

Aanvullende bestanden bij:

Naar een gerichtere aanpak van eenzaamheid: Zeven werkzame elementen in eenzaamheidsinterventies

Inhoud:

1. Zoekstrategie
2. Gebruikte categorieën uit de gevonden reviews
3. Referenties reviews
4. Referenties interventiestudies
5. Overzichtstabel werkzame elementen
6. Overzichtstabel interventiestudies

## 1. Zoekstrategie

Het zoeken is uitgevoerd op 11 oktober 2018 met de strategie:

### PubMed:

review[ti] OR meta-analys\*[ti]

AND

intervention\*[ti] OR program\*[ti] OR course\*[ti] OR support[ti] OR advice[ti] OR counseling[ti] OR counselling[ti] OR training[ti] OR coaching[ti] OR motivational interview\*[ti] OR reduc\*[ti] OR alleviat\*[ti] OR reminiscen\*[ti] OR psychoeducat\*[ti] OR life review\*[ti] OR cognitive therap\*[ti] OR pet therap\*[ti] OR psychotherap\*[ti] OR behavioral therap\*[ti] OR behavior therap\*[ti] OR behavioural therap\*[ti] OR behaviour therap\*[ti] OR dance therap\*[ti] OR music therap\*[ti] OR exercise therap\*[ti] OR occupational therap\*[ti] OR exercise train\*[ti] OR cognitive intervent\*[ti] OR educational intervention\*[ti] OR educational therap\*[ti] OR behavioral manag\*[ti] OR behavior manag\*[ti] OR behavioural manag\*[ti] OR behaviour manag\*[ti] OR cognitive stimulat\*[ti] OR animal assisted[ti] OR pet[ti] OR pets[ti] OR companion animal\*[ti] OR robot\*[ti] OR community[ti] OR intervention\*[ot] OR program\*[ot] OR course\*[ot] OR support[ot] OR advice[ot] OR counseling[ot] OR counselling[ot] OR training[ot] OR coaching[ot] OR motivational interview\*[ot] OR reduc\*[ot] OR alleviat\*[ot] OR reminiscen\*[ot] OR psychoeducat\*[ot] OR life review\*[ot] OR cognitive therap\*[ot] OR pet therap\*[ot] OR psychotherap\*[ot] OR behavioral therap\*[ot] OR behavior therap\*[ot] OR behavioural therap\*[ot] OR behaviour therap\*[ot] OR dance therap\*[ot] OR music therap\*[ot] OR exercise therap\*[ot] OR occupational therap\*[ot] OR exercise train\*[ot] OR cognitive intervent\*[ot] OR educational intervention\*[ot] OR educational therap\*[ot] OR behavioral manag\*[ot] OR behavior manag\*[ot] OR behavioural manag\*[ot] OR behaviour manag\*[ot] OR cognitive stimulat\*[ot] OR animal assisted[ot] OR pet[ot] OR pets[ot] OR companion animal\*[ot] OR robot\*[ot] OR community[ot]

AND

"Loneliness"[Mesh] OR loneliness[tiab] OR lonely[tiab] OR social isolation[tiab] OR social connectedness[tiab]

### Psychinfo:

DE "Loneliness" OR TI (loneliness OR lonely OR "social isolation" OR "social connectedness") OR AB (loneliness OR lonely OR "social isolation" OR "social connectedness") OR KW (loneliness OR lonely OR "social isolation" OR "social connectedness")

AND

TI (intervention\* OR program\* OR course\* OR support OR advice OR counseling OR counselling OR training OR coaching OR "motivational interview\*" OR reduc\* OR alleviat\* OR reminiscen\* OR psychoeducat\* OR "life review\*" OR "cognitive therap\*" OR "pet therap\*" OR psychotherap\* OR "behavioral therap\*" OR "behavior therap\*" OR "behavioural therap\*" OR "behaviour therap\*" OR "dance therap\*" OR "music therap\*" OR "exercise therap\*" OR "occupational therap\*" OR "exercise train\*" OR "cognitive intervent\*" OR "educational intervention\*" OR "educational therap\*" OR "behavioral manag\*" OR "behavior manag\*" OR "behavioural manag\*" OR "behaviour manag\*" OR "cognitive stimulat\*" OR "animal assisted" OR pet OR pets OR "companion animal\*" OR robot\* OR community) OR KW (intervention\* OR program\* OR course\* OR support OR advice OR counseling OR counselling OR training OR coaching OR "motivational interview\*" OR reduc\* OR alleviat\* OR reminiscen\* OR psychoeducat\* OR "life review\*" OR "cognitive therap\*" OR "pet therap\*" OR psychotherap\* OR "behavioral therap\*" OR "behavior therap\*" OR "behavioural therap\*" OR "behaviour therap\*" OR "dance therap\*" OR "music therap\*" OR "exercise therap\*" OR "occupational therap\*" OR "exercise train\*" OR "cognitive intervent\*" OR "educational intervention\*" OR "educational therap\*" OR "behavioral manag\*" OR "behavior manag\*" OR

“behavioural manag\*” OR “behaviour manag\*” OR “cognitive stimulat\*” OR “animal assisted” OR pet OR pets OR “companion animal\*” OR robot\* OR community)  
 AND  
 TI (review OR “meta-analys\*”)

**CINAHL:**

(MH "Loneliness") OR TI (loneliness OR lonely OR "social isolation" OR "social connectedness") OR AB (loneliness OR lonely OR "social isolation" OR "social connectedness") OR KW (loneliness OR lonely OR "social isolation" OR "social connectedness")  
 AND

TI (intervention\* OR program\* OR course\* OR support OR advice OR counseling OR counselling OR training OR coaching OR “motivational interview\*” OR reduc\* OR alleviat\* OR reminiscen\* OR psychoeducat\* OR “life review\*” OR “cognitive therap\*” OR “pet therap\*” OR psychotherap\* OR “behavioral therap\*” OR “behavior therap\*” OR “behavioural therap\*” OR “behaviour therap\*” OR “dance therap\*” OR “music therap\*” OR “exercise therap\*” OR “occupational therap\*” OR “exercise train\*” OR “cognitive intervent\*” OR “educational intervention\*” OR “educational therap\*” OR “behavioral manag\*” OR “behavior manag\*” OR “behavioural manag\*” OR “behaviour manag\*” OR “cognitive stimulat\*” OR “animal assisted” OR pet OR pets OR “companion animal\*” OR robot\* OR community) OR KW (intervention\* OR program\* OR course\* OR support OR advice OR counseling OR counselling OR training OR coaching OR “motivational interview\*” OR reduc\* OR alleviat\* OR reminiscen\* OR psychoeducat\* OR “life review\*” OR “cognitive therap\*” OR “pet therap\*” OR psychotherap\* OR “behavioral therap\*” OR “behavior therap\*” OR “behavioural therap\*” OR “behaviour therap\*” OR “dance therap\*” OR “music therap\*” OR “exercise therap\*” OR “occupational therap\*” OR “exercise train\*” OR “cognitive intervent\*” OR “educational intervention\*” OR “educational therap\*” OR “behavioral manag\*” OR “behavior manag\*” OR “behavioural manag\*” OR “behaviour manag\*” OR “cognitive stimulat\*” OR “animal assisted” OR pet OR pets OR “companion animal\*” OR robot\* OR community)  
 AND  
 TI (review OR “meta-analys\*”)

**Cochrane library:**

(loneliness OR lonely OR "social isolation" OR "social connectedness"):ti  
 AND

(intervention\* OR program\* OR course\* OR support OR advice OR counseling OR counselling OR training OR coaching OR “motivational interview\*” OR reduc\* OR alleviat\* OR reminiscen\* OR psychoeducat\* OR “life review\*” OR “cognitive therap\*” OR “pet therap\*” OR psychotherap\* OR “behavioral therap\*” OR “behavior therap\*” OR “behavioural therap\*” OR “behaviour therap\*” OR “dance therap\*” OR “music therap\*” OR “exercise therap\*” OR “occupational therap\*” OR “exercise train\*” OR “cognitive intervent\*” OR “educational intervention\*” OR “educational therap\*” OR “behavioral manag\*” OR “behavior manag\*” OR “behavioural manag\*” OR “behaviour manag\*” OR “cognitive stimulat\*” OR “animal assisted” OR pet OR pets OR “companion animal\*” OR robot\* OR community):ti,kw

**Web of Science:**

TS=(loneliness OR lonely OR "social isolation" OR "social connectedness")  
 AND

TI=(intervention\* OR program\* OR course\* OR support OR advice OR counseling OR counselling OR training OR coaching OR “motivational interview\*” OR reduc\* OR alleviat\* OR reminiscen\* OR

psychoeducat\* OR "life review\*" OR "cognitive therap\*" OR "pet therap\*" OR psychotherap\* OR  
"behavioral therap\*" OR "behavior therap\*" OR "behavioural therap\*" OR "behaviour therap\*" OR  
"dance therap\*" OR "music therap\*" OR "exercise therap\*" OR "occupational therap\*" OR "exercise  
train\*" OR "cognitive intervent\*" OR "educational intervention\*" OR "educational therap\*" OR  
"behavioral manag\*" OR "behavior manag\*" OR "behavioural manag\*" OR "behaviour manag\*" OR  
"cognitive stimulat\*" OR "animal assisted" OR pet OR pets OR "companion animal\*" OR robot\* OR  
community)

AND

TI=(review OR "meta-analys\*")

## 2. Gebruikte categoriseringen in de geselecteerde reviews

Per review is aangegeven welke categorieën gebruikt zijn om de interventiestudies in te delen. Achter elke categorie staat tussen haakjes hoeveel studies in de categorie zijn ingedeeld.

Bemmelmans et al., 2012

- Socially assistive robot (animal like robot) (1)

Cattan et al., 2005

- Group intervention: Education / discussion (1)
- Group intervention: Bereavement support / self-help (1)
- Group intervention: Therapy / telephone communication (1)
- Group intervention: Education / physical activity (2)
- Group intervention: Therapy / counselling, self-help support (1)
- Group intervention: Education & training / Care giver support (1)
- Group intervention: Education / discussion, skills training (1)
- Group intervention: Self-help support / discussion (1)
- Group intervention: Bereavement support / training, discussion (1)
- Group intervention: Training and one to one support (2)
- One-to-one intervention: Home visiting / service provision (1)
- One-to-one intervention: Home visiting / problem solving (1)
- One-to-one intervention: Social support / telephone communication (1)
- One-to-one intervention: Home visiting / assessment (1)
- One-to-one intervention: Supportive therapy / telephone counselling (1)
- One-to-one intervention: Home visiting / screening (1)
- One-to-one intervention: Home visiting / information, advice (1)
- Community development: Social activities / outreach, service influencing (1)
- Concerning services: Medical intervention (1)

Chen & Schulz, 2106

- ICT computer training (1)
- ICT gaming (Wii) (1)
- ICT internet (at home) (15)
- ICT iPad group training (1)
- ICT: social networking sites (1)
- Telephone befriending (1)
- ICT: telehealth (1)
- ICT: virtual pet (1)
- ICT: video conferencing (3)

Choi et al., 2012

- Computer and internet training (5)

Cohen-Mansfield & Perach, 2015

- Activities: Radio program (1)
- Educational (2)
- Educational: Computer training (6)
- Educational: Computerized exercise advisor (1)
- Educational: Exercise (1)
- Educational: Occupational therapy (1)

- Educational: Psychosocial (12)
- Educational: Sensory technological aids (1)
- Shared activities (6)
- Specific therapy technique: Animal assisted therapy (1)

Coll-Planas et al., 2017

- Social capital (7)

Dickens et al., 2011

- Cognitive behavioral therapy (1)
- Coping education group (1)
- Discussion group (1)
- Education / support group (1)
- Educational programme (2)
- Group counselling (1)
- Group therapy (1)
- Internet training (4)
- Physical activity (1)
- Self-management group (1)
- Service provision (1)
- Social activity (2)
- Telephone support (1)

Franck et al., 2016

- Reminiscence therapy (1)
- Social clubs (1)
- Wii games (1)
- Indoor gardening (1)
- Radio program (1)

Gardiner:

- Social Facilitation Interventions (10)
- Animal interventions (mainly animal assisted therapy) (2)
- Befriending interventions (3)
- Health & social care provision (4)
- Leisure / skill development interventions (6)
- Interventions spanning multiple categories (1)
- Psychological therapies (7)

Gilbey & Tani, 2015

- Companion animal (6)

Khosravi et al., 2016

- 3D virtual environment (1)
- Asynchronous peer-led support chat room (1)
- General ICT: Internet training (9)
- Personal reminder information and social management system (1)
- Robotics (6)
- Tele-care (3)
- Using social network sites (2)

- Video game (1)

Masi et al., 2011

- Social access (8)
- Social cognitive training (3)
- Social skills training (3)
- Social support (22)

Morris et al., 2014

- Use of computers and internet (1)
- Online self-help support group (1)
- PC and Internet use (1)
- Web-based discussion group (2)

Pool et al., 2017

- Educational intervention (1)

Poscia et al., 2018

- Social support interventions (5)
- Singing sessions (1)
- Social activities: social programme (1)
- Use of technologies (4)

Pu et al., 2018

- Social robot (2)

Siette et al., 2017

- Befriending interventions (4)

Sims-Gould et al. 2017

- Reablement, reactivation, rehabilitation and restorative interventions (1)

Snowden et al., 2015

- Social support (2)

Syed-Ellias et al., 2015

- Reminiscence interventions (1)

Van der Aa et al., 2016

- Psychosocial interventions to improve mental health (1)

Virués-Ortega et al., 2012

- Animal-assisted therapy (4)

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## 5. Overzichtstabel werkzame elementen

<b>Werkzaam element (type actie dat karakteristiek is)</b>	<b>Voorbeeld van een actie</b>	<b>Waarom leidt actie tot resultaat in de aanpak van eenzaamheid? (Wat is de werkzaamheid?)</b>
Bezigheden	<ul style="list-style-type: none"> <li>- het aanleren van computervaardigheden in een groep (s13);</li> <li>- koorlidmaatschap met wekelijkse zangrepetitie (s23);</li> <li>- binnenshuis tuinieren (s111)</li> </ul>	<p>Iemand krijgt het gevoel zinvol bezig te zijn met een productieve activiteit of met vermaak. Hij of zij haalt voldoening en plezier uit het bezig zijn, waardoor de eenzaamheid minder zwaar weegt of men van de eenzaamheid is afgeleid. Daardoor vermindert de sterkte van het eenzaamheidsprobleem, en ontstaat door de vergrote afstand tot het probleem ruimte voor een oplossing. Het doel van de activiteit is niet sociaal gericht. De activiteit kan individueel of in een groep worden uitgevoerd. Indirect kan de activiteit bijdragen aan betere of meer sociale relaties doordat iemand via de activiteit anderen ontmoet, contact ondersteunende vaardigheden aanleert, en ervaringen opdoet die contacten inhoud kunnen geven. Ook kan de activiteit leiden tot het gevoel 'er bij te horen' doordat een activiteit wordt uitgeoefend in een verband met anderen die dezelfde activiteit uitoefenen.</p>
Ontmoeten	<ul style="list-style-type: none"> <li>- telefonische groepsgesprekken voor blinde veteranen (s35);</li> <li>- sociale media gebruiken om met anderen in contact te komen (s1);</li> <li>- deelnemen aan groepsbijeenkomsten (s90)</li> </ul>	<p>Iemand heeft de mogelijkheid sociale interacties te hebben of nieuwe sociale contacten aan te gaan. Iemand die in (een bevredigend) contact komt met anderen ontwikkelt gevoelens van erbij horen. Met het aangaan van contacten wordt het netwerk uitgebreid. Vaak zijn deze contacten in eerste instantie niet diepgaand of omvattend; vaak zijn ze eenmalig. Sommige contacten groeien na verloop van tijd uit tot een persoonlijk en betekenisvol contact. Ook kan een stap gezet worden naar instandhouding van het contact (ontwikkeling van een duurzame relatie), en daarmee tot een duurzame uitbreiding van het netwerk.</p>

Werkzaam element (type actie dat karakteristiek is)	Voorbeeld van een actie	Waarom leidt actie tot resultaat in de aanpak van eenzaamheid? (Wat is de werkzaamheid?)
Praktisch ondersteunen	<ul style="list-style-type: none"> <li>- huisbezoeken waarbij ondersteuning geboden wordt (s42);</li> <li>- telefonische peer-support (s45);</li> <li>- tijdens ergotherapiesessies training in het gebruik van hulpmiddelen en informatieverstrekking over 'community-based services' (s31)</li> </ul>	Iemand krijgt steun bij praktische zaken, en heeft daardoor het gevoel ingebed te zijn in een groter, zorgzaam verband. Als iemand weet dat hij of zij (laagdrempelig) om hulp kan vragen, draagt dat bij aan het gevoel er niet alleen voor te staan. Het betreft één of meer relaties gericht op praktische hulp en hoeft niet diepgaand te zijn. De hulp kan structureel of eenmalig zijn, en telkens door dezelfde of door andere personen worden geboden.
Betekenisvol contact	<ul style="list-style-type: none"> <li>- groepsbijeenkomsten gericht op het creëren van een vertrouwensband met anderen in de buurt (s3);</li> <li>- telefonische 'befriending' service (s18);</li> <li>- vrijwilligers die als maatje op bezoek komen (s117)</li> </ul>	Het gaat om regelmatig, positief, en duurzaam contact met een persoon die voldoende om hem of haar geeft om tijd en energie in de relatie te steken. Het voelt als een vertrouwensband. Iemand ervaart een gevoel van herkenning, dat een andere persoon er voor hem of haar is. Daarmee wordt een gevoel van 'belonging' en geborgenheid gecreëerd: iemand staat er niet alleen voor. Om dit te bereiken, heeft de relatie diepgang en is de relatie persoonlijk: men kent elkaar van mens tot mens.
Sociale vaardigheden	<ul style="list-style-type: none"> <li>- het oefenen van een gesprek in een rollenspel in de cursus 'Zin in vriendschap' (s98);</li> <li>- het volgen van wekelijkse sessies met individuele reminiscentietherapie (s20);</li> <li>- sessies waarin deelnemers leren hun eigen zorg te organiseren en de relaties met hun verzorgenden goed te houden (s28)</li> </ul>	Iemand die zijn of haar sociale vaardigheden vergroot, gaat gemakkelijker een gesprek aan en is beter in staat een gesprek gaande te houden, waardoor contact makkelijker verloopt. Hij of zij kan relaties diepgang geven (bijvoorbeeld door goed te luisteren en ondersteunende reacties te geven) en problemen binnen relaties voorkomen en overwinnen. De persoon is zekerder van zijn of haar sterke punten, heeft meer zelfvertrouwen en ziet van zichzelf dat hij of zij het waard is om 'vriend' of sociale interactiepartner te zijn. Als dit gerealiseerd wordt, is verbetering van het netwerk gemakkelijker.

Werkzaam element (type actie dat karakteristiek is)	Voorbeeld van een actie	Waarom leidt actie tot resultaat in de aanpak van eenzaamheid? (Wat is de werkzaamheid?)
Realistische verwachtingen	<ul style="list-style-type: none"> <li>- cognitieve gedragstherapie (s122);</li> <li>- lesonderdelen gericht op het ontwikkelen van realistische verwachtingen in de cursus 'Zin in vriendschap' (s98)</li> </ul>	<p>Iemand met onrealistische verwachtingen over de mogelijke frequentie van contact, of over de snelheid waarmee een diepgaand of duurzaam contact ontstaat, wordt gauw teleurgesteld. Dit kan leiden tot negatieve interpretaties van het sociaal gedrag van anderen ('ze willen mij niet'). Hierdoor wordt het moeilijk nieuwe initiatieven tot contact te nemen en ontstaat de neiging zich sociaal terug te trekken. Dit leidt tot een toename van eenzaamheid. In staat zijn onrealistische verwachtingen bij te stellen, leidt ertoe dat iemand positieve ervaringen opdoet in sociale situaties en met relaties. Het is van belang rekening houden met verwachtingen van de ander: zijn of haar opvattingen over de wenselijke frequentie of inhoud van het contact, en de gepercipieerde mogelijkheden. Overvragen of zichzelf wegcijferen, is geen goede basis voor een relatie. In training kan inzicht verkregen worden in het eigen gedrag dat tot negatieve gevoelens of ervaringen leidt. Vervolgens worden handreikingen geboden om positieve ervaringen op te doen en over teleurstellingen heen te stappen.</p>
Betekenisvolle rol	<ul style="list-style-type: none"> <li>- programma waarin ouderen als pleeg grootouder optreden voor kinderen met ontwikkelachterstand (s83);</li> <li>- vrijwilligerswerk doen als maatje voor ouderen (s15)</li> </ul>	<p>Iemand die iets doet voor anderen (een persoon, organisatie of de samenleving) krijgt het gevoel dat hij of zij van belang is, er toe doet, en daarmee deel is van een groter geheel. Het vergroot het zelfvertrouwen en de zelfwaardering, waardoor iemand beter in staat is met zijn of haar situatie om te gaan. De band met een ander wordt versterkt als die ander zijn of haar erkenning en waardering uitsprekt. Dit kan persoonlijk zijn of algemeen zijn (bijvoorbeeld als positief gesproken wordt over het werk van vrijwilligers).</p>

## 6. Overzichtstabel interventiestudies

De gegevens zijn in een separaat Excel-bestand opgenomen.