

America at a glance: Social isolation and loneliness during the first wave of COVID-19

Abstract

Being away from others (isolation) and loneliness are problems that can make people feel really bad both mentally and physically and can even lead to health problems or even death. We wanted to understand how the COVID-19 pandemic and the rules like staying at home affected people with disabilities.

Here's what was done for this study:

1. We looked at data from two groups of people before and after the COVID-19 pandemic and the stay-at-home rules.
2. After COVID-19, both people in the cities and those in rural areas talked to their family and close friends more than before.
3. People in the cities felt less left out after COVID-19, but those in rural areas felt about the same.

This study shows that the pandemic and staying at home made people with disabilities talk to their loved ones more, and this had an effect on how lonely they felt.

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