

Workshop

Nudging out of loneliness



Description

This workshop is organized as part of the *Nudging Out of Loneliness (NOLA)* project. It aims to create a dialogue on how loneliness and social isolation affect well-being in older adults and how improving social engagement can enhance cognitive abilities and neuroplasticity.

Bringing together insights from neuroscience, behavioral science, and social management, this event aims to contribute to understanding how behavior can be influenced to address social isolation and its broader impact on health and welfare.

Date: November 18, 2024

Time: 2:30 PM

Location: School of Economics and Management, Room EEG 1.33

Organizing Committee:

Adriana Sampaio, CIPsi

Cristiana Cerqueira Leal, NIPE

Scientific Coordination:

Adriana Sampaio, CIPsi

Cristiana Cerqueira Leal, NIPE

Nudging out of loneliness

Workshop Program

2:30 PM – Opening Session

Adriana Sampaio, Cristiana Cerqueira Leal

2:40 PM – *Nudging Out Loneliness: The Seniors Perspective*

Hugo Couto

3:10 PM – *Nudging Out Loneliness: The Social Managers Perspective*

Cláudia Rodrigues

3:40 PM – *Nudging Out Loneliness: A Neurobiological Perspective*

Adriana Sampaio

3:50 PM – *Nudging Out Loneliness: A Behavioral Science Perspective*

Cristiana Cerqueira Leal

4:00 PM – Roundtable Discussion: *Nudging Out Loneliness – Intersecting Perspectives and*

Moderator: Adriana Sampaio

Alice Delerue Matos, Ana Carolina Santos, Cristiana Cerqueira Leal, Diego Pinal Fernandez, Eva Oliveira, Joana Coutinho, José Miguel Soares, Lúcia Pinto, Marieta Valente, Montse Fernández Prieto, Nuno Rodrigues, Pedro Moreira

4:45 PM – Closing Remarks

This workshop is supported by grant no. 2022.07029.PTDC - NOLA: Nudging out of loneliness: a multimodal study, carried out at the Center for Research in Economics and Management (NIPE), School of Economics and Management and Psychology Research Center (PSI), School of Psychology in University of Minho, supported by the Foundation for Science and Technology (FCT) through the Portuguese State Budget (Ref.: UIDB/PSI/01662/2020).

