

Support outlets

When I feel lonely, I turn to... (select all that apply) *

- ☐ Friends
- ☐ Family
- ☐ AI (e.g. Siri, ChatGPT, Gemini, Alexa, Google Home, Replika, AI companion, etc.)
- ☐ Favourite TV show/movie/YouTuber
- ☐ Charities (e.g. Samaritans)
- ☐ None
- ☐ Other

Complete

I feel lonely when I engage with my friends. *

Completely disagree

1

2

3

4

5

6

7

Completely agree

I feel lonely when I engage with my family. *

Completely disagree

1

2

3

4

5

6

7

Completely agree

I feel lonely when I engage with AI. *

Completely disagree

1

2

3

4

5

6

7

Completely agree

I feel lonely when I engage with my favourite TV show/movie/YouTuber. *

Completely disagree

1

2

3

4

5

6

7

Completely agree

I feel lonely when I engage with charities (e.g. Samaritans). *

Completely disagree

1

2

3

4

5

6

7

Completely agree

Complete