

## Summary PhD-project

This PhD is part of a larger research project called the **Prominent Reduction of Loneliness among Older Migrants through Interventions and Social Engagement** (PROMISE) Project. The project is organized in five Work Packages (WPs). WP1-3 addresses the objectives and research questions focusing on the taboo surrounding loneliness of older migrants (WP1), diversity in the nature and causes of loneliness and intervention strategies (WP2), and cultural adaptation and evaluation of interventions (WP3).

This project aims to generate groundbreaking scientific knowledge on the taboo surrounding loneliness and the diversity in forms and causes of loneliness among older adults with a non-European origin (in short: older migrants). In co-creation with experts by experience and welfare professionals, this new knowledge will be translated into practical tools and guidelines to reach more lonely older migrants and address their loneliness more effectively. Regarding taboo, by employing existing survey data, this project is the first to quantify the variation in reporting loneliness among older migrants. Additionally, using innovative qualitative methods, detailed understanding will be gained of the causes of older migrants' reluctance to talk openly about loneliness, the contexts in which this reluctance occurs, and how children and the larger community perceive the taboo and respond or might respond to it. These new insights will be applied in practice by developing a training programme for professionals and volunteers. Further, some well-designed and described interventions will be modified based on the new knowledge and evaluated for their effectiveness.

Within the bigger project, I will be involved in the qualitative research and training adaptation of WP1, and the piloting and evaluation of three interventions in WP3. In my part of the research project, we aim to explore how older migrants and their children in the Netherlands perceive and experience the taboo surrounding loneliness through qualitative in-depth interviews. By including one of the migrants' children in these discussions, we adopt a contextual approach that provides a more holistic understanding of how this taboo manifests within families and communities. We will then use the insights gained from these interviews to inform the adaptation of existing loneliness interventions and a training programme for professionals, making them culturally sensitive and better suited to the needs of older migrants. The interventions will be evaluated using mixed-methods. Through qualitative methodology – participant observations, informal talks with professionals and participants and the most significant change (MSC) method – knowledge about the made adjustments and active elements will be generated. By means of objective effect measurement through questionnaires, knowledge about the effectiveness of the adjusted interventions will be generated. The training for professionals will be evaluated through in-depth interviews with the professionals six months after the training.

During the project, I will write manuscripts on the causes of and addressing taboo surrounding older migrants' loneliness, the role of children and community members in addressing this taboo, and on the effects of 'GO-WIN' and 'Op weg met veerkracht' in reducing loneliness among older migrants. Thereafter, I will adapt and evaluate the training programme 'In conversation about loneliness'.