</td>
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<td>29%</td>
<td>37%</td>
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<td>Poor</td>
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<td>34%</td>
<td>24%</td>
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<tr>
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<td>3%</td>
</tr>
<tr>
<td>Net: Very good/ good</td>
<td>33%</td>
<td>14%</td>
<td>29%</td>
<td>41%</td>
</tr>
<tr>
<td>Net: Poor/ very poor</td>
<td>33%</td>
<td>57%</td>
<td>33%</td>
<td>21%</td>
</tr>
</tbody>
</table>

Q7. [Your relationships with co-workers/other students] Thinking now about the relationships in your life today, how would you describe:

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<td>49%</td>
<td>64%</td>
<td>49%</td>
<td>54%</td>
<td>64%</td>
</tr>
<tr>
<td>Only fair</td>
<td>19%</td>
<td>30%</td>
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<td>26%</td>
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<td>5%</td>
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<td>4%</td>
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</tr>
<tr>
<td>Very poor</td>
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<td>Net: Poor/ very poor</td>
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</table>
Q7. [Your relationship with your spouse/partner] Thinking now about the relationships in your life today, how would you describe:

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<td>51%</td>
<td>27%</td>
<td>41%</td>
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<td>48%</td>
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<td>71%</td>
<td>49%</td>
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<tr>
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<td>36%</td>
<td>21%</td>
<td>38%</td>
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<td>36%</td>
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<tr>
<td>Not Lonely</td>
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<td>88%</td>
<td>73%</td>
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<tr>
<td>Net: Poor/ very poor</td>
<td>3%</td>
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Q7. [Your relationship with other members of your immediate family] Thinking now about the relationships in your life today, how would you describe:

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<tr>
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<td>18%</td>
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<td>Net: Poor/ very poor</td>
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<td>3%</td>
<td>4%</td>
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</tbody>
</table>
### Q7. [Your relationship with your closest friends] Thinking now about the relationships in your life today, how would you describe:

<table>
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<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
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<tbody>
<tr>
<td></td>
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<td>Somewhat Lonely</td>
<td>Not Lonely</td>
<td>Very Isolated</td>
</tr>
<tr>
<td>Very good</td>
<td>29%</td>
<td>15%</td>
<td>25%</td>
<td>34%</td>
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<tr>
<td>Good</td>
<td>47%</td>
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<td>Only fair</td>
<td>18%</td>
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<tr>
<td>Poor</td>
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<td>11%</td>
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<tr>
<td>Net: Very good/ good</td>
<td>76%</td>
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<td>74%</td>
<td>88%</td>
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<td>Net: Poor/ very poor</td>
<td>6%</td>
<td>15%</td>
<td>7%</td>
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</table>

### Q8. These days, how much time are you physically alone, with no one else with you?

<table>
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<th>Combined Index (ILSI)</th>
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<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
<td>Very Isolated</td>
</tr>
<tr>
<td>No time alone these days</td>
<td>11%</td>
<td>8%</td>
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</tr>
<tr>
<td>Rarely</td>
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<td>18%</td>
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<td>36%</td>
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<td>Sometimes</td>
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<td>19%</td>
<td>25%</td>
<td>30%</td>
</tr>
<tr>
<td>Often</td>
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<td>6%</td>
<td>15%</td>
<td>6%</td>
<td>2%</td>
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<tr>
<td>Net: No/Rarely</td>
<td>43%</td>
<td>26%</td>
<td>41%</td>
<td>46%</td>
</tr>
<tr>
<td>Net: Often/always</td>
<td>33%</td>
<td>55%</td>
<td>35%</td>
<td>23%</td>
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</table>
Q9. And, as far as you’re concerned, is the amount of time you spend alone about right, or would you change it?

<table>
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<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
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<tbody>
<tr>
<td>Rather have less time alone than now</td>
<td>30%</td>
<td>66%</td>
<td>34%</td>
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<tr>
<td>Rather have more time alone</td>
<td>25%</td>
<td>21%</td>
<td>26%</td>
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<tr>
<td>Current is about right</td>
<td>45%</td>
<td>13%</td>
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</table>

Q10. Have you ever spent a special occasion (like Thanksgiving or your birthday) alone when you would have rather been with other people?

<table>
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Q11. How often have you been socially interacting with: Other members of your household?

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Q11. How often have you been socially interacting with: Co-workers/Other students (in a social sense, not just work/school)?

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Not at all this month                    | 38% | 44% | 32% | 39% | 39% | 50% | 35% | 19% | 6%  | 43% | 55% | 21% | 7%  | 29% |
Once or twice                            | 23% | 23% | 27% | 20% | 23% | 24% | 25% | 27% | 12% | 26% | 22% | 16% | 18% | 24% |
A few times/weekly                        | 16% | 15% | 21% | 14% | 12% | 15% | 19% | 19% | 14% | 16% | 13% | 30% | 9%  | 19% |
Many times                               | 13% | 13% | 13% | 13% | 11% | 8%  | 12% | 23% | 25% | 10% | 5%  | 18% | 27% | 17% |
All the time/Daily or more               | 10% | 5%  | 7%  | 14% | 15% | 4%  | 10% | 12% | 43% | 5%  | 4%  | 15% | 39% | 11% |
Q11. how often have you been socially interacting with: Family members not living with you?

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<th>521</th>
<th>512</th>
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Q11. how often have you been socially interacting with: Friends?

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<tr>
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Q11. how often have you been socially interacting with: Your neighbours (beyond a quick hello)?

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<td>Somewhat Lonely</td>
<td>Somewhat Not Lonely</td>
<td>Not Lonely</td>
</tr>
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<td>56%</td>
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<tr>
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Q11. how often have you been socially interacting with: Other acquaintances?

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Q12a. How many people in your life today do you consider to be “good friends”?

<table>
<thead>
<tr>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>0</td>
<td>3%</td>
<td>8%</td>
<td>3%</td>
</tr>
<tr>
<td>1</td>
<td>5%</td>
<td>9%</td>
<td>6%</td>
</tr>
<tr>
<td>2</td>
<td>13%</td>
<td>16%</td>
<td>14%</td>
</tr>
<tr>
<td>3</td>
<td>14%</td>
<td>15%</td>
<td>15%</td>
</tr>
<tr>
<td>4</td>
<td>14%</td>
<td>14%</td>
<td>13%</td>
</tr>
<tr>
<td>5</td>
<td>16%</td>
<td>16%</td>
<td>17%</td>
</tr>
<tr>
<td>6+</td>
<td>34%</td>
<td>22%</td>
<td>32%</td>
</tr>
<tr>
<td>Mean (Include 0)</td>
<td>6.0</td>
<td>4.3</td>
<td>5.7</td>
</tr>
<tr>
<td>Mean (Exclude 0)</td>
<td>6.2</td>
<td>4.7</td>
<td>5.9</td>
</tr>
</tbody>
</table>

Q12b. Is that enough or do you wish you had more good friends?

<table>
<thead>
<tr>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>Enough good friends</td>
<td>64%</td>
<td>24%</td>
<td>58%</td>
</tr>
<tr>
<td>Wish I had more</td>
<td>36%</td>
<td>76%</td>
<td>42%</td>
</tr>
</tbody>
</table>
Q13a. [Talk on the phone with family or friend] how often, if at all, you do each of the following for social reasons and staying in touch throughout the past few months:

<table>
<thead>
<tr>
<th></th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All the time – regular part of your life</td>
<td>20%</td>
<td>16%</td>
<td>19%</td>
</tr>
<tr>
<td>Often</td>
<td>28%</td>
<td>24%</td>
<td>27%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>29%</td>
<td>33%</td>
<td>31%</td>
</tr>
<tr>
<td>Only rarely</td>
<td>18%</td>
<td>23%</td>
<td>20%</td>
</tr>
<tr>
<td>Never</td>
<td>4%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Net: All the time/ often</td>
<td>48%</td>
<td>39%</td>
<td>46%</td>
</tr>
<tr>
<td>Only rarely/ never</td>
<td>23%</td>
<td>28%</td>
<td>23%</td>
</tr>
</tbody>
</table>

Q13a. [Use video calling like Zoom, Skype, Apple Facetime etc.] how often, if at all, you do each of the following for social reasons and staying in touch throughout the past few months:

<table>
<thead>
<tr>
<th></th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All the time – regular part of your life</td>
<td>10%</td>
<td>8%</td>
<td>11%</td>
</tr>
<tr>
<td>Often</td>
<td>17%</td>
<td>16%</td>
<td>15%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>28%</td>
<td>27%</td>
<td>29%</td>
</tr>
<tr>
<td>Only rarely</td>
<td>24%</td>
<td>22%</td>
<td>28%</td>
</tr>
<tr>
<td>Never</td>
<td>22%</td>
<td>27%</td>
<td>18%</td>
</tr>
<tr>
<td>Net: All the time/ often</td>
<td>26%</td>
<td>25%</td>
<td>25%</td>
</tr>
<tr>
<td>Only rarely/ never</td>
<td>46%</td>
<td>49%</td>
<td>46%</td>
</tr>
</tbody>
</table>
Q13a. [Interact with family or friends via social media apps, text or email] how often, if at all, you do each of the following for social reasons and staying in touch throughout the past few months:

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>All the time – regular part of your life</td>
<td>34%</td>
<td>29%</td>
<td>34%</td>
</tr>
<tr>
<td>Often</td>
<td>37%</td>
<td>35%</td>
<td>34%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>20%</td>
<td>27%</td>
<td>22%</td>
</tr>
<tr>
<td>Only rarely</td>
<td>6%</td>
<td>6%</td>
<td>6%</td>
</tr>
<tr>
<td>Never</td>
<td>1%</td>
<td>2%</td>
<td>1%</td>
</tr>
<tr>
<td>Net: All the time/ often</td>
<td>72%</td>
<td>65%</td>
<td>69%</td>
</tr>
<tr>
<td>Only rarely/ never</td>
<td>8%</td>
<td>8%</td>
<td>9%</td>
</tr>
</tbody>
</table>

**Sample Size (Base: uses video calling at least sometimes)**

<table>
<thead>
<tr>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>998</td>
<td>47%</td>
<td>39%</td>
<td>46%</td>
</tr>
<tr>
<td>237</td>
<td>47%</td>
<td>49%</td>
<td>48%</td>
</tr>
<tr>
<td>282</td>
<td>6%</td>
<td>11%</td>
<td>6%</td>
</tr>
</tbody>
</table>

Q13b. And what are your overall feelings about keeping in touch using these video calling applications?
Q14. [Wish you had someone you could talk to, but don't] How often do you yourself experience the following?

<table>
<thead>
<tr>
<th>Sample Size</th>
<th>1845</th>
<th>464</th>
<th>521</th>
<th>512</th>
<th>349</th>
<th>784</th>
<th>502</th>
<th>367</th>
<th>191</th>
<th>602</th>
<th>371</th>
<th>115</th>
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<tbody>
<tr>
<td><strong>Total</strong></td>
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<td>Loneliness Index</td>
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</tr>
<tr>
<td>Very Lonely</td>
<td>52%</td>
<td>57%</td>
<td>51%</td>
<td>56%</td>
<td>55%</td>
<td>52%</td>
<td>57%</td>
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<td>54%</td>
<td>53%</td>
<td>53%</td>
<td>54%</td>
<td>53%</td>
</tr>
<tr>
<td>Somewhat Lonely</td>
<td>44%</td>
<td>45%</td>
<td>50%</td>
<td>49%</td>
<td>49%</td>
<td>46%</td>
<td>45%</td>
<td>45%</td>
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<td>47%</td>
<td>48%</td>
<td>49%</td>
<td>48%</td>
<td>48%</td>
</tr>
<tr>
<td>Somewhat Not Lonely</td>
<td>33%</td>
<td>30%</td>
<td>30%</td>
<td>31%</td>
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<td>31%</td>
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<td>34%</td>
<td>34%</td>
<td>35%</td>
<td>35%</td>
</tr>
<tr>
<td>Not Lonely</td>
<td>3%</td>
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<tr>
<td>Very Isolated</td>
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<tr>
<td>Somewhat Not Isolated</td>
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<tr>
<td>Not Isolated</td>
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<td>Combined Index (ILSI)</td>
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<tr>
<td>The Desolate</td>
<td>5%</td>
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</tr>
<tr>
<td>Isolated but not lonely</td>
<td>34%</td>
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<td>34%</td>
</tr>
<tr>
<td>Lonely but not isolated</td>
<td>14%</td>
<td>14%</td>
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<tr>
<td>The Cherished</td>
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</tr>
<tr>
<td>Moderately Connected</td>
<td>5%</td>
<td>5%</td>
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</tr>
</tbody>
</table>

Q14. [Feel alone when you're with other people] How often do you yourself experience the following?

<table>
<thead>
<tr>
<th>Total</th>
<th></th>
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</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
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<tr>
<td>Very Lonely</td>
<td>33%</td>
<td>35%</td>
<td>37%</td>
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<td>35%</td>
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<tr>
<td>Somewhat Lonely</td>
<td>49%</td>
<td>47%</td>
<td>44%</td>
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</tr>
<tr>
<td>Somewhat Not Lonely</td>
<td>25%</td>
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<tr>
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<tr>
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<tr>
<td>Somewhat Not Isolated</td>
<td>40%</td>
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<tr>
<td>Not Isolated</td>
<td>20%</td>
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<tr>
<td>Combined Index (ILSI)</td>
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</tr>
<tr>
<td>The Desolate</td>
<td>4%</td>
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</tr>
<tr>
<td>Isolated but not lonely</td>
<td>29%</td>
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<tr>
<td>Lonely but not isolated</td>
<td>16%</td>
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<tr>
<td>The Cherished</td>
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<td>Moderately Connected</td>
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</tbody>
</table>
Q14. [Feel too busy to spend quality time with family and friends] How often do you yourself experience the following?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Loneliness</td>
</tr>
<tr>
<td></td>
<td>Index</td>
</tr>
<tr>
<td></td>
<td>Very Lonely</td>
</tr>
<tr>
<td>Often feel this way</td>
<td>17%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>36%</td>
</tr>
<tr>
<td>Rarely</td>
<td>30%</td>
</tr>
<tr>
<td>Never feel this way</td>
<td>16%</td>
</tr>
<tr>
<td>Net: Often/ sometimes</td>
<td>54%</td>
</tr>
<tr>
<td>Net: Rarely/ Never</td>
<td>46%</td>
</tr>
</tbody>
</table>

Q14. [Feel lonely and wish you had more friendly human contact] How often do you yourself experience the following?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Loneliness</td>
</tr>
<tr>
<td></td>
<td>Index</td>
</tr>
<tr>
<td></td>
<td>Very Lonely</td>
</tr>
<tr>
<td>Often feel this way</td>
<td>17%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>36%</td>
</tr>
<tr>
<td>Rarely</td>
<td>30%</td>
</tr>
<tr>
<td>Never feel this way</td>
<td>16%</td>
</tr>
<tr>
<td>Net: Often/ sometimes</td>
<td>54%</td>
</tr>
<tr>
<td>Net: Rarely/ Never</td>
<td>46%</td>
</tr>
</tbody>
</table>
Q14. [Wish you had someone to go out places with] How often do you yourself experience the following?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>Often feel this way</td>
<td>19%</td>
<td>61%</td>
<td>12%</td>
<td>3%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>35%</td>
<td>34%</td>
<td>62%</td>
<td>28%</td>
</tr>
<tr>
<td>Rarely</td>
<td>26%</td>
<td>5%</td>
<td>21%</td>
<td>53%</td>
</tr>
<tr>
<td>Never feel this way</td>
<td>20%</td>
<td>*</td>
<td>5%</td>
<td>16%</td>
</tr>
<tr>
<td>Net: Often/ sometimes</td>
<td>54%</td>
<td>95%</td>
<td>73%</td>
<td>31%</td>
</tr>
<tr>
<td>Net: Rarely/ Never</td>
<td>46%</td>
<td>5%</td>
<td>27%</td>
<td>69%</td>
</tr>
</tbody>
</table>

Q15a. Are there people in your social circle – family, friends, other people you know – who you would say are lonely and need more companionship in their lives?

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>Yes, for sure</td>
<td>44%</td>
<td>49%</td>
<td>50%</td>
<td>41%</td>
</tr>
<tr>
<td>Maybe</td>
<td>37%</td>
<td>40%</td>
<td>37%</td>
<td>39%</td>
</tr>
<tr>
<td>No, don’t think so</td>
<td>18%</td>
<td>11%</td>
<td>13%</td>
<td>20%</td>
</tr>
</tbody>
</table>

Q15b. Do you currently make a point of spending time visiting someone you feel may be lonely and in need of companionship?

| Sample Size (Base: knows/might know someone lonely) | 1508 | 414 | 452 | 408 | 234 | 648 | 409 | 301 | 150 | 530 | 271 | 105 | 156 | 446 |

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>Yes, regularly</td>
<td>18%</td>
<td>15%</td>
<td>19%</td>
<td>18%</td>
</tr>
<tr>
<td>From time-to-time</td>
<td>56%</td>
<td>54%</td>
<td>58%</td>
<td>59%</td>
</tr>
<tr>
<td>No, don’t make a point</td>
<td>26%</td>
<td>31%</td>
<td>23%</td>
<td>23%</td>
</tr>
</tbody>
</table>
Q15c. Do you wish your own family and friends would spend more time socializing with you, even if this is socially distanced or through technology?

<table>
<thead>
<tr>
<th>Sample Size</th>
<th>1845</th>
<th>464</th>
<th>521</th>
<th>512</th>
<th>349</th>
<th>784</th>
<th>502</th>
<th>367</th>
<th>191</th>
<th>602</th>
<th>371</th>
<th>115</th>
<th>215</th>
<th>541</th>
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<tbody>
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<td><strong>Loneliness Index</strong></td>
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</tr>
<tr>
<td>Very Lonely</td>
<td>12%</td>
<td>31%</td>
<td>7%</td>
<td>5%</td>
<td>2%</td>
<td>13%</td>
<td>13%</td>
<td>8%</td>
<td>9%</td>
<td>22%</td>
<td>3%</td>
<td>25%</td>
<td>3%</td>
<td>6%</td>
</tr>
<tr>
<td>Somewhat Lonely</td>
<td>49%</td>
<td>62%</td>
<td>64%</td>
<td>41%</td>
<td>20%</td>
<td>53%</td>
<td>50%</td>
<td>47%</td>
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<td>63%</td>
<td>32%</td>
<td>61%</td>
<td>24%</td>
<td>51%</td>
</tr>
<tr>
<td>Not Lonely</td>
<td>40%</td>
<td>7%</td>
<td>28%</td>
<td>54%</td>
<td>78%</td>
<td>34%</td>
<td>37%</td>
<td>45%</td>
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<td>65%</td>
<td>14%</td>
<td>73%</td>
<td>43%</td>
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<tr>
<td><strong>Social Isolation</strong></td>
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<tr>
<td>Very Isolated</td>
<td>43%</td>
<td>59%</td>
<td>42%</td>
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<td>Somewhat Isolated</td>
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<tr>
<td>Somewhat Not Isolated</td>
<td>20%</td>
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<td>Not Isolated</td>
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<td><strong>Combined Index (ILSI)</strong></td>
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<td>Somewhat Not Lonely</td>
<td>28%</td>
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<td>Not Lonely</td>
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Social Isolation Index

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<td><strong>Loneliness Index</strong></td>
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<td>Very Lonely</td>
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<td>9%</td>
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<td>3%</td>
<td>25%</td>
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</tr>
<tr>
<td>Somewhat Lonely</td>
<td>49%</td>
<td>62%</td>
<td>64%</td>
<td>41%</td>
<td>20%</td>
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<td>32%</td>
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<td>24%</td>
</tr>
<tr>
<td>Not Lonely</td>
<td>40%</td>
<td>7%</td>
<td>28%</td>
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<td>34%</td>
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<td>59%</td>
<td>14%</td>
<td>65%</td>
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<td>73%</td>
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Loneliness Index

<table>
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<tbody>
<tr>
<td><strong>Loneliness Index</strong></td>
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<td></td>
</tr>
<tr>
<td>Very Lonely</td>
<td>25%</td>
<td>100%</td>
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<td>Somewhat Lonely</td>
<td>28%</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Somewhat Not Lonely</td>
<td>28%</td>
<td>100%</td>
<td></td>
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<tr>
<td>Not Lonely</td>
<td>19%</td>
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</tr>
</tbody>
</table>
### Index on Loneliness and Social Isolation

<table>
<thead>
<tr>
<th></th>
<th>Total</th>
<th>Loneliness Index</th>
<th>Social Isolation</th>
<th>Combined Index (ILSI)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Very Lonely</td>
<td>Somewhat Lonely</td>
<td>Not Lonely</td>
</tr>
<tr>
<td>The Desolate</td>
<td>33%</td>
<td>82%</td>
<td>42%</td>
<td>63%</td>
</tr>
<tr>
<td>Isolated but not lonely</td>
<td>20%</td>
<td>33%</td>
<td>58%</td>
<td>37%</td>
</tr>
<tr>
<td>Lonely but not isolated</td>
<td>6%</td>
<td>18%</td>
<td>6%</td>
<td></td>
</tr>
<tr>
<td>The Cherished</td>
<td>12%</td>
<td></td>
<td>13%</td>
<td>42%</td>
</tr>
<tr>
<td>Moderately Connected</td>
<td>29%</td>
<td>51%</td>
<td>54%</td>
<td>62%</td>
</tr>
</tbody>
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