

## Project Title: Wofoo - Loneliness project

### Abstract

Globally, problematic levels of loneliness are experienced by a substantial proportion of the world's population, particularly older people. In Hong Kong, loneliness is estimated to affect around 35% of community-dwelling older adults. Increasing age can bring with it many challenges, such as, loss of partner or family members, declining physical and mental health status, reduced mobility, and an increased dependence on others, increasing the risk of loneliness. In older people, loneliness increases the risk of developing cardiovascular disease and dementia-related disorders, including decline in mental health. Specifically, loneliness raises the risk of depressive illnesses and suicide in community-based older adults. Higher levels of psychological resilience in later life have been associated with reduced levels of psychological distress, including loneliness. Studies have shown that older people with lower levels of psychological resilience have reported higher levels of depression. Additionally, it has been postulated that actionable resilience factors, such as involvement in social activities, may help to mitigate the negative effects of loneliness in older people. Despite the high prevalence of loneliness in older people in Hong Kong, little is known about the relationship between loneliness, psychological resilience, and depression in this population. This survey design study aims to examine loneliness, psychological resilience and depression in community-dwelling older people older people receiving home-based community care in Hong Kong, using three short self-reported questionnaires. The findings of this study and previous work conducted by the research team may help facilitate the development of interventions, including resilience-building strategies, to target aspects of loneliness to enhance the psychological well-being of older adults in Hong Kong. Addressing this knowledge gap is merited to facilitate the provision of optimal care from nurses and other health care professionals to older people in Hong Kong.