

Paper Category:	COVID 19 and Sarcopenia And Frailty
Paper Title: (Arial Font; 14 Pt Size)	Impact of the COVID-19 Pandemic on Loneliness and Frailty in Older Adults: A Community-Based Cross-Sectional Study
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> · Background · Objectives · Method · Results · Discussions and Conclusions
<p>Background: The COVID-19 pandemic has had a significant impact on older adults due to the need for safe distancing, leading to increased risk of loneliness. Loneliness has been associated with adverse health outcomes such as frailty and depression. To date, there has not been data on the impact of the pandemic on loneliness and frailty in community-dwelling older adults.</p> <p>Objectives: To evaluate the impact of the COVID-19 pandemic on loneliness and frailty in community-dwelling older adults.</p> <p>Methodology: A cross-sectional study was conducted in a cohort of older adults (aged ≥ 60 years) who were residing in a Singaporean urban town in March 2023 after Singapore entered Dorscon (disease outbreak response system condition) green. Loneliness was assessed using the UCLA-Loneliness Scale-3, and physical frailty was measured using the FRAIL scale. Participants were screened for depression using the Patient Health Questionnaire-2 (PHQ-2). Statistical analysis was performed.</p> <p>Results: Participants included older adults (n=125). Mean age was 68.4 ± 6.1 years. 63.2% (n=79) were pre-frail and 36.8% (n=46) were frail. 6.4% (n=8) reported to be lonely. There was no correlation between frailty and loneliness in our cohort. Of those who were lonely, 1 participant screened positive for depression. The rest of the cohort screened negative for depression.</p> <p>Discussions and conclusion: Compared to epidemiological studies performed prior to the pandemic, the prevalence of pre-frailty and frailty has increased. The prevalence of loneliness was notably lower in our nationally representative cohort compared to prior studies and was not significantly associated with physical frailty or depression. Larger-scale studies can be conducted in the future in this population to explore the relationship between the two.</p>	

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