



Befriending
Networks

Inequalities in Loneliness - Scotland

Data from **Scottish Household Survey 2024** (published 16 Sept, 2025)

Source: [Scottish Government, Neighbourhoods and Communities Report](#)

Social Connection

- In 2024, 68% of adults in Scotland “**meet socially with friends, relatives, neighbours or work colleagues**” at least once a week.
- **Age** 16-24 year olds: 81% vs 35-44 year olds: 59%
- **Gender** 70% women vs 65% men
- **Disability** 64% disabled people vs 68% non-disabled people.

20% of Adults experienced
feelings of loneliness in the
last week.

Loneliness – Key Measure

How much of the time during the past week have you felt lonely?

None or almost none of the time

Some of the time

Most of the time

All or most of the time

Don't know



Loneliness: by Local Authority

Percentage of adults who experienced loneliness in the last week 'all or almost all of the time', 'some of the time', 'most of the time'

Most Lonely

North Ayrshire (33%)
Stirling (30%)
Dundee (29%)

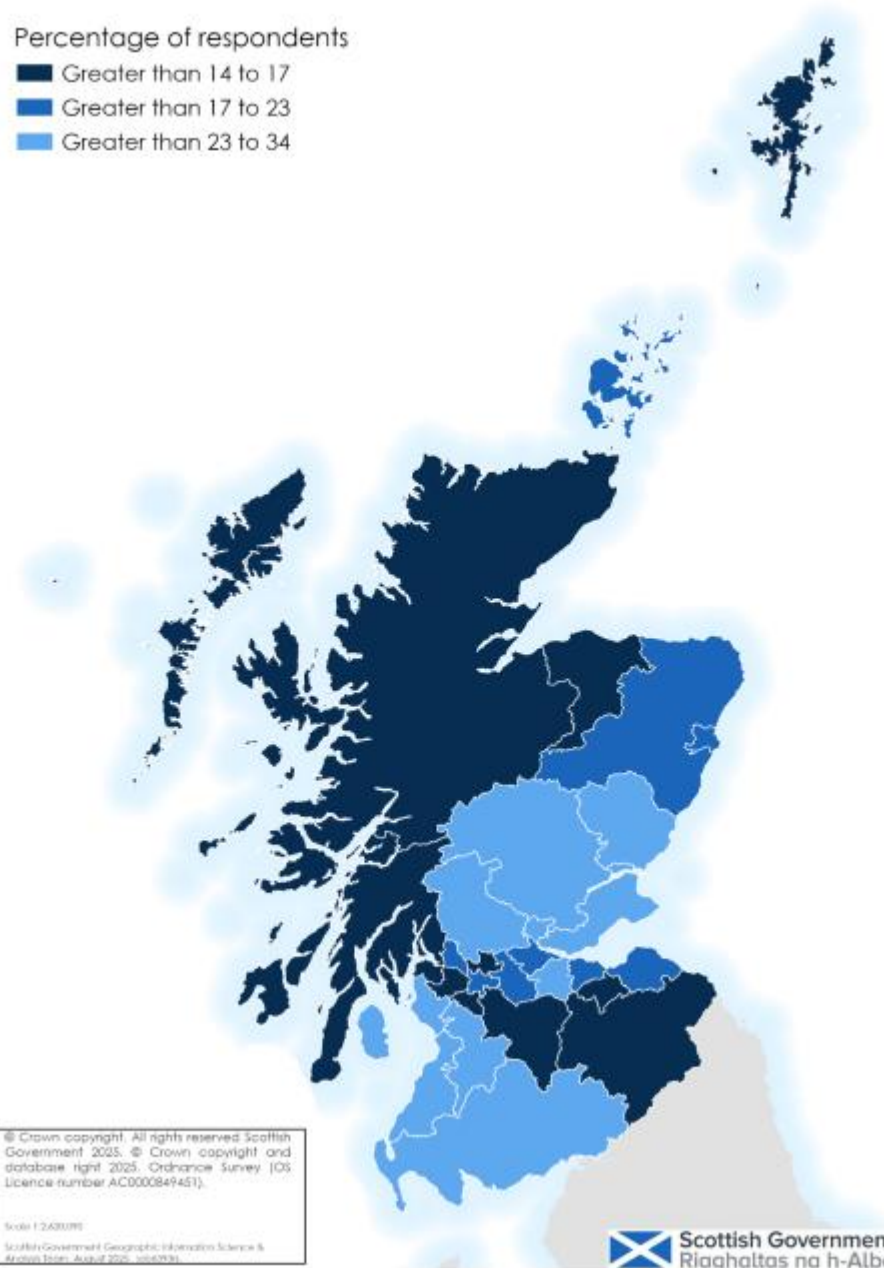
Least Lonely

Inverclyde (14%)
Argyll and Bute (14%)
East Dunbartonshire (14%)

Percentage of respondents

- Greater than 14 to 17
- Greater than 17 to 23
- Greater than 23 to 34

© Crown copyright. All rights reserved Scottish Government 2025. © Crown copyright and database right 2025. Ordnance Survey [OS licence number AC0000849451].
Scale 1:240000
Scottish Government Geographic Information Science & Analysis Team, August 2025. 1000793



20% of Adults experienced feelings of loneliness in the last week.

Inequalities in Loneliness

AGE	DEPRIVATION	DISABILITY	RELATIONSHIP STATUS
Highest amongst 75+ (25%) and 16-24 year olds (23%)	Most Deprived Areas (SIMD 1) – 28%	Disabled People - 38%	Single Pensioners (41%) Single Parents (40%) Single Adults (37%)
Lowest amongst 60-74 years (17%)	Least Deprived Area (SIMD 5) – 13%	Non-Disabled People – 15%	

This resource was produced by Befriending Networks for the Scottish Forum on Social Isolation and Loneliness, February 2026.

Befriending Networks is a Charitable Company Limited by Guarantee, registered in Scotland No. 195896. Charity Number SCO23610 regulated by OSCR.