# Article information:

Screening — An Important Starting Point for Effective Loneliness Interventions among Older Adults - PMC  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9098370/>

# Article summary:

1. Loneliness among older adults is strongly associated with adverse health outcomes and increased mortality, highlighting the importance of screening for loneliness as a starting point for effective interventions.

2. The ALONE scale has been developed as a rapid tool to screen for and intervene with loneliness among older adults, demonstrating validity in measuring loneliness and providing a direct screening question to open up discussions about hidden root causes.

3. Effective interventions to address loneliness in older adults include increasing social contacts, managing relationship expectations, and coping with experiences of loneliness through approaches such as the Circle of Friends group model developed in Finland.

# Article rating:

May be slightly imbalanced: The article presents the information in a generally reliable way, but there are minor points of consideration that could be explored further or claims that are not fully backed by appropriate evidence. Some perspectives may also be omitted, and you are encouraged to use the research topics section to explore the topic further.

# Article analysis:

The article discusses the importance of screening for loneliness among older adults as a starting point for effective interventions. It highlights the strong association between loneliness and adverse health outcomes, emphasizing the need for routine assessment of loneliness in medical care. The article also introduces the ALONE scale as a rapid tool for screening and intervening with loneliness.

One potential bias in the article is its focus on the ALONE scale as a solution to addressing loneliness among older adults. While the scale may be a useful tool, there is limited discussion of other existing screening tools or interventions for loneliness. This narrow focus on one specific tool could be seen as promotional content for the ALONE scale, potentially overlooking alternative approaches that may be equally effective.

Additionally, the article lacks in-depth exploration of potential risks or limitations associated with using screening tools like ALONE. It does not address concerns about false positives or negatives, potential stigmatization of individuals identified as lonely, or ethical considerations related to screening for a subjective experience like loneliness. By not acknowledging these risks, the article presents a somewhat one-sided view of the benefits of routine screening for loneliness.

Furthermore, while the article briefly mentions the need for training in the gerontological field to support professionals in addressing loneliness, it does not delve into specific strategies or resources that could enhance their skills in this area. Providing more detailed guidance on how professionals can effectively intervene with experiences of loneliness would strengthen the article's recommendations.

Overall, while the article makes a compelling case for routine screening and intervention for loneliness among older adults, it could benefit from a more balanced discussion of different approaches and potential challenges associated with implementing these practices. By addressing biases towards specific tools or interventions and providing a more comprehensive analysis of the complexities involved in addressing loneliness, the article could offer more nuanced insights into this important issue.

# Topics for further research:

* Ethical considerations of screening for loneliness in older adults
* Alternative screening tools for loneliness in geriatric care
* Risks and limitations of using the ALONE scale for loneliness assessment
* Strategies for addressing false positives and negatives in loneliness screening
* Stigmatization of individuals identified as lonely in healthcare settings
* Training resources for healthcare professionals to support older adults experiencing loneliness

# Report location:

<https://www.fullpicture.app/item/0cc135e1e9adaa602a37f566964324fe>