

# ELSIE NEWSLETTER

## Exploring Loneliness and Social Isolation in Emerging adulthood

### What is ELSIE?



ELSIE is our acronym for the **Exploring Loneliness and Social Isolation in Emerging adulthood** project. Although loneliness is often viewed as a problem of older adulthood, research indicates that young adults also have high rates of loneliness.

The goal of this project is to understand more about loneliness during the phase of life between adolescence and full-fledged adulthood, described as “emerging adulthood”. This phase of life (from about 16 to 25 years), is a time of change in several factors related to loneliness – for example, this is when most people finish school, a transition that involves changes in the social networks and friendships that protect us from loneliness.

ELSIE is funded by a New Foundations grant from the Irish Research Council.

### So far we have.....

Designed a qualitative study to explore the perspectives of young adults on loneliness. Qualitative research explores people's experiences and perspectives through methods such as interviews (i.e., non-numerical data).

Met our fantastic Research Advisory Group, a group of young adults who volunteer with the SpunOut.ie Action Panels, who gave us very helpful feedback on our plans.

Applied for approval from the UL ethics committee to conduct our qualitative study.

### Meet the ELSIE team!



**Dr Ann-Marie Creaven** is a lecturer in psychology at the University of Limerick, interested in how our social relationships influence health and well-being.

 @amcreaven

**Emma Kirwan** is a PhD researcher at UL, exploring loneliness in emerging adulthood.

 @EKirwan8

**Dr Páraic Ó Súilleabháin** is a lecturer in psychology at UL, and coordinates the research training for trainees on our clinical psychology programme.

 @Paraic\_O\_S

**Dr Annette Burns** is Loneliness Interventions Officer at the Institute of Public Health, involved in several loneliness projects relating to older adulthood, as well as ELSIE.

 @DrAnnetteBurns

### What's next for ELSIE?

When the study has been approved, we will be recruiting young adult volunteers aged 18-25 to take part in a conversation about loneliness – you don't need a personal experience of loneliness to participate.

### More to follow!

WWW.



If you would like to keep up to date with the research [click here!](#)

**From the archives**



Read our protocol for a scoping review of the literature on loneliness in emerging adulthood.

[Click here!](#)

**From the archives**



Listen back to Ann-Marie discuss friendships and loneliness in young adulthood on RTE Radio 1 on March 10th.

[Click here!](#)



**Want to learn more?**

**What's a scoping review?**

A scoping review brings together relevant literature on a particular topic (in this case, loneliness in young adulthood) to summarise what is known about this topic.

There are other types of “review”, but a scoping review is especially helpful when the literature on a topic is relatively new, or the topic has been studied from different perspectives.

**What's a protocol?**



A protocol is a detailed plan for “how” you will carry out a particular piece of research, usually made available before the research is actually conducted. “How” we do research is important in shaping what we learn from the research.

The idea behind a protocol paper is to make the details of “how” we do research available for all to see, and to get feedback on this at an early stage.

**Have you got questions?**



Email us at [elsie@ul.ie](mailto:elsie@ul.ie)

**Next time...**

Meet the other members of our team and find out more about our Research Advisory Group!

