

About this Report

This report details the findings from the 2022 Social Connection in Remote Work Research Study (SCRWRS). The overall purpose of this report is to examine the loneliness of workers after the accelerated adoption of remote work in the wake of the COVID-19 pandemic. We hope that our findings will influence our societal redesign of work norms by informing both public policymakers & industry leaders. To this end, we identified the following four aims for this report:

1. To provide an overview of how remote work is impacting personal & professional relationships, social fulfilment and loneliness.
2. To identify & highlight those disproportionately affected and most vulnerable.
3. To understand patterns & trends between the most lonely & least lonely remote workers.
4. To understand the future wants & desires of the remote workforce.

About the Social Connection in Remote Work Research Study (SCRWRS)

The SCRWRS is a cross-sectional survey that aims to study the loneliness of workers after the accelerated adoption of remote work in the wake of the COVID-19 pandemic. The SCRWRS is led by [#WorkAnywhere](#), an international remote work advocacy organisation, and designed in collaboration with Constance Hadley, PhD (Institute for Life at Work) and Sarah Wright, PhD (University of Canterbury, NZ). The SCRWRS was supported by [Selina](#), a fast-growing hospitality brand helping today's remote workers live, work, and explore anywhere in the world.

Data was collected between February 17, 2022 and April 26, 2022. Throughout this period, participants were recruited on social media (including LinkedIn, Facebook, Instagram & TikTok) and through email via the mailing lists of supporting organisations. Respondents were eligible to participate if they provided informed consent and were currently working (either as an employee at an organisation or as a self-employed freelancer / contractor) at a job that could “provide the potential to work remotely, even in a limited manner.” Upon completion of the survey, participants were eligible to receive 4 rewards:

1. 10% off any trip at Selina.
2. Entry into a prize draw to win \$600 credit at Selina.
3. \$50 off a first trip with Unsettled.
4. Entry into a prize draw to win \$500 credit at Unsettled.

Sample Characteristics

How many people participated in the Survey?

A total of 1,617 participants initiated the Social Connection in Remote Work Research Study survey. Of these, 1,291 provided informed consent and met the eligibility criteria of working in a job (as an employee or freelancer) that could “provide the potential to work remotely, even in a limited manner”. Of these, 226 responses were incomplete and excluded from analyses. A further 8 were excluded for a variety of reasons - 3 for being completed in under 4 minutes (too fast to be considered legitimate), 4 for failing to complete a simple mathematical attention check and 1 for being a clear duplicate submission. This resulted in a final analytic sample size of 1,057.

Sample Breakdown

Table 1. Employment Status

	Number	Percentage
Employee	819	77.48%
Freelancer	238	22.52%

Table 2. Organisation Type

	Number	Percentage
For-profit / commercial organisation	672	63.58%
Non-profit / charitable organisation	72	6.81%
Government agency or service	47	4.45%
Academic institution	28	2.65%
<i>N/A - Freelancer</i>	238	22.52%

Table 3. Industry

	Number	Percentage
Computer Software	94	8.89%
Information Technology & Services	84	7.95%
Marketing & Advertising	78	7.38%
Other	48	4.54%

Financial Services	40	3.78%
Education Management	36	3.41%
Hospital & Health Care	28	2.65%
Health, Wellness & Fitness	27	2.55%
Hospitality	26	2.46%
E-learning	22	2.08%
Management Consulting	22	2.08%
Internet	21	1.99%
Banking	20	1.89%
Design	20	1.89%
Nonprofit Organisation Management	18	1.70%
Pharmaceuticals	17	1.61%
Real Estate	17	1.61%
Insurance	15	1.42%
Consumer Services	12	1.14%
Human Resources	12	1.14%
Media Production	12	1.14%
Research	12	1.14%
Consumer Goods	11	1.04%
Higher Education	11	1.04%
Writing & Editing	11	1.04%
Accounting	10	0.95%
Government Administration	10	0.95%
Leisure & Travel	10	0.95%
Environmental Services	9	0.85%
Events Services	9	0.85%
Retail	9	0.85%
Telecommunications	9	0.85%
Computer & Network Security	8	0.76%
Graphic Design	8	0.76%
Law Practice	8	0.76%

Public Relations	8	0.76%
Apparel & Fashion	7	0.66%
Civic & Social Organisation	7	0.66%
Legal Services	7	0.66%
Mental Health Care	7	0.66%
Architecture & Planning	6	0.57%
Automotive	6	0.57%
Construction	6	0.57%
Market Research	6	0.57%
Music	6	0.57%
Oil & Energy	6	0.57%
Translation & Localization	6	0.57%
Airlines/Aviation	5	0.47%
Civil Engineering	5	0.47%
Computer Games	5	0.47%
Food & Beverages	5	0.47%
International Trade & Development	5	0.47%
Investment Banking/Venture	5	0.47%
Investment Management	5	0.47%
Logistics & Supply Chain	5	0.47%
Professional Training	5	0.47%
Consumer Electronics	4	0.38%
Food Production	4	0.38%
Fundraising	4	0.38%
Mechanical or Industrial Engineering	4	0.38%
Medical Device	4	0.38%
Public Policy	4	0.38%
Publishing	4	0.38%
Staffing & Recruiting	4	0.38%
Think Tanks	4	0.38%
Animation	3	0.28%

Aviation & Aerospace	3	0.28%
Biotechnology	3	0.28%
Chemicals	3	0.28%
Computer Networking	3	0.28%
Electrical & Electronic Manufacturing	3	0.28%
Entertainment	3	0.28%
Government Relations	3	0.28%
Medical Practice	3	0.28%
Motion Pictures & Film	3	0.28%
Online Publishing	3	0.28%
Political Organisation	3	0.28%
Program Development	3	0.28%
Alternative Medicine	2	0.19%
Building Materials	2	0.19%
Capital Markets	2	0.19%
Commercial Real Estate	2	0.19%
Cosmetics	2	0.19%
Defence & Space	2	0.19%
Fine Art	2	0.19%
Mining & Metals	2	0.19%
Outsourcing/Offshoring	2	0.19%
Philanthropy	2	0.19%
Plastics	2	0.19%
Sporting Goods	2	0.19%
Sports	2	0.19%
Transportation/Trucking/Railroad	2	0.19%
Arts & Crafts	1	0.09%
Broadcast Media	1	0.09%
Computer Hardware	1	0.09%
Facilities & Services	1	0.09%
Farming	1	0.09%

Furniture	1	0.09%
Industrial Automation	1	0.09%
Information Services	1	0.09%
International Affairs	1	0.09%
Machinery	1	0.09%
Museums & Institutions	1	0.09%
Newspapers	1	0.09%
Photography	1	0.09%
Public Safety	1	0.09%
Recreational	1	0.09%
Religious Institutions	1	0.09%
Renewables & Environment	1	0.09%
Security & Investigations	1	0.09%
Semiconductors	1	0.09%
Tobacco	1	0.09%
Venture Capital	1	0.09%
Wholesale	1	0.09%
Wireless	1	0.09%
<i>Blank</i>	4	0.38%

Table 4. Organisation Size

	Number	Percentage
One (self-employed)	4	0.38%
2-5 employees	50	4.73%
6-10 employees	55	5.20%
11-20 employees	63	5.96%
21-30 employees	37	3.50%
31-50 employees	44	4.16%
51-100 employees	60	5.68%
101-500 employees	146	13.81%
501-1,000 employees	82	7.76%

1,001+ employees	278	26.30%
<i>N/A - Freelancer</i>	238	22.52%

Table 5. Job Function

	Number	Percentage
Marketing	99	9.37%
Other	79	7.47%
Consulting	77	7.28%
Design	73	6.91%
Director	69	6.53%
General / Program Management	67	6.34%
Software Development	60	5.68%
Sales	51	4.82%
Operations	44	4.16%
Business Development	42	3.97%
Product Management	40	3.78%
Human Resources	38	3.60%
Information Technology	34	3.22%
Education	32	3.03%
Customer Service	31	2.93%
Finance	27	2.55%
Research & Development	25	2.37%
Customer Relations Management	24	2.27%
Copywriting	22	2.08%
Legal	21	1.99%
Accounting	19	1.80%
Media	16	1.51%
User Experience	15	1.42%
Training & Development	14	1.32%
Quality Control	7	0.66%

Social Media	7	0.66%
Medical Care	6	0.57%
Translator	5	0.47%
Fundraising	4	0.38%
Public / Investor Relations	3	0.28%
Food Service	1	0.09%
<i>Blank</i>	5	0.47%

Table 6. Manager Status

	Number	Percentage
Manager	332	31.41%
Non-manager	487	46.07%
<i>N/A - Freelancer</i>	238	22.52%

Table 7. Country

The sample is predominantly made up of UK & US participants, representing a combined 57.71%. This should be taken into account when interpreting the findings.

	Number	Percentage
United States	435	41.15%
United Kingdom	175	16.56%
<i>N/A - I don't consider myself to live in a single country</i>	71	6.72%
Canada	65	6.15%
Mexico	38	3.60%
Germany	35	3.31%
Portugal	18	1.70%
Argentina	16	1.51%
Brazil	16	1.51%
Costa Rica	16	1.51%
Colombia	15	1.42%
Spain	13	1.23%

Netherlands	10	0.95%
Panama	10	0.95%
France	9	0.85%
Peru	9	0.85%
Romania	9	0.85%
Chile	8	0.76%
Switzerland	8	0.76%
Australia	7	0.66%
Croatia	5	0.47%
Italy	5	0.47%
South Africa	5	0.47%
Israel	4	0.38%
Kenya	4	0.38%
Denmark	3	0.28%
Guatemala	3	0.28%
Ireland	3	0.28%
Slovakia	3	0.28%
Thailand	3	0.28%
Belgium	2	0.19%
Ecuador	2	0.19%
Greece	2	0.19%
India	2	0.19%
Malaysia	2	0.19%
Norway	2	0.19%
Poland	2	0.19%
Slovenia	2	0.19%
Sri Lanka	2	0.19%
Sweden	2	0.19%
United Arab Emirates	2	0.19%
Austria	1	0.09%
El Salvador	1	0.09%

Finland	1	0.09%
Honduras	1	0.09%
Hong Kong SAR China	1	0.09%
Jamaica	1	0.09%
Lebanon	1	0.09%
Lithuania	1	0.09%
Malta	1	0.09%
New Zealand	1	0.09%
Puerto Rico	1	0.09%
Qatar	1	0.09%
Turkey	1	0.09%
Uruguay	1	0.09%

Table 8. Living Situation

	Number	Percentage
Living alone	386	36.52%
Living with a partner or spouse and no children	309	29.23%
Living with a partner or spouse and one or more children	103	9.74%
The only adult and living with one or more children	13	1.23%
Living with flatmates / housemates	114	10.79%
Living with family, including one or more parent	122	11.54%
Living with family, not including a parent	10	0.95%

Table 9. Age Group

	Number	Percentage
Gen Z	133	12.58%
Millennial	745	70.48%
Gen X	154	14.57%
Boomer	25	2.37%

Table 10. Gender

	Number	Percentage
Female	698	66.04%
Male	334	31.60%
Gender diverse	16	1.51%
Prefer not to answer	8	0.76%
<i>Blank</i>	1	0.09%