

COV/QMU/20/02 - Impacts of Covid-19 restrictions on loneliness in a neglected population group

QMU studies demonstrate the effects of sudden-onset isolation, whilst challenging assumptions that isolation inevitably results in loneliness and poor mental health (Sagan & Miller, 2017). We focus on the neglected case of refugees (with sparse social networks; Strang & Quinn, 2019), and interrogate the relationships between isolation, loneliness, 'comfort with solitude' among refugees across Scotland, to extrapolate principles of vulnerability and resilience applicable to other marginalised groups. Through action-research in collaboration with refugee support organisations, using a QMU-developed social connections mapping application, and remote interviewing, we will document experiences and identify coping, resilience and effective support mechanisms.