

## The EU Loneliness Survey

The EU Loneliness Survey was conducted in November and December 2022 and consists of two samples. This questionnaire refers to the EU27 sample and was administered online targeting the general population aged 16 and above in all 27 EU Member States. Data were collected for a total of 25,646 respondents, recruited from consumer panels through the *Cint* platform. The survey was designed by the by the Joint Research Centre (JRC) of the European Commission and conducted by VVA Market Research.

### (1) language

In which language do you like to answer this questionnaire?

TYPE	RELEVANT
SELECT ONE	For multilanguage countries (e.g., Luxemburg, Belgium...)

### (2) screener

Have you participated in a survey in the last 14 days?

TYPE
SELECT ONE
1 Yes
2 No

If '1', show **end message**

## Introduction

Welcome!

Thank you for your interest in this survey, which is being conducted as part of a research project looking at well-being across the European Union. The survey has been designed and funded by the European Commission and is being conducted by VVA Market Research. It will take about 25 minutes to complete.

Please read all the information and answer the questions carefully. There are no right or wrong answers to questions asked in the survey. It is your honest opinion that matters to us.

In addition to other topics, we will ask few questions related to your health, sexual orientation and political opinion. Rest assured that a "Prefer not to say" option will always be available if you feel uncomfortable answering such questions. Your answers throughout this survey will be kept confidential. The European Commission will not receive any information that would allow you to be identified. Your responses will be grouped together with the responses provided by all participants and your personal data will be held for no longer than 18 months. Your answers will be used strictly for research purposes and may be used to inform policy. Anonymised data from this survey – without any of your personal information included – may be made publicly available for further research.

Participation in the survey is voluntary and you may withdraw consent at any time.

### (3) consent

Do you agree to answer to the survey?

TYPE
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SELECT ONE	
1	Yes, I agree
2	No, I don't agree

If '2', show **end message**

## Socio-demographics

In this first set of questions, we will ask for some general background information about you.

### (4) date\_birth

What is your date of birth?

TYPE	CONSTRAINT	CONSTRAINT MESSAGE	APPEARANCE
DATE	.>=1900 AND .<=2006	YOU NEED TO BE AT LEAST 16 YEARS OLD IN ORDER TO TAKE THIS SURVEY.	MM/ YYYY

### (5) education

What is the highest level of school you have completed, or the highest degree you have received?

TYPE	
SELECT ONE	
1	Not completed primary
2	Completed primary
3	Completed secondary
4	Completed post secondary vocational studies, or higher education to bachelor level or equivalent
5	Completed upper level of education to master, doctoral degree or equivalent
999	Prefer not to say

### (6) gender

Which of the following describes how you think of yourself?

TYPE	
SELECT ONE	
1	Male
2	Female
3	In another way
999	Prefer not to say

### (7) relationship

What is your relationship status? Please indicate what represents you best in this moment.

TYPE	
SELECT ONE	
1	Single
2	In a relationship
3	Married or cohabitating
4	Separated or divorced
5	Widowed
99	Prefer not to say
9	

**(8) country\_birth**

Please indicate the country of birth for:

TYPE		RELEVANT	APPEARANCE
SELECT ONE		D. \${relationship} = '2' or \${relationship} = '3'	DROP-DOWN MENU WITH AUTOCOMPLETE: EUROPEAN COUNTRIES FIRST IN THE LIST, THEN ALL OTHER COUNTRIES. PLUS 'OTHER TERRITORIES NOT LISTED ABOVE' - 'NOT APPLICABLE' AND FOR B, C - 'DON'T KNOW' FOR B, C, D
a	Yourself:		
b	Your mother/first parent:		
c	Your father/second parent:		
d	Your spouse/partner:		

**(9) sex\_orientation**

Which of the following best describes your sexual orientation?

1	Heterosexual/straight
2	Lesbian or gay
3	Bisexual
4	Other sexual orientation
998	Don't know
999	Prefer not to say

**(10) income\_source**

Please consider the income of all household members and any income which may be received by the household as a whole. What is the main source of income in your household? Remember that your answers are anonymous and strictly confidential.

TYPE	
SELECT ONE	
1	Wages or salaries
2	Income from self-employment
3	Pensions
4	Unemployment/redundancy benefit
5	Any other social benefits or grants
6	Income from investment, savings, insurance or property
7	Income from other sources
998	Don't know
999	Prefer not to say

**(11) income\_reference**

Thinking about the total income of your household as a whole from all sources, after tax and compulsory deductions, which of the following do you know best?

TYPE	
SELECT ONE	
1	Your household's weekly income
2	Your household's monthly income
3	Your household's annual income
998	Don't know
999	Prefer not to say

**(12) income\_year**

What is your household's total income, after tax and compulsory deductions, per year, from all sources - including benefits, savings and so on?

TYPE	RELEVANT	APPEARANCE
SELECT ONE	\${income_reference}='3'	COUNTRY-SPECIFIC INCOME BRACKETS

### (13) income\_month

What is your household's total income, after tax and compulsory deductions, per month, from all sources - including benefits, savings and so on?

TYPE	RELEVANT	APPEARANCE
SELECT ONE	\${income_reference}='2' or \${income_reference}='998' or \${income_reference}'999'	COUNTRY-SPECIFIC INCOME BRACKETS

### (14) income\_week

What is your household's total income, after tax and compulsory deductions, per week, from all sources - including benefits, savings and so on?

TYPE	RELEVANT	APPEARANCE
SELECT ONE	\${income_reference}='1'	COUNTRY-SPECIFIC INCOME BRACKETS

## Place of residence

Now we will ask you a few questions about where you live, your family and who lives with you.

### (15) region\_residence

Please indicate the region/geographical area in which you currently live:

TYPE	APPEARANCE
SELECT ONE	DROP-DOWN MENU WITH AUTOCOMPLETE: COUNTRY-SPECIFIC LIST OF REGIONS BY RELEVANT NUTS LEVEL

### (16) municipality

In which municipality do you live?

TYPE	APPEARANCE
SELECT ONE + PREFER NOT TO SAY	DROP-DOWN MENU WITH AUTOCOMPLETE: PRE-FILTERED LIST OF MUNICIPALITIES BY REGION IDENTIFIED IN THE PREVIOUS QUESTION

### (17) municipality\_type

Would you say you live in...?

TYPE	APPEARANCE
SELECT ONE	
1	A rural area or village
2	Small or medium-sized town (50,000 people or less)
3	Large town/city (over 50,000 people)
998	Don't know

### (18) municipality\_traveltime

How long does it take you to travel from your place of residence to the nearest large town/city (over 50,000 people)?

TYPE	RELEVANT
SELECT ONE	$\${municipality\_type} \neq '3'$
1	Less than one hour
2	More than one hour

### (19) municipality\_years

For how many years have you been living in your current community?  
If less than a year please type 0.

TYPE	CONSTRAINT
INTEGER	$. \geq 0$ AND $. \leq -(2022 - \${year\_birth.YYYY})$

## Household composition

### (20) adults\_n

How many people aged 16 years or older live in your household, yourself included?  
By household we mean everyone who usually lives at your main place of residence that shares a common budget (that is, excluding flatmates and lodgers).

TYPE	CONSTRAINT
INTEGER	$. \geq 1$ and $. \leq 30$

### (21) children

How many children (young or adult ones) do you have?

TYPE	CONSTRAINT
INTEGER	$\_hh: . \geq 0$ and $. \leq 20$ $\_out: . \geq 0$ and $. \leq 20$
$\_hh$	_____ child/children currently living in your household.
$\_out$	_____ child/children not currently living in your household.

### (22) children\_n

Please indicate the number of children living in your household, both your own and those of other members of your household.

TYPE	CONSTRAINT
INTEGER	$\_0to5: . \geq 0$ and $. \leq 10$ $\_6to15: . \geq 0$ and $. \leq 20$
$\_0to5$	_____ child/children aged 0 to 5
$\_6to15$	_____ child/children aged 6 to 15

### (23) childrenaway\_when

When did the last (or only) child leave your household?

TYPE	RELEVANT
SELECT ONE	$\${children\_hh} = '0'$ and $\${children\_out} = >'1'$
1	In the last two years
2	More than two years ago

### (24) childrenaway\_dist

How far away does your nearest (or only) child live?

TYPE	RELEVANT
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SELECT ONE	`\${children_hh}='0' and \${children_out}=>'1'
1	Less than a two-hour commute
2	More than a two-hour commute

### (25) others\_n

How many persons, who are not part of your household (e.g., flatmates, lodgers), live with you in the same dwelling?

TYPE	CONSTRAINT
INTEGER	_ others_n .>=0 and .<=50

### (26) grandchildren

Do you or your partner have any grandchildren?

TYPE	RELEVANT
SELECT ONE	`\${year_birth}<=1992
1	No
2	Yes, and I look after them regularly
3	Yes, but I do not look after them regularly

### (27) pets

Please select which type(s) of pet you have at home, if any:

TYPE	CHOICE FILTER
SELECT MULTIPLE	pets.6 `\${pets}!=1,2,3,4,5
1	Cat
2	Dog
3	Bird or fish
4	Small mammals (e.g., rabbits, hamsters, guinea pigs)
5	Other
6	No pet at home

## Employment and occupation

The following questions are about your job and your other daily commitments. If you have more than one job, please answer about your main job, the one in which you spend most hours per week.

### (28) work\_status

What is your current working status?

TYPE	
SELECT ONE	
1	In paid work or away temporarily (employee, self-employed, working for your family business)
2	In education
3	Unemployed and actively looking for a job
4	Unemployed/wanting a job but not actively looking for a job
5	Permanently sick or disabled
6	Retired
7	Doing housework, such as looking after children or other persons
8	Other

**(29) occupation**

Which of the following descriptions best describes the work you do?

TYPE	RELEVANT
SELECT ONE	`\${work_status}`='1'
1	Professional and technical occupations (e.g., doctor – teacher – engineer – artist – accountant)
2	Higher administrator occupations (e.g., banker – executive in big business – high government official – union official)
3	Clerical occupations (e.g., secretary – clerk – office manager – book keeper)
4	Sales occupations (e.g., sales manager – shop owner – shop assistant – insurance agent)
5	Service occupations (e.g., restaurant owner – police officer – waiter – caretaker – barber – armed forces)
6	Skilled worker (e.g., foreman – motor mechanic – printer – tool and die maker – electrician)
7	Semi-skilled worker (e.g., bricklayer – bus driver – cannery worker – carpenter – sheet metal worker – baker)
8	Unskilled worker (e.g., labourer – porter – unskilled factory worker)
9	Farm worker (e.g., farmer – farm labourer– tractor driver– fisherman)
998	Don't know
999	Prefer not to say

**(30) main\_job**

In your main job are you...?

TYPE	RELEVANT
SELECT ONE	`\${work_status}`='1'
1	An employee, working full-time
2	An employee, working part-time
3	Self-employed
4	Working for my family's business

**(31) contract**

In your main job, do you have a work contract of...?

TYPE	RELEVANT
SELECT ONE	`\${main_job}`='1' or `\${main_job}`='2'
1	Unlimited duration
2	Limited duration
3	I don't have a contract

**(32) help\_care**

Over the last 12 months, how often have you given any person inside or outside the household regular help with personal care, such as washing, getting out of bed, or dressing (excluding children and grandchildren)? If care giving or domestic help is part of your job, please consider only the help you have given outside your professional activities

TYPE	RELEVANT
SELECT ONE	
1	Every day
2	Several days a week
3	Once a week
4	Never

**(33) worklife\_balance**

In general, how do your working hours, including time spent in commuting, fit in with your family or social commitments outside work?

TYPE		RELEVANT						APPEARANCE	
SELECT ONE		\${work_status}=1'						SLIDER	
Do not fit at all	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	Fit extremely well

### (34) telework

When thinking about your work arrangement during the last 12 months, what would describe your situation best?

TYPE		RELEVANT	
SELECT ONE		\${work_status}=1'	
1	I worked more than half time from home		
2	I worked more than half time onsite at a workplace		
3	I worked more than half time from somewhere else		

## Loneliness

The next set of questions are about your well-being, as well as your relationships with our family and friends.

APPEARANCE
<ul style="list-style-type: none"> <li>• Rotate the order of appearance of questions 'loneliness_djg' and 'loneliness_ucla'</li> <li>• Both questions are explicitly identified in separate sections below</li> </ul>

### (35) loneliness\_djg

Please indicate for each of the statements, the extent to which they apply to your situation and the way you feel now. Remember that your answers are anonymous and strictly confidential.

TYPE		APPEARANCE		ROTATION			
SELECT ONE		CAROUSEL (NO AUTO-ADVANCE)		RANDOMIZE THE ORDER OF ITEMS + CHANGE POSITION WITH QUESTION 'LONELINESS_UCLA'			
_a	I experience a general sense of emptiness			Yes	More or less	No	Prefer not to say
_b	I miss having people around			1	2	3	999
_c	I often feel rejected						
_d	There are plenty of people I can rely on when I have problems						
_e	There are many people I can trust completely						
_f	There are enough people that I feel close to						

### (36) family\_meet

On average, how often do you do each of the following with any members of your family (e.g., brothers, sisters, parents, children, in-laws or grandchildren)? Do not include family members who live with you.



TYPE		APPEARANCE							
SELECT ONE		COLLAPSIBLE GRID							
_face	Meet up face-to-face (include both arranged and chance meetings)	Never	Every two months or less frequently	Once a month	Every two weeks	Every week	More than once a week	Daily	Prefer not to say
_tele	Talk/chat via phone, internet or social media	1	2	3	4	5	6	7	999

### (37) family\_n

How many of your family members would you say you have a close relationship with? Please include also family members who live with you.

TYPE	CONSTRAINT
INTEGER + PREFER NOT TO SAY	.=>0 AND . <=100}}

### (38) friends\_meet

On average, how often do you do each of the following with any of your friends? Do not include friends who live with you.

TYPE		APPEARANCE							
SELECT ONE		COLLAPSIBLE GRID							
_face	Meet up face-to-face (include both arranged and chance meetings)	Never	Every two months or less frequently	Once a month	Every two weeks	Every week	More than once a week	Daily	Prefer not to say
_tele	Talk/chat via phone, internet or social media	1	2	3	4	5	6	7	999

### (39) friends\_n

How many of your friends would you say you have a close relationship with? Please, include also friends who live with you.

TYPE	CONSTRAINT
INTEGER + PREFER NOT TO SAY	.=>0 AND . <=100}}

### (40) neighbours

How often do you have any contact, even something as simple as saying "hello", with any of your neighbours?

TYPE	
SELECT ONE	
1	Almost every day
2	Several times a week
3	About once a week
4	1-3 times a month
5	Less than once a month
6	Never or hardly ever
997	Not applicable

**(41) social\_support**

How often is each of the following types of support available to you, if you need it.

TYPE		APPEARANCE				ROTATION		
SELECT ONE		COLLAPSIBLE GRID				RANDOMIZE THE ORDER OF ITEMS		
_a	Someone to help you if you were confined to bed	None of the time	A little of the time	Some of the time	Most of the time	All of the time	Prefer not to say	Don't know
_b	Someone to share your most private worries and fears with	1	2	3	4	5	999	998
_c	Someone to do something enjoyable with							
_d	Someone to love and make you feel wanted							

**(42) relationship\_happiness**

Please indicate the degree of happiness, all things considered, of your relationship with your partner.

TYPE		RELEVANT						APPEARANCE	
SELECT ONE + PREFER NOT TO SAY		\${relationship}='2' or \${relationship}='3'						SLIDER	
Low happiness	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	High happiness

**(43) social\_activities**

Over the last 12 months, how frequently did you do each of the following activities?

TYPE		APPEARANCE					ROTATION		
SELECT ONE		COLLAPSIBLE GRID					RANDOMIZE ORDER OF ITEMS		
_a	Participated in social activities of a club, society and/or association	Never	Every two months or less frequently	Once a month	Every two weeks	Every week	More than once a week	Daily	Prefer not to say
_b	Went to a museum, cinema, concert, cultural site and/or sport events	1	2	3	4	5	6	7	999
_c	Participated in a training course								

**(44) loneliness\_ucla**

Please indicate how often you feel each of the following:

TYPE		APPEARANCE		ROTATION		
SELECT ONE		CAROUSEL (NO AUTO-ADVANCE)		RANDOMIZE THE ORDER OF ITEMS + CHANGE POSITION WITH 'LONELINESS_DJG'		
_a	Feel that you lack companionship	Hardly ever or never	Some of the time	Often	Prefer not to say	
_b	Feel left out	1	2	3	999	
_c	Feel isolated from others					

**(45) relationship\_need**

In your perspective, how often does an average person of your age need to meet close friends and family members face-to-face to not feel lonely? Interacting with household members or colleagues during working time should not be considered as meeting with friends and family members.

TYPE	
SELECT ONE	
1	Never
2	Every two months or less frequently
3	Once a month
4	Every two weeks
5	Every week
6	More than once a week
7	Daily
999	Prefer not to say

**(46) loneliness\_direct**

How much of the time, during the past 4 weeks, have you been feeling lonely?

TYPE	
SELECT ONE	
1	All of the time
2	Most of the time
3	Some of the time
4	A little of the time
5	None of the time
998	Don't know
999	Prefer not to say

**(47) loneliness\_intensity**

How intense was this feeling of loneliness?

TYPE			RELEVANT					APPEARANCE	
SELECT ONE + PREFER NOT TO SAY			\${loneliness_direct}'<'5'					SLIDER	
Not very intense	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	Very intense

**(48) life\_events**

Please select all life events that happened to you over the last 12 months, if any.

TYPE	CHOICE FILTER	ROTATION
SELECT MULTIPLE	life_events.11 \${life_events}!=1,2,3,4,5,6,7,8,9,10	RANDOMIZE THE ORDER OF ITEMS  KEEP 2 AND 3 TOGETHER, KEEP 7 AND 8 TOGETHER, KEEP 9 AND 10 TOGETHER
1	Separation from spouse/partner	
2	Diagnosis of severe illness or life-threatening injury	
3	Diagnosis of severe illness or life-threatening injury of a close family member	
4	Loss of employment	
5	End of studies (successfully completing school, college or university or dropping out)	
6	Retirement	
7	COVID-19 infection of yourself	

8	COVID-19 infection of a member of your household
9	Severe conflicts at home (with spouse/partner and/or family members)
10	Severe conflicts at work (with colleagues and/or manager)
11	None of the above
999	Prefer not to say

#### (49) lost\_spouse

Have you lost your spouse or partner in the last 12 months?

TYPE	RELEVANT
SELECT ONE	\${relationship}='5'
1	Yes
2	No

#### (50) interventions\_heard

In several countries, programmes and initiatives provide social, emotional, or other types of support for those who need it (e.g., telephone lines, online support, group activities). Have you heard or seen anything about initiatives to support those feeling lonely in [COUNTRY]?

TYPE	RELEVANT
SELECT ONE	
1	Yes
2	No
998	Don't know

#### (51) interventions\_done

In the last 12 months, have you done any of the following to feel less lonely?

TYPE	RELEVANT	ROTATION	CHOICE FILTER
SELECT MULTIPLE	\${loneliness_direct}!='5'	RANDOMIZE 1-11	Interventions_done.14 \${interventions_done}!=1,2,3,4,5,6,7,8,9,10,11,12,13  Interventions_done.12 \${interventions_done}!=1,2,3,4,5,6,7,8,9,10,11,13,14
1	Seeing friends, family members, or other loved ones		
2	Doing sports alone		
3	Doing sports with others		
4	Looked for self-help from books or online or called a support hotline		
5	Sought professional help by a therapist		
6	Contacted a specialised charity/association/ Non-Governmental Organizations		
7	Contacted a church or religious organisation		
8	Joined a club or a group (e.g., a sport club, an association, a trade union, a party)		
9	Volunteered		
10	Used more social media		
11	Took time for myself		
12	Wanted to do something but did not know what to do		
13	Other, not listed above		
14	None of the above		
998	Don't know		
999	Prefer not to say		

#### (52) interventions\_actors

How much of a role, if any, should the following actors play in supporting people who feel lonely in [COUNTRY]?

TYPE		APPEARANCE			ROTATION	
SELECT ONE		COLLAPSIBLE GRID			RANDOMIZE ORDER OF ITEMS	
_a	National government	Major role	Minor role	No role at all	Don't know	
_b	Local government	1	2	3	998	
_c	Individuals and families					
_d	Employers					
_e	Non-profits and charities					
_f	Schools and educational institutions					

### (53) loneliness\_work

For each of the following statements, please select the response that best describes your current situation at work:

TYPE		RELEVANT					APPEARANCE		
SELECT ONE		_a. and _b. \${work_status}='1' _c. \${main_job}='1' and \${main_job}='2'					COLLAPSIBLE GRID		
_a	I feel isolated when working	Always	Most of the time	Sometimes	Rarely	Never	Not applicable	Prefer not to say	
_b	My colleagues help and support me	1	2	3	4	5	997	999	
_c	My manager helps and supports me								

### (54) loneliness\_education

For each of the following statements, please select the response that best describes your current situation at your place of education:

TYPE		RELEVANT					APPEARANCE		
SELECT ONE		\${work_status}='2'					COLLAPSIBLE GRID		
_a	I feel isolated at my place of education	Always	Most of the time	Sometimes	Rarely	Never	Prefer not to say		
_b	My classmates or peers help and support me	1	2	3	4	5	999		
_c	My teachers help and support me								

## Experiment

Next, we will move on to something slightly different. More specifically, we will ask you to complete one short task.

You have an opportunity to earn up to \_\_\_ survey points on top of those you will earn for the survey itself. The number of points you can earn will depend on the decisions you make as well as the decisions that other people filling in this same survey may make. We explain how this works later.

Because many people will fill in this survey, we cannot give everyone additional points. Instead, we will draw every 25th survey respondent filling in this survey, and if you are selected, you will earn additional points. If you are selected, the number of points you will receive will correspond to your earnings in the next task.

Your payment will be processed once everyone has completed the survey. As other people may not be online at the same time as you, this may take a while. We will inform you by email of the final results.

Please, read the task description carefully. We will ask you two questions regarding the content of the description on the next page. In the task, there are two participants: A and B.

The rules of the task are as follows:

At the beginning of the task, both participants receive 5 coins. A coin is equivalent to \_\_\_ survey points.

A can then choose to give none, some or all of the 5 coins to B. For example, A could send 2 coins. *[Alternative example with 3 coins]*

Whatever A sends to B is multiplied by three.

If B receives coins from A, then B can send none, some or all of the received coins back to A. These coins are not multiplied again. Also, B can only send back the coins received from A, not the original 5 coins. For example, B could send back 4 coins.

After both A and B have made their decisions, both participants keeps the number of coins they have at that moment.

Before proceeding to the next page, we kindly ask you to read the instructions carefully.

To test whether you understood the rules, please read through the scenario and answer the question below. Participants A and B start with 5 coins. Suppose A and B make the following decisions: (i) A sends 2 coins to B. (ii) B sends 1 coin back to A.

### (55) comprehension\_a

How many coins does A end up with in this scenario?

TYPE	CONSTRAINT
INTEGER	.=>0 AND .<=99

### (56) comprehension\_b

How many coins does B end up with in this scenario?

TYPE	CONSTRAINT
INTEGER	.=>0 AND . <=99
TYPE	RELEVANT
MESSAGE	$\${comprehension\_1}=4$ and $\${comprehension\_2}$ $\}=10$

Please go on to the real task.

TYPE	RELEVANT
MESSAGE	$\${comprehension\_1}!=4$ or $\${comprehension\_2}$ $\}!=10$

Unfortunately, you answered the question incorrectly. The outcome is actually as follows: (i) A starts with 5 coins, gives away 2 coins and gets 1 coin back. Therefore, A ends up with  $5 - 2 + 1 = 4$  coins; (ii) B starts with 5 coins, receives 6 coins from A ( $2 \times 3$ ) and gives one coin back. Therefore, B ends up with  $5 + 6 - 1 = 10$  coins. Please go on to the real task.

### (57) a\_play

You are in the role of A. You and B begin with 5 coins each.

[To appear only for 50% of respondents playing A: B has reported feeling lonely all or almost all of the time during the past four weeks. B knows nothing about you.]

How many coins (if any) would you like to send to B? Your choice will affect how many points you and the other participant will receive at the end of the task.

Please enter a number from 0 to 5.

TYPE	CONSTRAINT
INTEGER	.=>0 AND . <=5

### (58) a\_guess

Imagine you sent 3 coins, so B receives 9 coins, making his or her total budget 14 coins. How many coins do you think B will return to you? You might gain one extra coin if your guess is correct.

TYPE	CONSTRAINT
INTEGER	.=>0 AND . <=9

### (59) b\_play

You are in the role of B. You and A begin with 5 coins each.

[To appear only for 50% of respondents playing B: A has reported feeling lonely all or almost all of the time during the past four weeks. A knows nothing about you.]

Below, we show all number of coins you can receive from A, which we have already multiplied by 3 for you. For each of these, how many coins (if any) would you like to send back to A? All of your choices below affect how many points you and the other participant you are paired with may receive at the end of the task.

If A sent you 1 coin and hence you received 3 coins?

If A sent you 2 coins and hence you received 6 coins?

If A sent you 3 coins and hence you received 9 coins?

If A sent you 4 coins and hence you received 12 coins?

If A sent you 5 coins and hence you received 15 coins?

TYPE	CONSTRAINT
INTEGER	.=>0 AND . <=X

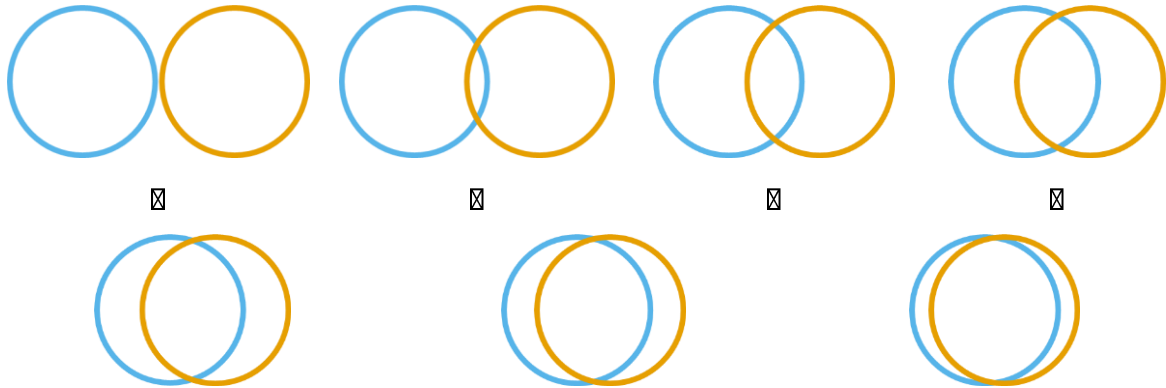
**(60) b\_guess**

How many coins do you think A will send you? You might gain one extra coin if your guess is correct.

TYPE	CONSTRAINT
INTEGER	.=>0 AND . <=5

**(61) proximity**

When you made your decision, you may have been thinking of your potential counterpart in the task (participant X). Please consider which of these pairs of circles best represents your connection with participant X.



This was the last question about the task. You will now return to the survey.



## Stigma and interventions

### (62) loneliness\_stigma1

A number of respondents to this survey will report feeling lonely on a regular basis.

Do you think that feeling lonely is:

TYPE		ROTATION
SELECT ONE		ROTATE 1 AND 2
1	An issue that has implications for the individual as well as for the wider society	
2	An issue that is limited to the individual concerned	
998	Don't know	

### (63) loneliness\_stigma2

In general, do you think that:

TYPE		ROTATION
SELECT ONE		ROTATE 1 AND 2
1	People who feel lonely mostly have themselves to blame for their loneliness	
2	Feeling lonely is mostly due to factors and circumstances beyond a person's control	
3	Both equally	
998	Don't know	

## Social media

The next questions are about use of social media. Social media platforms include social network sites (e.g., Facebook, Instagram, TikTok) and instant messaging tools (e.g., WhatsApp, Messenger, Snapchat). When answering the questions, please consider social media use on all your devices, e.g., mobile phone, computer, or tablet.

### (64) sm\_purpose

How often do you use social media (e.g., Facebook, Instagram, TikTok, WhatsApp, Messenger, Snapchat) for the following purposes? Digital activities that are not taking place on social media platforms should not be counted. Please consider personal use only.

TYPE		APPEARANCE			ROTATION			
SELECT ONE		COLLAPSIBLE GRID			RANDOMIZE A TO E			
_a	Searching for specific information, reading online articles/blogs	Never	Once a day or less	2 to 5 times a day	6 to 15 times a day	16 to 30 times a day	Over 30 times a day	Prefer not to say
_b	Scrolling through social media feeds without searching for anything specific	1	2	3	4	5	6	999
_c	Posting content, commenting on posts							
_d	Watching videos and video blogs on social media							
_e	Being in contact/chatting with other people							

**(65) sm\_feeling**

During the last three months, how often have you experienced the following?

TYPE		APPEARANCE				ROTATION		
SELECT ONE		COLLAPSIBLE GRID				RANDOMIZE A-B		
_a	I neglected work, school or family related duties because of the time I spent on social media	Never	Once a month or less	Between two and four times a month	Several times a week	Once a day	Several times a day	Prefer not to say
_b	I turned to social media to feel better	1	2	3	4	5	6	999

**(66) sm\_loneliness**

Do you think that the following social media platforms help people feeling less lonely?

TYPE		APPEARANCE		
SELECT ONE		COLLAPSIBLE GRID		
_a	Social network sites (e.g., Facebook, Instagram or TikTok)	Yes	No	Don't know
_b	Instant messaging tools (e.g., WhatsApp, Messenger or Snapchat)	1	2	998

**(67) sm\_purpose2**

People use social media for different reasons and in different ways. The purpose of the next questions is to understand better why and how people use social media nowadays. Please indicate to what extent you agree or disagree with the following statements:

TYPE		APPEARANCE				ROTATION					
SELECT ONE + PREFER NOT TO SAY		TABLE, SLIDER				RANDOMIZE A-B-C-D					
_a	I use social media to get in contact with new people	Strongly disagree	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	Strongly agree
_b	I use social media to be in contact with people who share my interests										
_c	I feel more confident chatting with people online than face-to-face										
_d	Social media are to me a way to replace face-to-face social contacts										

**(68) sm\_time**

In the past week, on average, how much time per day have you spent on:

TYPE		APPEARANCE								
SELECT ONE		COLLAPSIBLE GRID								
		Never	Less than 10 minutes per day	10-30 minutes per day	31-59 minutes per day	1-2 hours per day	2-3 hours per day	4-5 hours per day	More than 5 hours per day	Prefer not to say
_a	Social network sites (e.g., Facebook, Instagram or TikTok)	1	2	3	4	5	6	7	8	999
_b	Instant messaging tools (e.g., WhatsApp, Messenger or Snapchat)									
_c	Playing video games									
_d	Watching TV or content on streaming platforms									

### Civic society and trust

The next questions are about your values and beliefs and your overall engagement in the society.

### (69) feelings

Over the past week, how frequently have you felt the following way?

TYPE		ROTATION				APPEARANCE			
SELECT ONE		RANDOMIZE ALL ITEMS				COLLAPSIBLE GRID			
		Always	Very frequently	Occasionally	Rarely	Very rarely	Never	Prefer not to say	
_happy	Happy	1	2	3	4	5	6	999	
_angry	Angry								
_nerv	Nervous								
_hopel	Hopeless								
_restl	Restless or fidgety								
_depr	Depressed								
_worthl	Worthless								

### (70) risk

Are you more of a risk-taking person or do you try to avoid risks when it concerns each of the following areas.

TYPE	APPEARANCE
------	------------

SELECT ONE + DOESN'T APPLY		TABLE, SLIDER									
_a	Driving, riding a bike etc.	Avoid risks	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	Take risks
_b	Taking financial decisions										
_c	With your health										

**(71) civic\_attitudes**

How well do the following statements describe you as a person?

TYPE		APPEARANCE									
SELECT ONE + PREFER NOT TO SAY		TABLE, SLIDER									
_a	I'm willing to give to good causes without expecting anything in return	Not at all	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	Perfectly
_b	I'm willing to volunteer my time to a charity or a non-profit organisation										
_c	I'm willing to give up something that is beneficial for me today in order to benefit more from that in the future										

**(72) trust**

In general how much do you trust most people?

TYPE		APPEARANCE									
SELECT ONE + PREFER NOT TO SAY		SLIDER									
Not at all	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	Completely		

**(73) civic\_government**

To what extent do you agree with the following statement? 'People like me don't have any say about what the government does?'

TYPE		APPEARANCE									
SELECT ONE + PREFER NOT TO SAY		SLIDER									
Not at all	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	To a great extent		

**(74) vote**

If there were a general election tomorrow, which party would you support?

TYPE		APPEARANCE									
SELECT ONE + I VOTE IN ANOTHER COUNTRY; MOST LIKELY I WOULDN'T VOTE; OTHER, SPECIFY _____; I DON'T KNOW; PREFER NOT TO SAY		DROP DOWN MENU WITH COUNTRY-SPECIFIC LIST OF PARTIES									

## Respondent as a child

The next few questions are about when you were growing up, before you turned 16.

### (75) child\_health

In general, how would you define your (mental and physical) health when you were growing up?

TYPE	
SELECT ONE	
1	Very good
2	Fairly good
3	Average
4	Fairly poor
5	Very poor
998	Don't know
999	Prefer not to say

### (76) child\_health\_relatives

To your knowledge, when you were growing up, did any of the below apply to someone among your close relatives (parents, brothers or sisters)?

TYPE	
SELECT MULTIPLE	
1	Smoke heavily
2	Drink heavily
3	Had chronic, severe illnesses, disabilities or accidents
4	Had mental health problems
5	None of the above
999	Prefer not to say

### (77) child\_relationship

All in all, how would you describe your relationship with your parents when you were growing up?

TYPE	RELEVANT	APPEARANCE									
SELECT ONE + PREFER NOT TO SAY	a. \${country_birth_b}!=not applicable b. \${country_birth_c}!=not applicable	TABLE, SLIDER									
_a	Your mother/first parent	Not close at all	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	Very close
_b	Your father/second parent										

### (78) child\_lived\_parents

When growing up, have you always lived with both of your parents?

TYPE	
SELECT ONE	
1	Yes
2	No
999	Prefer not to say

### (79) child\_friends

During your school years (when you were 6 to 15 years old), how often did you have a group of friends that you felt comfortable spending time with?

TYPE
------

SELECT ONE	
1	Always
2	Most of the time
3	Sometimes
4	Rarely
5	Never
99	Prefer not to say
9	

### (80) religion

Apart from weddings, funerals, how often do (did) you attend religious services?

TYPE		APPEARANCE						
SELECT ONE		COLLAPSIBLE GRID						
_child	When you were growing up, before age 16	More than once a week	Once a week	Once a month	On specific holidays only	Never	Don't know	Prefer not to say
_now	During the last 12 months	5	4	3	2	1	998	999

## Health and related

The next, and last, set of questions are about your health and your health habits, such as whether you smoke and how often you exercise.

### (81) health\_general

In general, would you say your (physical and mental) health is:

TYPE	
SELECT ONE	
1	Very good
2	Fairly good
3	Average
4	Fairly poor
5	Very poor
998	Don't know
999	Prefer not to say

### (82) health\_condition

Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more?

TYPE	
SELECT ONE	
1	Yes
2	No
998	Don't know
999	Prefer not to say

### (83) health\_condition\_intensity

Does your condition or illness/or any of your conditions or illnesses reduce your ability to carry out day-to-day activities?

TYPE	RELEVANT
SELECT ONE	`\${health_condition}`='1'
1	Yes, a lot
2	Yes, a little
3	Not at all
998	Don't know
999	Prefer not to say

#### (84) weight

Approximately how much do you weigh in kilos?

TYPE	CONSTRAINT	RELEVANT
INTEGER + PREFER NOT TO SAY	`.> 30 AND .<=250`	`\${country of residence from panel}`!='Ireland'

#### (85) height

Approximately, how tall are you in centimetres?

TYPE	CONSTRAINT	RELEVANT
INTEGER + PREFER NOT TO SAY	`.> 60 AND .<=230`	`\${country of residence from panel}`!='Ireland'

#### (86) weight\_ie

Approximately how much do you weigh? Please provide an answer either in kilos (kg) or in pounds (lbs)

TYPE	METRIC	CONSTRAINT	RELEVANT
INTEGER + PREFER NOT TO SAY	KILOS	`.> 30 AND .<=250`	`\${country of residence from panel}`=='Ireland'
TYPE	METRIC	CONSTRAINT	RELEVANT
INTEGER + PREFER NOT TO SAY	POUNDS	`.> 70 AND .<=550`	`\${country of residence from panel}`=='Ireland'

#### (87) height\_ie

Approximately, how tall are you? Please provide an answer either in centimetres (kg) or in inches (in)

TYPE	METRIC	CONSTRAINT	RELEVANT
INTEGER + PREFER NOT TO SAY	CENTIMETERS	`.> 60 AND .<=230`	`\${country of residence from panel}`=='Ireland'
TYPE	METRIC	CONSTRAINT	RELEVANT
INTEGER + PREFER NOT TO SAY	INCHES	`.> 23 AND .<=90`	`\${country of residence from panel}`=='Ireland'

#### (88) smoking

Do you smoke 10 or more cigarettes (including equivalent recharges of electronic cigarettes, cigars, cigarillos, or a pipe) on average per day?

TYPE	RELEVANT
SELECT ONE	
1	Yes, I smoke 10 or more cigarettes on average per day
2	No, I smoke less than 10 cigarettes on average per day
3	No, I don't smoke at all
999	Prefer not to say

**(89) fruits**

On an average day, do you consume three servings or more of fruit and vegetables?

TYPE	
SELECT ONE	
1	Yes
2	No
999	Prefer not to say

**(90) exercise**

In the past week, on how many days have you done a total of 30 minutes or more of physical activity, which was enough to raise your breathing rate? This may include sport, exercise, and brisk walking or cycling for recreation or to get to and from places, but should not include housework or physical activity that may be part of your job.

TYPE	
SELECT ONE	
1	0 days
2	1 day
3	2 days
4	3 days
5	4 days
6	5 days
7	6 days
8	7 days
998	Don't know
999	Prefer not to say

**(91) recontacted**

We may want to follow up on the topics discussed just now with another survey in the future. Would you be happy for us to contact you again if such a follow-up is conducted?

TYPE	
SELECT ONE	
1	Yes, I would be happy to be contacted again
2	No, I do not want to be contacted again

**End message**

Thank you for your time! Your response will be very helpful for the European Commission.