

Dr. Julianne Holt-Lunstad
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Julianne Holt-Lunstad is a professor of psychology and neuroscience at Brigham Young University; an adjunct professor at Swinburne University of Technology; Melbourne, Australia; and the chair of the scientific advisory committee for the U.S. Coalition to End Social Isolation and Loneliness.

Dr. Holt-Lunstad's research is focused on understanding the long-term health effects, biological mechanisms, and effective strategies to mitigate risk and promote protection associated with social connection. Her work has been seminal in the recognition of social isolation and loneliness as risk factors for early mortality. She serves as a scientific advisor and consults regularly for organizations across sectors aimed at addressing this issue. She has provided [expert testimony](#) in a [US Congressional Hearing](#), expert recommendations for the US Surgeon General [Emotional Well-Being in America Initiative](#), served as a member of the UK Cross Departmental Loneliness Team, and as a member of a National Academy of Sciences [consensus committee](#). Her work has been widely recognized within her discipline including several awards and is regularly highlighted in major media outlets.