

# ELSIE NEWSLETTER

Exploring Loneliness and Social Isolation in Emerging adulthood



## An update on recruitment for ELSIE!

We have been busy talking with young adults about their views on loneliness.

So far, about 20 young adults have joined us for conversations, with others sharing their views using the survey link. We hope to conclude this phase of the research shortly.

## Check out what our young adult participants had to say about the quantity vs quality of relationships and loneliness!

"That one person can definitely pull you out of that... funk per say... if you are feeling... really lonely and somebody actually... really gets you"

"But I definitely think that you should always try to have more than one person that you truly connect with"

"the number of friends you have doesn't really matter... if you're not connected to any of them"

"quality over quantity. As long as you have... that one good person... I think you should be fine. "

## Next steps!

When our conversations conclude we will...



1. Analyse the information and generate a summary of findings
2. Meet with our Research Advisory Group for feedback on the findings and on the project overall
3. Store the anonymous data in the Irish Qualitative Data Archive (for those participants who gave consent)

## From the archives



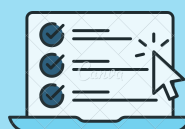
Listen back to Ann-Marie discuss emotional distress on RTÉ Radio 1 on 21st April!

[Click here!](#)

## Last chance to take part!



If you are a young adult interested giving your perspective, our online survey has opened questions so you can write about what you feel is important.



[Click here to take part in our online survey!](#)