

Development and psychometric evaluation of the loneliness inventory for older adults (Lonely): A mixed methods study

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Abstract

Background and Aim: Loneliness is a complex experience affecting the well-being of older adults. This study explores loneliness dimensions in Iran using thematic analysis. Key findings include diminished social capacity, emotional distress, and existential abandonment.

Methods: This was a two-phases study. In phase 1, initial items pool (126 items) were generated based on the concept analysis and literature review. Moreover, content validity was established by geriatric and psychometric experts. Phase 2 evaluated structural validity by performing item analysis, exploratory factor analysis and convergent validity. Reliability was evaluated by examining internal consistency, stability (ICC), absolute reliability.

Results: Following development process 94 items were removed and a provisional version of the questionnaire with 32 items was subjected to psychometric evaluation. Three hundred and seventy older adults completed the questionnaire. After performing factor analysis, overall 3 items were removed due to low loading and the questionnaire was reduced to 29 items tapping into five factors. The Cronbach's alpha for the instrument was 0.94 and ICC was 0.97.

Keywords: Elderly; loneliness; Psychometric; Development; Validity