

# 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