

# Are you living with chronic disease?

HELP US UNDERSTAND YOUR EXPERIENCES OF SOCIAL ISOLATION AND LONELINESS LINKED TO CHRONIC DISEASE

## TO BE ELIGIBLE TO PARTICIPATE, YOU MUST:

- Be 60 years and over;
- Be diagnosed with at least one of the nine common physical chronic diseases (i.e., arthritis, asthma, diabetes, back pain, cancer, chronic kidney disease, chronic obstructive pulmonary disease, osteoporosis, cardiovascular disease);
- Be experiencing feelings of social isolation and/or loneliness;
- Be English-speaking;
- Reside in Australia;
- Not have a cognitive impairment (e.g., due to dementia or brain injury) or significant psychiatric co-morbidity (i.e., active psychosis or current suicidality).

### What is the study?

We will be conducting focus groups with consumers to identify possible factors that may impact chronic disease outcomes, social isolation and loneliness from a consumers' perspective.

The end goal of this research stream is to develop an intervention for adults living with chronic disease that targets social isolation and loneliness.

### What will I be asked to do?

You will be asked to complete short screening and demographic surveys to work out if you are eligible. If you proceed, you will be asked to participate in one 120-minute (2 hour) focus group. Focus groups can be conducted face to face or online.

You will be paid \$100 for participating in the 2 hour focus group.

**Potential focus group dates:** 19th, 20th, 26th, 27th, 28th August 2024

### How do I get more information or sign up?

Please scan the QR code or follow the link below to navigate to the Participant Information and Consent Form to read more about the study. If you consent to participating, you will then be directed to an intake screener, which you can complete online or over the phone.

Link to the Participant Information and Consent Form:

[https://mquni.au1.qualtrics.com/jfe/form/SV\\_d0aFsmDU6KAF0Me](https://mquni.au1.qualtrics.com/jfe/form/SV_d0aFsmDU6KAF0Me)

Alternatively, if you are interested in learning more about this study or signing up, please contact the research team by email ([olderadults.research@mq.edu.au](mailto:olderadults.research@mq.edu.au)). We greatly appreciate your assistance with our research and look forward to hearing from you.



**LIFESPAN HEALTH AND WELLBEING RESEARCH CENTRE**

