

Introduction:

Our aim is to comprehensively analyze and understand the various aspects of loneliness.

Please note that some of the content may be triggering or difficult to read, as the posts may include personal experiences and emotions related to loneliness. If you find certain sections particularly challenging, you may skip them. Your contribution is highly valuable, and we greatly appreciate your efforts in helping us with this important research.

Tasks:

This annotation project consists of two main tasks: objective and subjective.

The objective task requires you to classify the type of loneliness expressed in each Reddit post into the following categories:

- Lack of family contact
- Lack of friends
- Lack of romantic relationships
- Lack of community or social support
- Lack of physical touch
- Other
- Not lonely

The subjective task involves rating the level of loneliness on a scale of 1-5 based on your interpretation, where 1 represents 'not lonely' and 5 represents lonely.

Objective Task Guidelines:

In this task, you will be provided with a Reddit post. Your objective is to determine whether the writer describes feeling lonely, and if so, please identify which of the categories listed below contribute to this feeling.

It is important to note that the categories should specifically address the causes of loneliness, rather than general struggles the writer may be experiencing. Additionally, a post may include multiple types of loneliness, so please mark each relevant category that applies. If the post does not mention loneliness, please select "Not Lonely."

Lack of family contact:

The writer expresses feelings of loneliness **as well as** a longing for family interaction or support.

For example, in the following post the writer expresses longing for family interaction, and specifies that they feel lonely in their family:

Does anyone else feel lonely in their families?

Sometimes I feel so fuckin lonely in my family. I'm the youngest of all my family members, on both my moms and dads side of the family. All of my cousins have there lives figured out and have their own job. Me? I'm still in college working with my mom. I honestly have no one to talk to in my family. Not even my sister. We barely talk. Its the worst. I'm just curious if any one else is in a similar position.

On the other hand, in this next post the writer does **not** mention feeling lonely; they feel overwhelmed and negatively impacted by their family's presence. They describe feeling like a burden and experiencing hostility from their family:

Idk

I been feeling like such a burden, like literal trash idk.. I don't wanna share my situation but just want to feel seen and heard. For I have my family all around me watching me drown and sink further while they occasionally throw stones at me and laugh ... it's so hard to hold on most the time,, losing my will to live slowly. Life is hard and so so cold.

Lack of friends:

The writer mentions feelings of isolation or sadness **related to** not having friends, such as "I wish I had friends to talk to" or "I'm really lonely, I try to make friends but no one likes me".

In the following post the writer mentions having no friends, causing him to feeling suicidal:

I'm lonely I have no friends no one

I haven't had friends for 7 years I have no one and it's made me feel suicidal. any resources or how to meet other people with anxiety, depression and chronic pain?

However, in this next post, the writer is looking for a friend but does **not** mention feelings of sadness or loneliness:

Looking for a friend

16 Female in Highschool looking for any age friend just someone who is kind and listens I will as well.

Lack of romantic relationships:

The writer is lonely **and** expresses a longing for a romantic partner or feeling isolated due to difficulty in finding or maintaining a romantic relationship.

For example, in the following post the writer mentions feeling alone, and expresses a longing for a romantic partner:

i feel so alone in this world

It's not just the fact that I've never had any friends, or romantic relationships, never been kissed. it seems like I can't connect with anyone or anything in this world.

On the other hand, in this next post, the writer wants a boyfriend, however they do **not** mention feeling lonely or isolated:

I want a boyfriend

I just want someone that wants me for me and not just my body. I want someone that respects and loves me for me. I want someone to understand why I am the way I am , while I continue to work on myself to be the version I want to become.

Edit: I was just venting. I didn't come here to look for a relationship.

Lack of physical touch:

The post mentions feelings of loneliness **due to** the absence of physical contact or touch, such as hugs or holding hands, which leads to a deep sense of isolation.

This form of loneliness is characterized by a longing for affectionate touch that provides comfort and connection, as expressed in sentiments such as: "I miss hugging someone" or "I wish I had someone to hold." This yearning is specific to emotional and comforting physical contact, rather than a desire for physical touch driven by other reasons, such as sexual attraction.

For example, in the following post the writer mentions feeling lonely and desperately needing a hug:

I need a hug

Please I desperately need a hug, I'm lonely and having a complex mental conflict, I can describe it in dm, would like to make me feel better??

Whereas in the following post the writer does **not** express feelings of loneliness; instead, they are focused on their desire for sexual experience:

Wanting sex

M18 I feel left out kinda because all my friends have had sex apart from me. They have all had relationships too whereas I never have to be honest. I know this is inappropriate but I really want to have sex with someone desperately. I know my first time will be terrible like it is for many people but I really want it.

Lack of community or social support:

Lack of community or social support is characterized by the writer expressing feelings of not being part of a community or social circle, or being part of one but not receiving support. The writer might mention wishing they had somewhere they belong or feeling rejected by their community. Examples include phrases like, "I wish I had someone to talk to at work," "I feel like I have no one," or "My church doesn't accept me."

For example in this post, the writer expresses feelings of not being part of a supportive community or social circle. They mention isolating themselves and not receiving understanding or empathy from others when they try to share their feelings:

Wishing I had someone to talk to

I 28m, have been isolating myself from the world around me, family, friends and everyone else just to protect the fragile husk of my body and mind. I float through work and even on my days off I sit in a depressive state unable to move half the time cause of my depression. every time tried to tell anyone about how I feel they don't respond in an understanding way it's usually me being called things like dramatic, selfish and even that I don't have a right to feel this way because they have a harder life than my. All I want is someone to talk to and listen to me vent and say it's okay even if it's not.

However, in the following post the writer does **not** express feelings of being excluded or unsupported by a community they are part of. Instead, they are asking for advice on how to join an online community and feel awkward about the process of integrating into new groups:

How tf do you insert yourself into a online community or group?

Legit question. Like I've tried joining discords for about a year and I can't think of anyway that's not a cringe AA meeting type message to throw in gen chat. People don't like cold dms. **How do you meet people online to play game with or how do you meet people through games like vr chat. It all feel awkward and forced**, it feels like people need to be forced together and find common ground that way (work, school, etc) online it's too free and independent so it's people who only know each other talk to each other. Like "okay hey guys I'm here now let's talk" is weird and cringe I don't know how people do it I just know people do but it's so foreign to my brain.

Other:

The post mentions feelings of loneliness, but the cause is either unspecified or does not align with previously identified categories.

For example, the following post mentions feeling lonely, however **does not specify why**:

Probably got scammed. I'm an idiot.

Chashapped money to a bitch here on reddit bc she said she was starving. Idk why I just believed "her". Ig I just wanted to feel useful, to help someone. **Loneliness kinda made me fucking dumb**, made my defense down.

Multi-Label:

The post includes multiple categories of loneliness.

For example, the following post exhibits a lack of friends as well as a lack of romantic relationships:

How do you cope with chronic loneliness? No friends, no relationship

Nobody to bond with or open up with. Just my family. **I don't like having no friends and no partner**. I just got banned from a discord server (for saying birth control should remain legal), which had my only friends on it. **Alone again**. I don't want suggestions, **I've accepted my loneliness. Just tell me how to cope with the constant emptiness and sadness**.

Not lonely:

The post does not mention any feelings of loneliness.

For example, the following two posts imply/mention feelings of sadness, however they do **not** include feelings of isolation or loneliness:

dad, you got me chocolate cake for my birthday

I can't tell you that I don't like chocolate cake but I wish you knew I don't like it. I know you love chocolate cake but I wish you knew I hate it.

Super sad depressed

Woke up w awful feeling and nightmares. Just wish I wasnt always depressed or worse depression.

Subjective task guidelines:

In this task, you will be given a Reddit post. Your job is to assess the writer's level of loneliness on a scale from 1 to 5, based on the loneliness described by the writer. A rating of 1 indicates not lonely at all, while a rating of 5 indicates the highest level of loneliness.

Please note that you may rate a post higher than 1 **even if you annotate it as 'not lonely'**.

We are not providing examples to avoid creating bias. Please use your best judgment.

