



# Evaluating Mindfulness on Loneliness in an Older Adult Population

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### BACKGROUND & PROBLEM

#### Visit-A-Bit (VAB)

Befriending socialization program.

Weekly visits.

Reduce loneliness and improve quality of life.

#### Loneliness

Older Adults  $\geq 65$  years:  
• 20-34% Globally  
• 25-29% United States

#### Social Isolation

The number of social interactions achieved.

Not related to depression or poor mental health.

- Loneliness results in a 26% increase of mortality.
- Interventions to reduce loneliness include befriending socialization programs and mindfulness meditation.

### STUDY QUESTION

- In older adults aged 65 years and older participating in the VAB weekly socialization program, what is the impact of telephone-based mindfulness on feelings of loneliness over a three-month period?

### PURPOSE & AIM

- Purpose:** To evaluate mindfulness on loneliness and perceived quality of life among older adults participating in the VAB weekly socialization program.
- Aim:** To assess loneliness in 22 older adults aged 65 years and older who enrolled in the VAB program and participated in telephone-based mindfulness over three months.

### LITERATURE REVIEW

Literature Review Themes	Levels of Evidence	Authors	Contribution to the Problem
Loneliness negatively impacts an individual's physical and mental health.	IV, V	Beller and Wagner (2018) Campagne (2019) Courtin and Knapp (2017) Gardiner et al. (2020) Ong et al. (2016) Solmi et al. (2020)	Loneliness is a public health concern.
Older adults are at an increased risk of experiencing loneliness.	V	Campagne (2019) Courtin and Knapp (2017) Ong et al. (2016) Solmi et al. (2020)	There should be a focus on interventions to reduce loneliness among older adults.
Mindfulness interventions effectively reduce loneliness.	I, II, V	Creswell et al. (2012) Felsted (2020) Lindsay et al. (2019) Veronese et al. (2020)	Mindfulness interventions should be implemented to reduce loneliness.
Mindfulness provides mental and physical health benefits.	I, II, V, VI	Creswell (2017) Creswell et al. (2012) Creswell et al. (2019) Felsted (2020) Mallidou and Babalola (2020) Reangsing et al. (2021)	Mindfulness could help to reduce the health impacts of loneliness.

### METHODS

Design

- Descriptive cohort design
- Retrospective and prospective data collection
- August 2021 to April 2022
- Framework: Iowa Model of Evidence-Based Practice

Setting

- Midwestern suburban non-profit healthcare organization
- Weekly VAB befriending socialization program

Sample

- Convenience sample

#### Inclusion Criteria:

- English-speaking
- Enrolled in the VAB socialization program
- Aged 65 years and older
- Access to a telephone

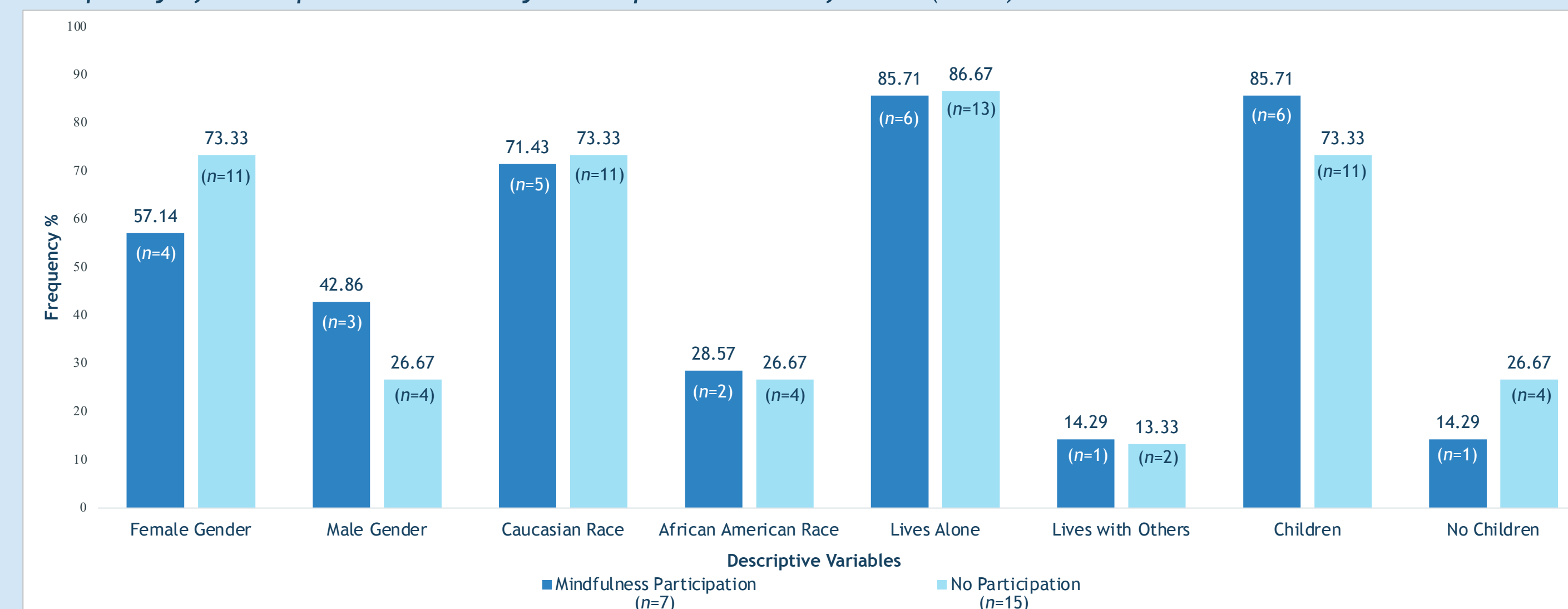
#### Exclusion Criteria:

- Non-English-speaking
- Not enrolled in the VAB socialization program
- Less than 65 years of age
- Without access to a telephone

### RESULTS

- N=22 participants
- Age: Mean = 77.55  
SD = 7.63
- 32% (n=7) participated in mindfulness
- 68% (n=15) did not participate in mindfulness

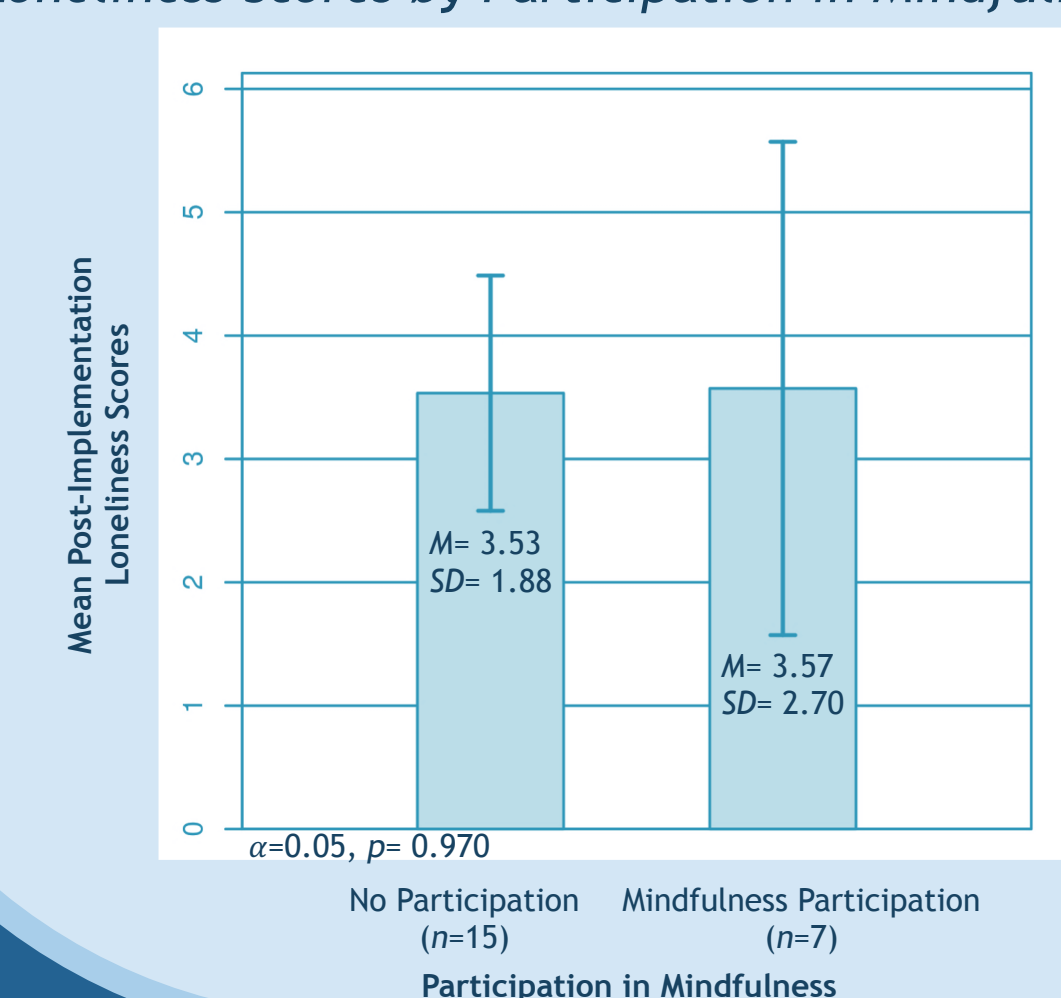
Frequency of Descriptive Variables by Participation in Mindfulness (N=22)



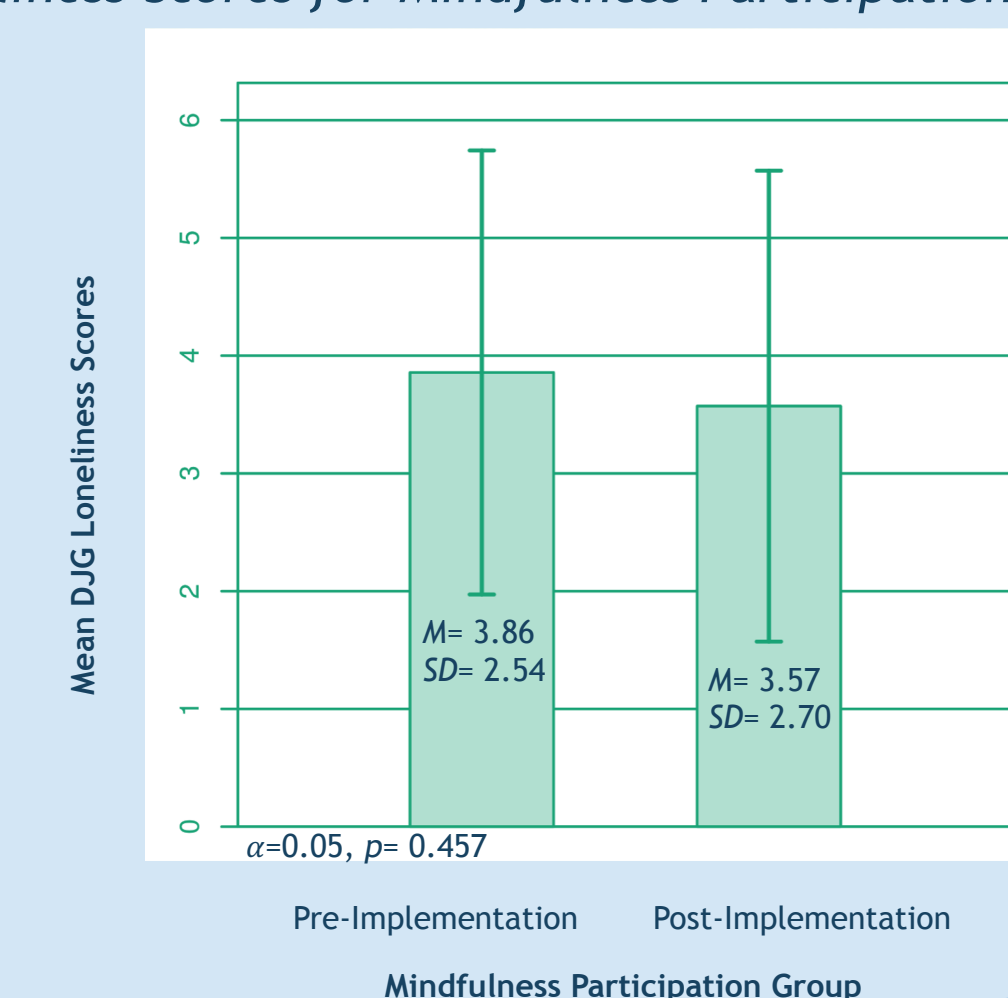
Frequency Table for Meditation Length and Time of Day (N=7)

Variable	n	%
<b>Meditation Length</b>		
Three-Minute Meditation	13	19.12
Five-Minute Meditation	42	61.76
Twelve-Minute Meditation	13	19.12
<b>Meditation Time of Day</b>		
Morning	53	77.94
Afternoon	9	13.24
Evening	6	8.82

Independent t-test: Mean Post-Implementation Loneliness Scores by Participation in Mindfulness (N=22)



Paired t-test: Mean Pre-and Post-Implementation Loneliness Scores for Mindfulness Participation Group (N=7)



### RESULTS Continued

- Loneliest time of day was reported as night.
- The Fisher's exact test showed participation in telephone-based mindfulness did not impact perceived loneliness ( $p = .697$ ) or quality of life ( $p = .711$ ).

Mindfulness Participants (N=7) Call Frequency and Post-Implementation Perceived Loneliness, Quality of Life and DeJong Gierveld (DJG) Loneliness Score

Participants	1	2	3	4	5	6	7
Call Total	45	15	3	2	1	1	1
Perceived Loneliness	Often	Never	Often	Never	Often	Often	Sometimes
Quality of Life	Poor	Excellent	Fair	Excellent	Poor	Fair	Good
DJG Loneliness Score 0 = Least Lonely 6 = Most Lonely	6	0	3	0	6	6	4

"Very beneficial! It helps with feelings of stress and anxiety."

"Helps with multiple diagnoses including focus and sleep."

"Has helped me incorporate deep breathing and mindfulness into my daily routine."

### DISCUSSION

Mindfulness participants reported the telephone-based mindfulness was beneficial.

Five-minute meditation was preferred.

Mindfulness telephone line called most frequently in the morning, despite evening reported as loneliest time of day.

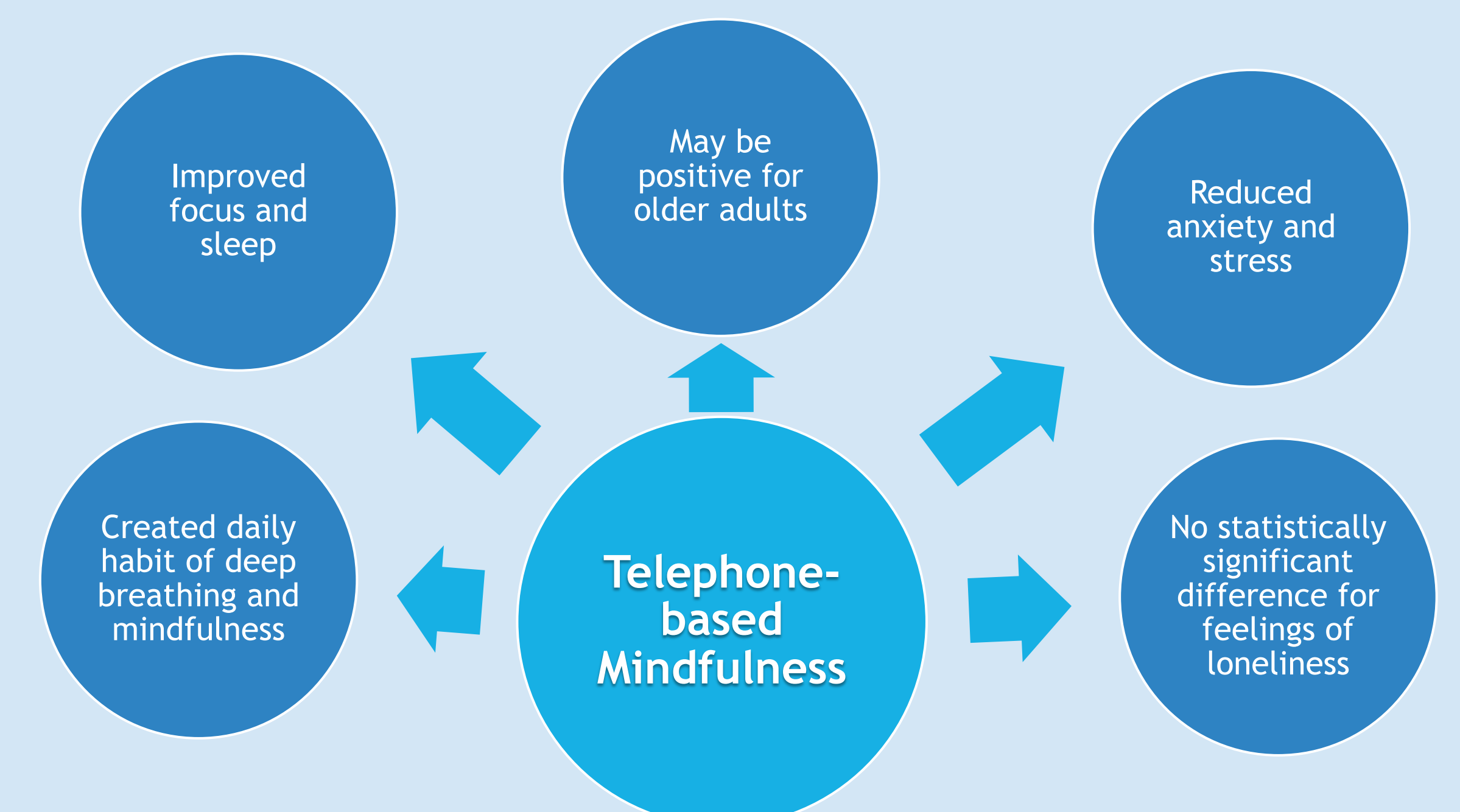
Loneliness scores decreased among mindfulness participants.

No statistically significant difference, but clinical significance found.

Recommendations for future study:

- Larger sample size.
- Implement mindfulness over a longer period.
- Assess participant's health status pre-and post-implementation.
- Implement evening activity to target loneliness.

### CONCLUSIONS



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