

# Researchers Confront an Epidemic of Loneliness

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## *The New York Times:*

BLACKPOOL, England — The woman on the other end of the phone spoke lightheartedly of spring and of her 81st birthday the previous week.

“Who did you celebrate with, Beryl?” asked Alison, whose job was to offer a kind ear.

“No one, I...”

And with that, Beryl’s cheer turned to despair.

...

John T. Cacioppo, a professor of psychology at the University of Chicago and director of the university’s Center for Cognitive and Social Neuroscience, has been studying loneliness since the 1990s. He said loneliness is an aversive signal much like thirst, hunger or pain.

Read the whole story: [\*The New York Times\*](#)