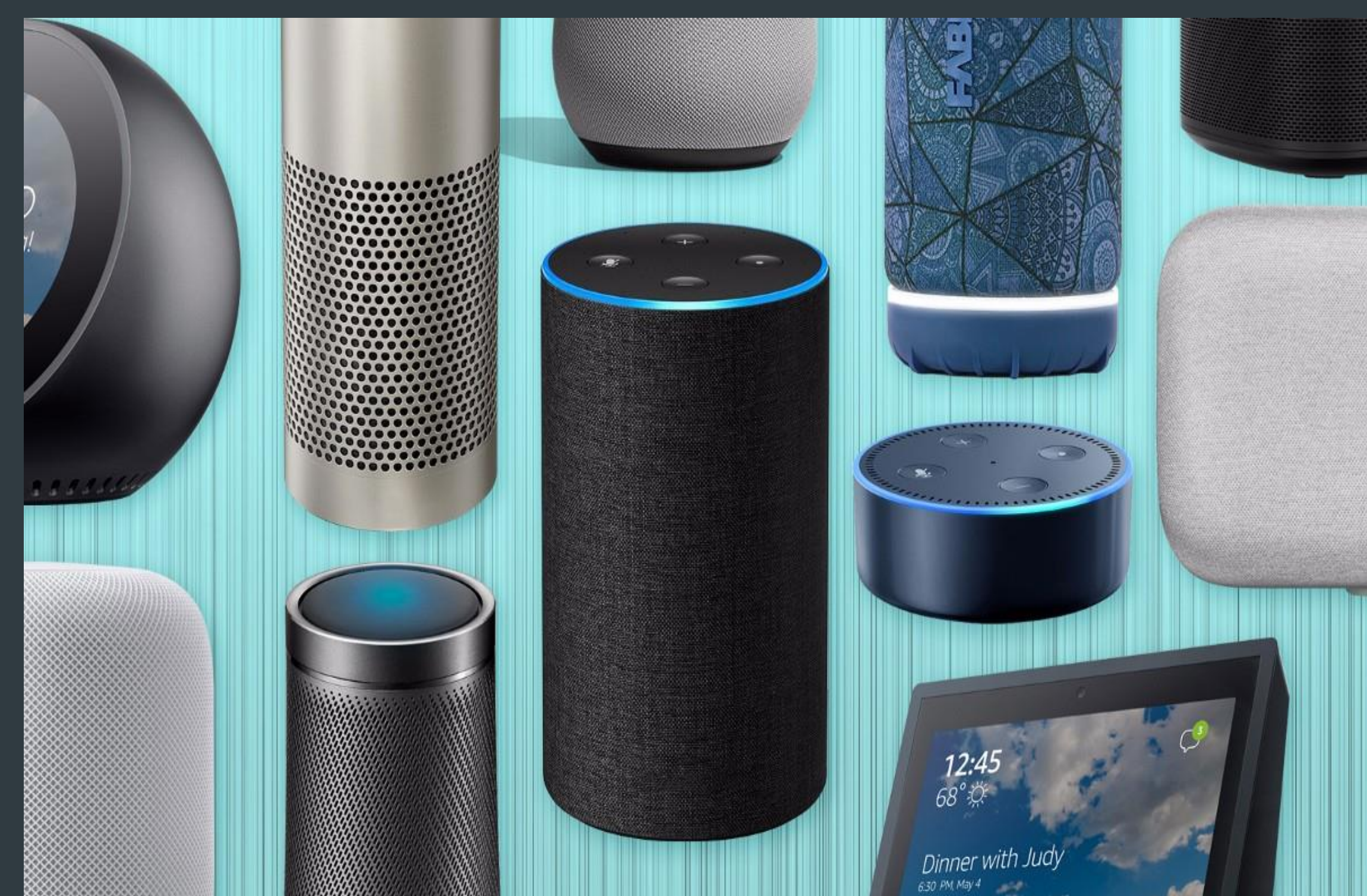
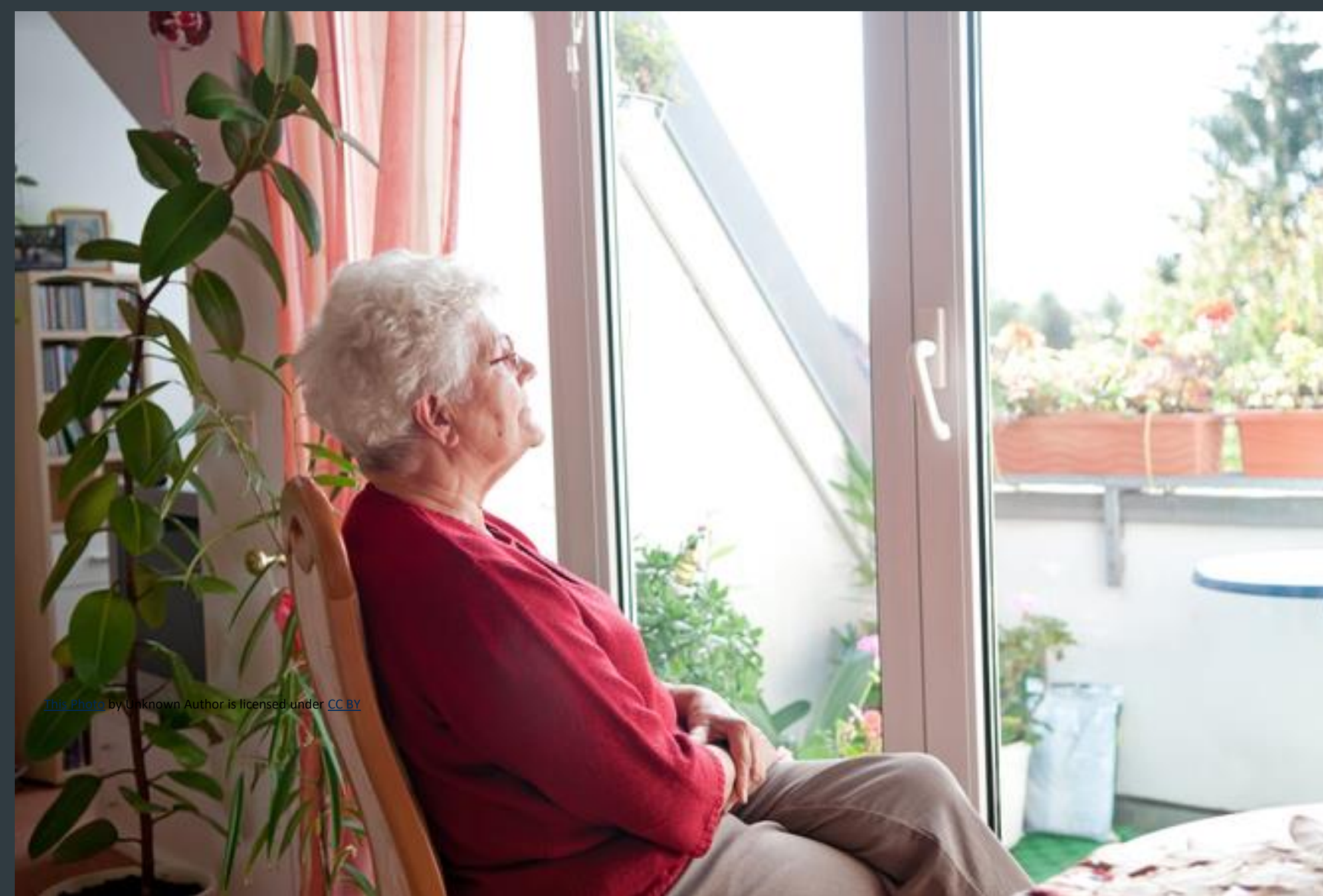


Progress The Loneliness Epidemic: Tailoring Interventions to Reduce Loneliness and Pain in Older Adults Through Voice Assistants



Study

This pilot study is being conducted with older adults that live alone and have self-report pain. Participants are randomized into two groups (standard or enhanced) and then interact for 12-weeks with a pre-programmed routine on the Amazon Alexa.

Specific Aim 1. Examine the feasibility of using a loneliness routine delivered through conversational voice assistant technology.

Specific Aim 2. Evaluate the preliminary efficacy of a standard and enhanced loneliness routines in older adults that live alone.

*The primary outcome will be perceived loneliness and secondary outcomes will be self-reported pain, depression, and pain self-management.

Progress

Participation

Omaha	
Recruited	Enrolled
26	18
Lincoln	
Recruited	Enrolled
25	19
Totals	
51	37

Overall Average Adherence Omaha			Overall Average Adherence Lincoln		
AM	PM	PRN	AM	PM	PRN
54.7%	39.4%	7.4%	57.1%	50.0%	2.4%

Standard Routine Adherence Omaha			Standard Routine Adherence Lincoln		
AM	PM	PRN	AM	PM	PRN
47.7%	39.4%	4.4%	57.1%	50.0%	2.4%

Enhanced Routine Adherence Omaha			Enhanced Routine Adherence Lincoln		
AM	PM	PRN	AM	PM	PRN
70.3%	39.3%	11.2%	60.6%	47.9%	3.3%

Demographic Characteristics		
	Standard (n=17)	Enhanced (n=18)
Age (Mean)	82	81
Marital Status		
Widowed	41%	72%
Divorced/Separated	53%	17%
Married	6%	5%
Single	-	5%
Household Income		
Under \$10K	6%	5%
\$10K-50K	65%	55%
\$50K-90K	12%	17%
\$90-100K	6%	-
> \$100K	-	17%
Education		
Trade School	6%	-
High School: 9, 10, 11, 12	23%	22%
College/Post College/Other: 2-year, 4-year, Masters, Doctorate	65%	78%
Comfort Level with Technology		
None	-	5%
Mild	29%	28%
Moderate	53%	61%
High	6%	5%
Trust Level of Technology		
None	6%	11%
Mild	23%	22%
Moderate	29%	39%
High	29%	28%