

Appendix I

Table 1. “Working definitions” of social connection and the aspects that are used to describe social connection

	Working Definition
Social Connection	An umbrella term that comprises multiple distinct aspects describing how individuals connect to each other (1). It depends on the existence, roles and qualities of relationships as well as the sense of connection in these relationships.
Objective Aspects	
Social Networks	Web of social relationships that surround an individual and the characteristics of those ties (3,4).
Social Engagement	Taking part in activities within the communities in which people live. May include: • productive activities • social activities • leisure activities (3,4).
Social Support	exchange of resources between at least two individuals intended to enhance the well-being of the recipient. May include: • emotional (expressions of empathy, love, trust, caring) • instrumental (tangible help) • informational (advice, suggestions, information) • appraisal (information for self-evaluation) (5).
Social Isolation	The objective lack of (or limited) social contact with others (1).
Subjective Aspects	
Social Connectedness	The extent to which one has meaningful, close, and constructive relationships with others; opposite of loneliness (6).
Loneliness	Negative experience resulting from the discrepancy between an individual’s desired and actual experience of meaningful connections. May include: • emotional loneliness (lack of a close intimate attachment to another person, feeling isolated or alone) • social loneliness (lack of a social network, feeling left out) (7,8).
Related Aspects	

Social Capital	Value of social networks for influencing productivity of individuals and groups creating economic gain (3).
Social Interaction	The quality of the verbal and non-verbal behaviors that are exercised between an individual and others in their surroundings.
Social Participation	Interacting and sharing resources with other people in the community (9).

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