Analysis 1: Impact of Social Interactions on Life Satisfaction

Variables:

CONNECTION_activities (**e.g.,** CONNECTION_activities_walk_p3m, CONNECTION_activities_talked_family_p3m)

- **This represents the frequency of various social activities over the past three months.**

WELLNESS_life_satisfaction

- **This is a score for life satisfaction.**

Analysis Plan:
I will explore the relationship between frequency of social interactions and life satisfaction using regression analysis. This will help determine if more frequent social interactions predict higher life satisfaction scores. Comparing across different types of social interactions (e.g., with family vs. community members) could highlight which types of connections contribute more to life satisfaction.

Expected Results and Relevance:
We might find that higher frequencies of activities like family conversations or community involvement have a stronger positive effect on life satisfaction, supporting social connection as a key contributor to well-being. Such results could provide targeted data for GenWell's campaigns on the benefits of specific types of social interactions.

Analysis 2: Loneliness Before and After COVID-19

Variables:

LONELY_change_pre_covid

- **subjective change in loneliness since before COVID-19.**

LONELY_ucla_loneliness_scale_score

- **UCLA Loneliness scale score as an objective measure of current loneliness.**

COVID_prevention_activities (**e.g.,** COVID_prevention_distancing, COVID_prevention_masks)

- **extent of COVID-19 prevention behaviors followed.**

Analysis Plan:
I will examine how perceived loneliness has changed since pre-COVID times and analyze whether adherence to COVID-19 prevention measures relates to loneliness scores. ANOVA tests could compare loneliness scores across levels of COVID-19 prevention compliance, with regression to adjust for other demographic variables.

Expected Results and Relevance:
If participants who adhered more strictly to COVID-19 precautions report increased loneliness, this could point to the social impacts of COVID-19 restrictions. Insights here would help frame social reconnection efforts as part of post-pandemic recovery, with data-backed evidence of how distancing may have impacted social connection.

Analysis 3: Social Support and Mental Health

Variables:

PSYCH_zimet_multidimensional_social_support_scale (and subscales like PSYCH_zimet_multidimensional_social_support_friends_subscale_score)

- **These variables measures perceived social support from family, friends, and significant others.**

WELLNESS_gad_score and WELLNESS_phq_score

- **scores for anxiety and depression, respectively, as mental health indicators.**

Analysis Plan:
Assess how perceived social support affects mental health by comparing anxiety and depression levels across different levels of social support. Correlation analysis and linear regression can identify which sources of support (friends vs. family) are most protective against mental health issues.

Expected Results and Relevance:
A finding that higher perceived support is associated with lower anxiety and depression scores could demonstrate the mental health benefits of social support, especially from close relationships. This would provide valuable statistics for promoting the mental health benefits of strong social networks.

Each analysis aligns with the project goals by exploring social and mental health dynamics within the Canadian Social Connection Survey data. These findings could directly support public awareness campaigns by GenWell and CASCH. Let me know if you need further details on any part of these analyses!