# Article information:

An 'epidemic of loneliness' has both mental health and economic costs
<https://www.marketplace.org/2023/03/01/the-cost-of-loneliness-social-isolation-holds-back-workers-and-costs-employers-billions/>

# Article summary:

1. Loneliness in the workplace is a growing issue, with significant economic costs due to lost productivity and increased healthcare spending.

2. Employers can help mitigate loneliness by fostering interpersonal connections among coworkers, promoting work-life balance, and creating opportunities for in-person interactions.

3. Finding the right job that provides social companionship and satisfaction can help individuals combat loneliness and improve mental health.

# 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 rising issue of loneliness in the United States and its impact on both mental health and economic costs. It highlights the findings of research conducted by Cigna, which estimates that employers could be losing up to $154 billion annually due to loneliness among employees. The article also mentions the additional healthcare costs associated with loneliness, particularly for socially isolated older adults.

One potential bias in the article is the heavy reliance on data and information provided by Cigna. While Cigna is a reputable health insurer, there may be a conflict of interest in presenting their research findings without considering other perspectives or studies on the topic. This could lead to a one-sided reporting of the issue, potentially exaggerating the economic costs of loneliness without providing a comprehensive analysis.

The article also includes personal anecdotes from individuals experiencing loneliness, such as Esther Prentice, to illustrate the impact on a personal level. While these stories add a human element to the discussion, they may not provide a representative sample of experiences with loneliness in the workforce. Additionally, there is limited exploration of potential counterarguments or alternative solutions to address loneliness in the workplace.

Furthermore, there are unsupported claims made throughout the article, such as stating that Medicare spends an extra $6.7 billion per year caring for socially isolated older adults without providing specific evidence or sources to support this claim. This lack of evidence weakens the credibility of the information presented and raises questions about its accuracy.

The article also contains promotional content for Unni Turrettini, a human connection consultant based in Norway, who provides recommendations for employers to mitigate loneliness in the workplace. While Turrettini's insights are valuable, their inclusion without acknowledging potential biases or conflicts of interest could be seen as partiality towards her expertise.

Overall, while the article sheds light on an important issue surrounding loneliness and its impact on mental health and economic costs, it would benefit from a more balanced presentation of information from multiple sources and perspectives. Additionally, providing more evidence-based research and exploring alternative viewpoints would strengthen the credibility and depth of analysis on this complex topic.

# Topics for further research:

* Studies on the impact of loneliness on mental health and productivity in the workplace
* Strategies for addressing loneliness in the workforce beyond Cigna's research
* Critiques of the economic costs of loneliness presented in the article
* Research on healthcare costs associated with social isolation among older adults
* Alternative perspectives on the issue of loneliness in the United States
* Evidence-based approaches to reducing loneliness in the workplace and improving employee well-being

# Report location:

<https://www.fullpicture.app/item/fcc71b9a6cf1e85b24019f7a88e85044>