

PRESS RELEASE: Thursday 31st May 2007

**LONELINESS CAUSES MORE MISERY THAN CREDIT CARD DEBT AND
WORK PRESSURES COMBINED**

- Six million singles regularly lose sleep over loneliness, says PARSHIP.co.uk
- The headlines trumpet that ‘£1 billion worth of debt is causing misery for thousands’,” says Dr Victoria Lukats, “but the truth is that loneliness is causing misery for six million singles.”

London – A survey released today by PARSHIP.co.uk, the UK’s leading scientific online dating service, proves that loneliness is the biggest cause of stress for singles, with more sleepless nights being caused by worry about solo status than by credit card debt, work pressures and global warming.

In the survey of 500 people by PARSHIP.co.uk, half (51%) of Britain’s 13 million singles said that their main source of stress was loneliness and the prospect of never meeting someone to share their life with. In fact, an average of 28 nights of sleep per year is lost through worry about loneliness.

By comparison, only one fifth (18%) of singles, cited financial problems, including credit card debt, as a cause of stress, and the same percentage put blame on work pressures. Only 7% mentioned family problems, and 3% illness.

Dr Victoria Lukats, psychiatrist and PARSHIP.co.uk’s relationship and dating expert commented,

“People are more likely to associate stress and its symptoms with debt and work pressures. However, the figures speak for themselves. Whilst many people see being single as a positive choice statistics show that the majority – 60% of UK singles - would prefer to be in a relationship and are looking for that special person to share their life with. Scientific studies have shown that married men live longer than their single counterparts. This may be in part due to lower stress levels and the comfort that being in a long-term relationship can bring. In addition, people who have sex at least twice a week have also been shown to live longer, once again highlighting the benefits of being in a relationship.”

“Unfortunately it’s more headline-grabbing to say ‘£1 billion worth of debt is causing misery for thousands’ when in fact loneliness is causing misery for six million singles.”

Global warming failed to register as a cause for stress amongst the 500 people surveyed.

PARSHIP is already helping 2.7 million single men and women across Europe to eliminate loneliness from their lives. It uses scientifically proven compatibility test, created by a team of leading relationship scientists, to match people on the basis of similar and complementary personality characteristics. This patented psychometric compatibility test was created by German psychologist Prof Hugo Schmale and a team of scientists and psychologists from Hamburg University.

PARSHIP.co.uk takes the potluck out of looking for love online and ensures that its members are only matched with people who are genuinely right for them. When an individual is matched with someone who has the right balance of similar and complementary characteristics, the outcome is more likely to be a lasting relationship.

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