

# Loneliness, social isolation and chronic illness: A randomised controlled trial of a remote-delivered psychological treatment for older adults with co-occurring loneliness and chronic illness.

ACTRN12625000958482

---

Status	RECRUITING
Sponsor	Macquarie University
Enrollment	200 participants

## Plain Language Summary

---

Loneliness is more than just a feeling — it is a significant health risk, particularly for older adults living with chronic illness. The combination of managing a long-term health condition and feeling socially disconnected can be deeply challenging. This randomised controlled trial tests an online psychological program called the Loneliness-enhanced Chronic Conditions Course, which teaches skills for improving emotional wellbeing, social connection, and quality of life — delivered entirely over the internet with support from a clinician.

Participants will be randomly assigned to either start the five-lesson, eight-week course immediately or wait three months before beginning (a 'waitlist control' design). Lessons cover topics relevant to both chronic illness self-management and loneliness, and a clinician provides support throughout. Participants complete questionnaires about their loneliness, mental health, and quality of life at set timepoints.

You may be eligible if you are 60 or older, living in Australia, have a diagnosed chronic illness (such as arthritis, diabetes, cancer, or chronic pain), are experiencing significant loneliness (scoring 5 or higher on the De Jong-Gierveld Loneliness Scale), speak English, and have access to a computer or tablet with internet. People requiring urgent mental health care, those with significant cognitive impairment, or whose chronic illness is not being managed by a doctor would not be eligible.

## Key Eligibility Criteria

---

### Inclusion (5)

- (a) Diagnosed with a self-reported chronic illness (e.g., arthritis, diabetes, chronic pain, asthma)
- (b) Clinically interfering loneliness (>=5 on 11-item De Jong-Gierveld Loneliness Scale)
- (c) Aged 60 years or older
- (d) English speaking
- (e) Living in Australia

### Exclusion (4)

- (a) Significant mental health or physical health issue that requires immediate attention (e.g., active psychosis, suicidality, acute injury or chest pain)
- (b) Significant cognitive impairment (e.g., due to dementia or brain injury)
- (c) Physical chronic illness not currently managed by a medical professional
- (d) Does not have access to a computer/tablet or the internet

## Locations (1 total)

---

ACT,NSW,NT,QLD,SA,TAS,WA,VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625000958482>

DISCLAIMER: This document is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.