



# Loneliness & Social Isolation in Mental Health Research Network

## LSIMHRN Online Summer Showcase Symposium

### Programme

Attendees & speakers need to register so that they are sent their unique Zoom link to join:

<https://ucl.zoom.us/meeting/register/tJUqf-agrjsrHdC0PVOXyoQcgC9fpidyj116>

10-10.05	<b>Welcome &amp; Introduction</b>	Sonia Johnson (network joint-lead)
10.05-10.20	<b>The network's aims &amp; achievements/highlights</b>	Alexandra Pitman (network joint-lead)
10.20-11.05	<b>Mapping the evidence &amp; exploring lived experiences</b>	Chaired by Co-I James Kirkbride
10.20-10.30	<b>The association between loneliness, social isolation and mental health problems – an umbrella review</b>	Mary Birken (network member and former coordinator)
10.30-10.40	<b>Loneliness and the onset of new mental health problems in the general population: a systematic review</b>	Farhana Mann (network ECR)
10.40-10.50	<b>Loneliness as an active ingredient in preventing or alleviating youth anxiety and depression: a critical interpretative synthesis incorporating principles from rapid realist reviews</b>	Eiluned Pearce (ECR, network coordinator)
10.50-11.05	<b>Experiences of loneliness among people experiencing mental ill-health: An interview study</b>	Beverley Chipp (network Co-Production Group members) & Patrick Nyikavaranda (NIHR Mental Health Policy Research Unit Lived Experience Working Group member)
11.05-11.15	<b>Break</b>	

11.15-11.30	<b>What do we currently know about loneliness, social isolation and mental ill-health?</b>	Sonia Johnson (network joint-lead)	
11.30-11.50	<b>Discussion and Q&amp;A</b> <b>Mentimeter: “What are the key gaps in research?”</b>	Essi Viding (Network Co-I)	
11.50-12.00	<b>Break</b>		
12.00-13.00	<b>Parallel sessions: Plus Projects &amp; Abstract Submissions</b>	Chaired by Plus Project PIs	
	<b>Loneliness, social isolation and mental health in young people</b>	Left on Read: Young people co-producing new ways of thinking and feeling loneliness	James Duggan (Pathways Plus Project)
		Loneliness in Young Adult Workers	Sarah Wright
		Exploring loneliness and social isolation in young adults: a qualitative interview study	Emma Kirwan
		A narrative approach to students’ experiences of loneliness: a social co-constructionist account of mental wellbeing in university	Manel Lemmouchi
		Discussion	
	<b>Loneliness, social isolation and mental health in parents and farming communities</b>	The relationship between loneliness, social isolation, depression and mother-infant bonding in the perinatal period: a collaborative, mixed methods study (aka Mums Alone: The Perinatal Loneliness Study)	Billie Lever Taylor and Angela Sweeney (Pathways Plus Project)
		'Just snap out of it' – The Experience of Loneliness in Women with Perinatal Depression: A Qualitative Meta-Synthesis of the Literature	Kate Adlington
		Experiencing loneliness in parenthood: A scoping review.	Rebecca Nowland
		Loneliness, social isolation and mental health in farming communities: An analysis of social and cultural factors	Matt Loble (Pathways Plus Project)
		Discussion	
	<b>Loneliness and social isolation in people</b>	Exploring the effects of loneliness and social isolation on experiences of recovery and relapse in Obsessive Compulsive Disorder	Josie Millar (Pathways Plus Project)

	<b>experiencing mental ill-health and/or chronic loneliness</b>	Inter-relationships between loneliness, three-dimensional schizotypy, and depressive symptoms before and during the COVID-19 pandemic	Ronja Christensen
		The influence of Loneliness, isolation and mental health on neurodiversity (Adult ADHD)	Angela Richards
		An exploration of aloneness identity	Rowena Leary
		Discussion	
	<b>Loneliness, social isolation and mental health in other specific groups: people identifying as LGBTQ+, older adults, care home residents</b>	Investigating whether loneliness is a mechanism that leads to depressive symptoms in older adults who are lesbian, gay, bisexual or have chronic physical health problems	Gemma Lewis (Pathways Plus Project)
		Pathways between LGBTQ migration, social isolation and mental distress: The temporal-relational-spatial experiences of LGBTQ mental health service-users	Zoe Boden (Pathways Plus Project)
		Risk factors for loneliness in older populations in Eastern Europe and Central Asia	Tara Keck
		Measurement of social connection in people living in care homes – systematic review	Andrew Sommerlad
		Discussion	20 mins
13.00-13.45		<b>Lunch break</b>	
13.45-14.30		<p><b>Panel discussion on how to integrate psychological and social approaches to addressing loneliness and social isolation in the context of mental health (jointly organised with The BASIL study and the Closing the Gap network)</b></p> <ul style="list-style-type: none"> <li>• Roz Shafran – CBT interventions and how to integrate social elements</li> <li>• Simon Gilbody - BASIL study</li> <li>• Lorna Hogg representing the Groups4Health approach</li> <li>• Brynmor Lloyd-Evans - community navigators trial</li> </ul>	<p>Chaired by Co-I: Rosie Perkins</p> <p>5 x 3min talks &amp; 30 mins discussion</p>

		<ul style="list-style-type: none"> <li>Co-production Group members Anjie Chhapia &amp; Kathleen Fraser</li> </ul>	
14.30-14.40		<b>Break</b>	
14.40-15.40		<b>Parallel sessions: Plus Projects &amp; Abstract Submissions</b>	Chaired by Plus Project PIs
	<b>The built environment, remote working and remote mental health support in relation to loneliness and social isolation</b>	The impact of remote working on the feelings of loneliness and workplace isolation on health care employees at South London and Maudsley NHS Foundation Trust	Dearbhla O'Hare
		"I just feel lonely": The enactment of loneliness and psycho-emotional states in calls made to a crisis help line	Stephen DiDomenico
		Greenspace, social isolation and loneliness in adolescents: considerations when using spatially-linked data in the Millennium Cohort Study	Charlotte Constable Fernandez
		Who is lonely where? A systematic review of the links between place and loneliness	Sam Fardghassemi
		Discussion	
	<b>Community approaches to addressing loneliness, social isolation and mental ill-health</b>	Loneliness, mental health and wellbeing: an acceptability and feasibility study of UK Men's Shed.	Bryony Porter (Interventions Plus Project)
		What is the feasibility of prescribing community gardening to reduce loneliness and improve wellbeing in individuals with mental health problems?	Carly Wood (Interventions Plus Project)
		#KindnessByPost: a mixed methods investigation of an innovative participatory public health programme	Luke Sheridan Rains (Interventions Plus Project)
		Do people perceive benefits in the use of social prescribing to address loneliness and/or social isolation? A qualitative meta-synthesis of the literature	Margaux Liebmann
		Discussion	
	<b>Interventions to address loneliness and</b>	Songs from Home: Developing and testing an online songwriting intervention to tackle loneliness and	George Waddell

	<b>social isolation in clinical populations</b>	enhance social connections in order to reduce symptoms of postnatal depression	
		The development and evaluation of Cognitive Behavioural Therapy (CBT) for chronic loneliness in children and young people	Thomas Cawthorne
		Randomised controlled trial of the Community Navigator programme to reduce loneliness and depression for adults with treatment resistant depression in secondary mental health services	Dora Stefanidou
		BASIL+ trial and evidence synthesis programme - an Urgent Public Health behavioural intervention to mitigate loneliness under COVID (and a living systematic review)	Simon Gilbody
		Discussion	
	<b>Addressing loneliness, social isolation and mental ill-health in young people</b>	Testing the success of an intervention to reduce loneliness and increase wellbeing for young people with mild to moderate mental health problems	Manuela Barreto (Interventions Plus Project)
		DANCE/CONNECT Applying the social cure approach: an exploration of whether online group dance can support the social and mental wellbeing of young people living with anxiety	Katey Warran (Interventions Plus Project)
		Exploring young people's views on the acceptability and feasibility of loneliness interventions for their age group	Sharon Eager
		The perceived utility of strategies to alleviate loneliness in adolescents: a qualitative analysis of data from the BBC Loneliness Experiment	Anna Hall
		Discussion	
15.40-15.50	<b>Break</b>		
15.50-16.40	<b>Next Steps for addressing loneliness, social isolation in the context of mental health</b>	Chaired by Co-I John Vines	

	<ul style="list-style-type: none"> <li>• <b>Research &amp; policy perspectives</b> – Pamela Qualter (University of Manchester) &amp; Ravneet Viridi (DCMS)</li> <li>• <b>3<sup>rd</sup> sector perspective</b> – Robin Hewings (Campaign to End Loneliness)</li> <li>• <b>Lived experience perspective</b> - Co-production Group members Bev Chipp &amp; Nick Barber</li> </ul>	20 mins of talks then discussion
16.40-16.50	<p><b>Reviewing Mentimeter suggestions:</b> "What are the next steps for addressing loneliness, social isolation, mental ill-health?"</p>	Alexandra Pitman (network joint-lead)
16.50-17.00	<b>Roundup &amp; thanks</b>	Alexandra Pitman (network joint-lead)