S.R. COTTEN, W. ANDERSON, B. MCCULLOUGH. **The impact of ICT use on loneliness and contact with others among older adults.** *Gerontechnology 2012;11(2):161;* doi:10.4017/gt.2012.11.02.378.00 **Purpose** Older adults are at increased risk of experiencing loneliness and depression, particularly as they move into different types of care communities[1]. Information and communication technology (ICT) usage may help older adults to maintain social contacts[1-3]. However, prior research does not consistently demonstrate whether ICTs increase or decrease isolation and loneliness among older adults[1-4]. The purpose of this study is to examine how ICT-use impacts the social isolation and loneliness of older adults in assisted and independent living communities. **Method** Data from an ongoing study of ICT-usage among older adults in assisted and independent living communities in Alabama is used. Simple regression analyses were performed to determine the relationship between frequency of internet use and isolation and loneliness. As the data comes from an intervention study (ICT training vs. No training), the analyses controlled for the arm of the study participants were in. **Results & Discussion** Results from the post-intervention surveys show that going online more frequently was associated with lower levels of loneliness and isolation (*Table 1*). Greater frequency of internet use was associated with greater quantity and ease of contact with others. For this abstract only the regression results are presented. Using the internet may be beneficial for decreasing loneliness and increasing social contact among older adults in assisted and independent living communities.

References

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Table 1. Results of regression analysis post-intervention survey data; *= $p \leq .05$

Parameter	Predictor: How often do you go online? (0-Never, 5-Several Times a Week)			
	Constant (SE)	B (SE)	t	Model F
	Scale: 3: Lowest – 9:Highest			
Loneliness	4.42 (0.299)	-0.160 (0.061)	-2.62*	2.76*
	How much are you bothered by: .....; 1:Never – 5:All of the time			
Not having a close companion	2.035 (0.251)	-0.121 (0.051)	-2.35*	3.12*
Not having enough friends	1.52 (0.187)	-0.077 (0.038)	-2.00*	4.00*
	How much do you agree? 1: Strongly disagree – 5: Strongly agree			
Internet has contributed to my ability to stay in touch	2.90 (0.353)	0.260 (0.071)	3.65*	6.01*
Internet has increased the quantity of my communication	2.93 (0.323)	0.238 (0.065)	3.65*	6.05*