

**1. Questionnaire loneliness EAST**

<b>Date:</b>	
<b>First and last name:</b>	
<b>Age:</b>	
<b>Gender:</b>	
<b>Nationality:</b>	
<b>Education:</b>	
<b>Enrolled as a student since:</b>	
<b>Academic year:</b>	
<b>Name professional:</b>	
<b>E-mail address:</b>	

1. Who or what do you miss in your social contacts?  
 .....

2. How lonely did you feel over the past month on a scale of 0 (not lonely at all) to 10 (very severe)?

0 1 2 3 4 5 6 7 8 9 10

3. How much trouble do you experience from your loneliness and what would be your wish?  
 .....

4. Do your feelings of loneliness affect your studies? Can you explain?  
 .....

5. Do you want to do something with your feelings of loneliness right now? What reasons do you have for this?  
 .....

Please indicate for each of the following statements, the extent to which they apply to your situation, the way you feel now. Please, select the appropriate answer.

	No!	No	More or less	Yes	Yes!
1. There is always someone I can talk to about my day-to-day problems					
2. I miss having a real close friend					
3. I experience a general sense of emptiness					
4. There are plenty of people I can lean on when I have problems					
5. I miss the pleasure of the company of others					
6. I feel connected to other people					

7. I feel as a person separated from others					
8. I find my circle of friends and acquaintances too limited					
9. There are many people I can trust completely					
10. There are enough people I feel close to					
11. I miss having people around me					
12. I often feel rejected					
13. I can call on my friends whenever I need them					
14. I often experience the emptiness of human existence					
15. I often feel sad about the fact that we as humans are isolated from others					
16. I long for human contact					

Please provide a brief explanation for the following questions.

6. To what extent do you experience meaningful relationships with a broad group of people around you? (Think of acquaintances, colleagues, fellow students, neighbors, people with the same interests, people to carry out a hobby together)

.....

7. To what extent do you experience a strong lack of someone to talk to, or the absence of an emotionally close bond with a partner, family member or a close friend?

.....

8. To what extent do you experience difficulties with human existence, arising from the realization to be, as a human, by definition alone/separated from others?

.....

## 2. Sociogram

To address loneliness, it is important to gain insight into your existing social network. This gives you more insight into the relationships that already exist and which needs are being met. Which relationships are good? Which relationships are less strong? Which relationships could and would you like to strengthen? And which relationships are missing or would you like to lose?

Below you can find a basic model sociogram. Each circle represents a relationship you have with someone in your network. This can be family members, friends, a loved one, acquaintances, fellow students, etc. Complete the sociogram as follows:

- Write your own name in the middle circle.
- Start with the people who mean the most to you. Enter 1 person from your network per circle.
- Briefly indicate for each circle/person what that person means to you or what needs of yours are met in that relationship. If necessary, number each circle to write the explanation for each number under the figure (if the circles are too small). Use the following letters (or your own explanation):

A = Informational support (advice and exchange of information);

E = emotional support (being there for someone, listening, encouraging, comforting);

I = Instrumental support (doing practical things for each other (e.g. taking care of plants or pets));

W = appreciative support (getting confirmation from contact with others)

Indicate per relationship whether it concerns:

Close family (CF)

Relatives (R)

Romantic relationship (RR)

Friends (F)

Acquaintances (A)

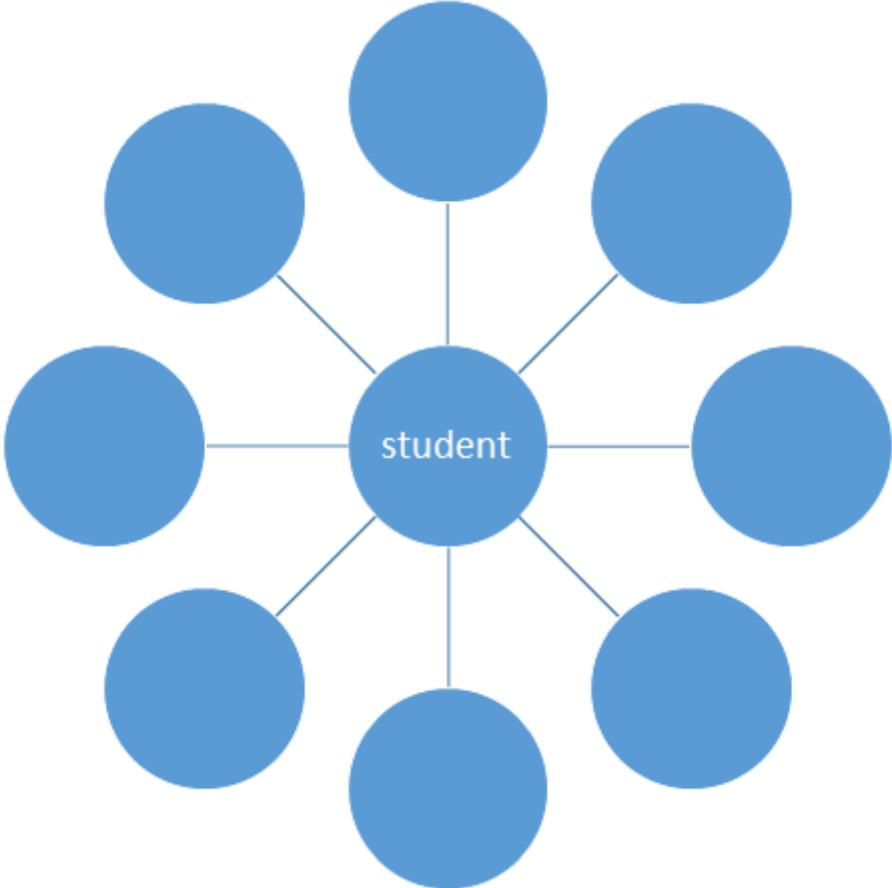
Fellow students (FS)

Professionals (P)

Other (O)

- Use an arrow per relationship to point out whether the contact is (mainly) one-way or two-way (reciprocal).
- Add extra circles if you have more that are people important to you and fulfill some of your needs.
- When you are done mapping out your network, try seeing what catches your eye.

*Bring your completed sociogram with you to the next meeting, because this is one of the topics of conversation*



### 3. Addressing loneliness

Now that you have gained a better understanding of your social contacts and your wishes regarding your loneliness, the next step is to select the right approach to reduce your feelings of loneliness. In many cases, the desired approach is related to a person or a facility.

There are three steps to determine whom (a person or facility) can help you:

- a. Describe the experienced feelings of loneliness
- b. Brainstorm **first** (if desired together with someone else) which persons or facilities can help you to adequately reduce your feelings of loneliness. This includes either formal and informal persons or facilities, both within and outside Hanze University of Applied Sciences.
- c. **After that** determine (by means of scoring) which person or facility can best support you, based on the expertise of the person or facility, your relationship with them and the availability of the person or facility.

Scoring:

High= 5

Mediocre= 3

Low= 1

- d. Calculate the scores and choose the most suitable person or facility based on those scores

Experiences feelings of loneliness					
	Person/ facility	Expertise	Positive relationship	Availability	Total score
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					

Explanation:

#### **4. Specify what you need**

Now you have chosen a suitable person or facility to reduce your feelings of loneliness, it is important to be clear about what you need or what your wish is. That way the person knows what is expected of him or her. That often works better than simply asking someone to help and not be specific about the help you need.

In this exercise, the following considerations apply:

- Often people feel as if it is a weakness to ask for help. They do not want to be dependent on others. On the other hand, remember that people often enjoy helping others.
- If someone lacks certain knowledge or skills, their need for support will be greater.
- When you ask your question, it is important that you do it with confidence, not wavering.

To ask you questions you need to do three things:

- a. Say what you need / what your wish is
- b. Set a time and place
- c. Ask for a specific appointment

Focus:

- Try to formulate your question as concretely as possible. What exactly do you want the other person to do for you?

**Blank worksheet indicate what you need – to be filled in by the student**

Instructions:

- a. Say what you need/what your wish is
- b. Set a time and a place
- c. Ask for a concrete appointment

<b>Experienced feelings of loneliness</b>	
<b>a. Say what you need:</b>	<b>b. Set a time and place:</b>
<b>c. Ask for a concrete appointment:</b>	

## Informed consent

---

EAST

---

### Consent statement for participation in the EAST study

Herewith, I

\_\_\_\_\_ (Last name and initial(s))

DO/ DO NOT give permission for participation in the study\*

*\*Cross out what does not apply*

If I give my consent, I hereby declare that I have been informed of the nature, method and purpose of the study and that I have been given the opportunity to ask questions. I have had enough time to decide if I wanted to participate in the study.

I voluntarily agree to participate in the study. I reserve the right to withdraw this consent without giving a reason for doing so. Furthermore, I give permission for the collection and use of my data in the manner and for the purposes contained in the information brochure. I give permission to keep the anonymised data for another 10 years after the end of this study.

All information is processed completely anonymously and will not be traceable to me as a person.

Date: \_\_\_\_\_

Signature participant:

\_\_\_\_\_

### To be completed by the researcher:

I declare that I have fully informed this participant of the aforementioned study.

I am willing to answer emerging questions about the study to the best of my ability.

If information becomes known during the study that could affect the consent of the participant, I will inform him/her in good time.

Name researcher: \_\_\_\_\_

Signature researcher: \_\_\_\_\_