

References

- Badcock, J. C., Preece, D. A., & Badcock, A. C. (2023). Why Loneliness Matters in Clinical Practice: A Primer for Clinical- and Neuro-Psychologists. *Journal of Emotion and Psychopathology*, 1(1), Article 1. <https://doi.org/10.55913/joep.v1i1.21>
- Baines, E., & Blatchford, P. (2023). The decline in breaktimes and lunchtimes in primary and secondary schools in England: Results from three national surveys spanning 25 years. *British Educational Research Journal*, 49(5), 925–946. <https://doi.org/10.1002/berj.3874>
- Barreto, M., Doyle, D. M., & Qualter, P. (2024). Changing the narrative: Loneliness as a social justice issue. *Advances in Political Psychology*, 45(1), 157–181. <https://doi.org/10.1111/pops.12965>
- Barreto, M., Qualter, P., & Doyle, D. (2023). Loneliness inequalities evidence review. Wales Centre for Public Policy. <https://www.wcpp.org.uk/wp-content/uploads/2023/08/WCPP-Loneliness-inequalities-evidence-review.pdf>
- Barreto, M., van Breen, J., Victor, C., Hammond, C., Eccles, A., Richins, M. T., & Qualter, P. (2022). Exploring the nature and variation of the stigma associated with loneliness. *Journal of Social and Personal Relationships*, 39(9), 2658–2679. <https://doi.org/10.1177/02654075221087190>
- Campaign to End Loneliness (2023) The state of loneliness 2023. <https://tacklinglonelinesshub.org/wp-content/uploads/2023/07/The-State-of-Loneliness-2023-ONS-data-on-loneliness-in-Britain.pdf>
- The Children’s Society (2019) Loneliness in childhood: exploring loneliness and wellbeing among 10-17 year olds. https://www.childrenssociety.org.uk/sites/default/files/2021-01/loneliness_in_childhood.pdf
- Eccles, A. M., & Qualter, P. (2021). Review: Alleviating loneliness in young people – a meta-analysis of interventions. *Child and Adolescent Mental Health*, 26(1), 17–33. <https://doi.org/10.1111/camh.12389>
- Goodfellow, C., Willis, M., Inchley, J., Kharicha, K., Leyland, A. H., Qualter, P., Simpson, S., & Long, E. (2023). Mental health and loneliness in Scottish schools: A multilevel analysis of data from the health behaviour in school-aged children study. *British Journal of Educational Psychology*, 93(2), 608–625. <https://doi.org/10.1111/bjep.12581>
- Guay, F., Boivin, M., & Hodges, E. V. E. (1999). Predicting change in academic achievement: A model of peer experiences and self-system processes. *Journal of Educational Psychology*, 91(1), 105–115. <https://doi.org/10.1037/0022-0663.91.1.105>
- Hodges, H., Goldstone, R., Durrant, H., & Taylor-Collins, E. (2021). Health and Loneliness in Wales. Wales Centre for Public Policy. <https://wcpp.org.uk/publication/who-is-lonely-in-wales/>

- Howe, C. (2010). Peer groups and children's development. Wiley-Blackwell.
- Ingram, J., Stiff, J., Cadwallader, S., Lee, G. & Kayton, H. (2023) PISA 2022: National report for England. Department for Education. https://assets.publishing.service.gov.uk/media/656dc3321104cf0013fa742f/PISA_2022_England_National_Report.pdf
- Jefferson, R., Barreto, M., Jones, F., Conway, J., Chohan, A., Madsen, K. R., Verity, L., Petersen, K. J., & Qualter, P. (2023). Adolescent loneliness across the world and its relation to school climate, national culture and academic performance. *British Journal of Educational Psychology*, 93(4), 997–1016. <https://doi.org/10.1111/bjep.12616>
- Jefferson, R., Barreto, M., Qualter, P. & Verity, L. (2021) Are we doing enough to address loneliness? Fit to Belong (Erasmus+). <https://fit2belong.eu/article/fit-belong-handbook-published-7-languages>
- Jefferson, R., Barreto, M., Verity, L., & Qualter, P. (2023). Loneliness During the School Years: How It Affects Learning and How Schools Can Help*. *Journal of School Health*, 93(5), 428–435. <https://doi.org/10.1111/josh.13306>
- Kochenderfer, B. J., & Ladd, G. W. (1996). Peer victimization: Cause or consequence of school maladjustment? *Child Development*, 67(4), 1305–1317.
- Lempinen, L., Junttila, N., & Sourander, A. (2018). Loneliness and friendships among eight-year-old children: Time-trends over a 24-year period. *Journal of Child Psychology and Psychiatry*, 59(2), 171–179. <https://doi.org/10.1111/jcpp.12807>
- Maes, M., Nelemans, S. A., Danneel, S., Fernández-Castilla, B., Van Den Noortgate, W., Goossens, L., & Vanhalst, J. (2019). Loneliness and social anxiety across childhood and adolescence: Multilevel meta-analyses of cross-sectional and longitudinal associations. *Developmental Psychology*, 55(7), 1548–1565. <https://doi.org/10.1037/dev0000719>
- Matthews, T., Qualter, P., Bryan, B. T., Caspi, A., Danese, A., Moffitt, T. E., Odgers, C. L., Strange, L., & Arseneault, L. (2022). The developmental course of loneliness in adolescence: Implications for mental health, educational attainment, and psychosocial functioning. *Development and Psychopathology*, 1–10. <https://doi.org/10.1017/S0954579421001632>
- Morin, A. H. (2020). Teacher support and the social classroom environment as predictors of student loneliness. *Social Psychology of Education*, 23(6), 1687–1707. <https://doi.org/10.1007/s11218-020-09600-z>
- Office for National Statistics (2018) Children's and young people's experiences of loneliness: 2018. <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/childrensandyoungpeoplesexperiencesofloneliness/2018#:~:text=11.3%25%20of%20children%20said%20that,of%20those%20who%20did%20not.>

- Qualter, P., Brown, S. I., Rotenberg, K. j., Vanhalst, J., Harris, R.A., Goossens, L., Bangee, M., & Munn, P. (2013). Trajectories of loneliness during childhood and adolescence: Predictors and health outcomes. *Journal of Adolescence*, 36(6), 1283–1293. <https://doi.org/10.1016/j.adolescence.2013.01.005>
- Qualter, P., Hennessey, A., Yang, K., Chester, K. L., Klemner, E., & Brooks, F. (2021). Prevalence and Social Inequality in Youth Loneliness in the UK. *International Journal of Environmental Research and Public Health*, 18(19), 10420. <https://doi.org/10.3390/ijerph181910420>
- Qualter, P., Vanhalst, J., Harris, R., Van Roekel, E., Lodder, G., Bangee, M., Maes, M., & Verhagen, M. (2015). Loneliness Across the Life Span. *Perspectives on Psychological Science*, 10(2), 250–264. <https://doi.org/10.1177/1745691615568999>
- Reed H, Couturiaux D, Davis M, et al. (2021) Co-production as an emerging methodology for developing school-based health interventions with students aged 11-16: systematic review of intervention types, theories and processes and thematic synthesis of Stakeholders' experiences. *Prevention Science*. 22:475-491. <https://doi.org/10.1007/s11121-020-01182-8>
- Riddleston, L., Bangura, E., Gibson, O., Qualter, P., & Lau, J. Y. F. (2023). Developing an interpretation bias modification training task for alleviating loneliness in young people. *Behaviour Research and Therapy*, 168, 104380. <https://doi.org/10.1016/j.brat.2023.104380>
- Robyn Cole, A., Bond, C., & Qualter, P. (2023). Primary-school aged children's understanding and experiences of loneliness: A qualitative enquiry. *Pastoral Care in Education*, 41(1), 63–83. <https://doi.org/10.1080/02643944.2021.1977993>
- Schwartz-Mette, R. A., Shankman, J., Dueweke, A. R., Borowski, S., & Rose, A. J. (2020). Relations of friendship experiences with depressive symptoms and loneliness in childhood and adolescence: A meta-analytic review. *Psychological Bulletin*, 146(8), 664–700. <https://doi.org/10.1037/bul0000239>
- Siva, N. (2020). Loneliness in children and young people in the UK. *The Lancet Child & Adolescent Health*, 4(8), 567–568. [https://doi.org/10.1016/S2352-4642\(20\)30213-3](https://doi.org/10.1016/S2352-4642(20)30213-3)
- Tsou, Y. T., Nasri, M., Li, B., Blijd-Hoogewys, E. M. A., Baratchi, M., Koutamanis, A., & Rieffe, C. (2024). Social connectedness and loneliness in school for autistic and allistic children. *Autism : the international journal of research and practice*, 13623613241259932. Advance online publication. <https://doi.org/10.1177/13623613241259932>
- Vanhalst, J., Soenens, B., Luyckx, K., Van Petegem, S., Weeks, M. S., & Asher, S. R. (2015). Why do the lonely stay lonely? Chronically lonely adolescents' attributions and emotions in situations of social inclusion and exclusion. *Journal of Personality and Social Psychology*, 109(5), 932–948. <https://doi.org/10.1037/pspp0000051>
- Verity, L., Riddleston, L. Qualter, P., Fuhrmann, D. & Lau, J. (2024) Experiences of Loneliness across Youth: Qualitative Findings from Arts Workshops and Focus Groups. EARA 2024 conference.

- Verity, L., Yang, K., Nowland, R., Shankar, A., Turnbull, M., & Qualter, P. (2024). Loneliness From the Adolescent Perspective: A Qualitative Analysis of Conversations About Loneliness Between Adolescents and Childline Counselors. *Journal of Adolescent Research*, 39(5), 1413–1443. <https://doi.org/10.1177/0743558422111121>