

Referencias:

- Akhter-Khan, S. C., Tao, Q., Ang, T. F. A., Itchapurapu, I. S., Alosco, M. L., Mez, J., ... & Qiu, W. Q. (2021). Associations of loneliness with risk of Alzheimer's disease dementia in the Framingham Heart Study. *Alzheimer's & Dementia*, 17(10), 1619-1627.
- Barth, J., Schneider, S., & Von Känel, R. (2010). Lack of social support in the etiology and the prognosis of coronary heart disease: a systematic review and meta-analysis. *Psychosomatic medicine*, 72(3), 229-238.
- Boss, L., Kang, D. H., & Branson, S. (2015). Loneliness and cognitive function in the older adult: a systematic review. *International psychogeriatrics*, 27(4), 541-553.
- Cacioppo, J. T. Cacioppo S. (2018), The growing problem of loneliness,,, *The Lancet*, 391(10119), 426.
- Cacioppo, J. T., & Cacioppo, S. (2018). The growing problem of loneliness. *The Lancet*, 391(10119), 426.
- Cacioppo, J. T., Cacioppo, S., & Boomsma, D. I. (2014). Evolutionary mechanisms for loneliness. *Cognition & emotion*, 28(1), 3-21.
- Cacioppo, J. T., Hughes, M. E., Waite, L. J., Hawkley, L. C., & Thisted, R. A. (2006). Loneliness as a specific risk factor for depressive symptoms: cross-sectional and longitudinal analyses. *Psychology and aging*, 21(1), 140.
- Cattan, M., White, M., Bond, J., & Learmouth, A. (2005). Preventing social isolation and loneliness among older people: a systematic review of health promotion interventions. *Ageing & society*, 25(1), 41-67.
- Chang, E. S., & Levy, B. R. (2021). High prevalence of elder abuse during the COVID-19 pandemic: risk and resilience factors. *The American Journal of Geriatric Psychiatry*, 29(11), 1152-1159.
- Cohen-Mansfield, J., Hazan, H., Lerman, Y., & Shalom, V. (2016). Correlates and predictors of loneliness in older-adults: a review of quantitative results informed by qualitative insights. *International psychogeriatrics*, 28(4), 557-576.
- Dahlberg, L., McKee, K. J., Frank, A., & Naseer, M. (2022). A systematic review of longitudinal risk factors for loneliness in older adults. *Aging & Mental Health*, 26(2), 225-249.
- Fakoya, A., McCorry, K., & Donnelly, M. (2020). Loneliness and social isolation interventions for older adults: A scoping review of reviews. *BMC Public Health*, 20, 129.
- Freak-Poli, R., Ryan, J., Tran, T., Owen, A., McHugh Power, J., Berk, M., ... & Byles, J. (2022). Social isolation, social support and loneliness as independent concepts, and their relationship with health-related quality of life among older women. *Aging & Mental Health*, 26(7), 1335-1344.
- Grillich, L., Titscher, V., Klingenstein, P., Kostial, E., Emprechttinger, R., Klerings, I., ... & Laireiter, A. R. (2023). The effectiveness of interventions to prevent loneliness and social isolation in the community-dwelling and old population: an overview of systematic reviews and meta-analysis. *European Journal of Public Health*, 33(2), 235-241.
- Hackett, R. A., Hudson, J. L., & Chilcot, J. (2020). Loneliness and type 2 diabetes incidence: findings from the English Longitudinal Study of Ageing. *Diabetologia*, 63, 2329-2338.
- Hickin, N., Käll, A., Shafran, R., Sutcliffe, S., Manzotti, G., & Langan, D. (2021). The effectiveness of psychological interventions for loneliness: A systematic review and meta-analysis. *Clinical Psychology Review*, 88, 102066.

- Hodgson, S., Watts, I., Fraser, S., Roderick, P., & Dambha-Miller, H. (2020). Loneliness, social isolation, cardiovascular disease and mortality: a synthesis of the literature and conceptual framework. *Journal of the Royal Society of Medicine*, 113(5), 185-192.
- Holt-Lunstad, J. (2022). Social connection as a public health issue: The evidence and a systemic framework for prioritizing the “social” in social determinants of health. *Annual Review of Public Health*, 43, 193-213.
- Holt-Lunstad, J., Smith, T. B., & Layton, J. B. (2010). Social relationships and mortality risk: a meta-analytic review. *PLoS medicine*, 7(7), e1000316.
- Holt-Lunstad, J., Smith, T. B., Baker, M., Harris, T., & Stephenson, D. (2015). Loneliness and social isolation as risk factors for mortality: a meta-analytic review. *Perspectives on psychological science*, 10(2), 227-237.
- Holt-Lunstad, J., Smith, T. B., Baker, M., Harris, T., & Stephenson, D. (2015). Loneliness and social isolation as risk factors for mortality: a meta-analytic review. *Perspectives on psychological science*, 10(2), 227-237.
- Hoogendoijk, E. O. et al. (2020). Frailty combined with loneliness or social isolation: an elevated risk for mortality in later life. *Journal of the American Geriatrics Society*, 68, 2587–2593
- Hwang, T. J., Rabheru, K., Peisah, C., Reichman, W., & Ikeda, M. (2020). Loneliness and social isolation during the COVID-19 pandemic. *International psychogeriatrics*, 32(10), 1217-1220.
- Kraav, S. L., Lehto, S. M., Kauhanen, J., Hantunen, S., & Tolmunen, T. (2021). Loneliness and social isolation increase cancer incidence in a cohort of Finnish middle-aged men. A longitudinal study. *Psychiatry research*, 299, 113868.
- Leigh-Hunt N, Bagguley D, Bash K, Turner V, Turnbull S, Valtorta N et al. An overview of systematic reviews on the public health consequences of social isolation and loneliness. *Public Health*. 2017;152:157–71
- Li, J., Zhou, X., & Wang, Q. (2023). Interventions to reduce loneliness among Chinese older adults: A network meta-analysis of randomized controlled trials and quasi-experimental studies. *Applied Psychology: Health and Well-Being*.
- Luchetti, M., Terracciano, A., Aschwanden, D., Lee, J. H., Stephan, Y., & Sutin, A. R. (2020). Loneliness is associated with risk of cognitive impairment in the Survey of Health, Ageing and Retirement in Europe. *International journal of geriatric psychiatry*, 35(7), 794-801.
- Luhmann, M., & Hawkley, L. C. (2016). Age differences in loneliness from late adolescence to oldest old age. *Developmental psychology*, 52(6), 943.
- Mund, M., Freudig, M. M., Möbius, K., Horn, N., & Neyer, F. J. (2020). The stability and change of loneliness across the life span: A meta-analysis of longitudinal studies. *Personality and Social Psychology Review*, 24(1), 24-52.
- Ong, A. D., Uchino, B. N., & Wethington, E. (2016). Loneliness and health in older adults: A mini-review and synthesis. *Gerontology*, 62(4), 443-449.
- Organización Mundial de la Salud (2020). Decade of Healthy Ageing 2020-2030. WHO: Ginebra.
- Park, C., Majeed, A., Gill, H., Tamura, J., Ho, R. C., Mansur, R. B., ... & McIntyre, R. S. (2020). The effect of loneliness on distinct health outcomes: a comprehensive review and meta-analysis. *Psychiatry Research*, 294, 113514.
- Perlman, D., & Peplau, L. A. (1981). Toward a social psychology of loneliness. *Personal relationships*, 3, 31-56.

- Qualter, P., Vanhalst, J., Harris, R., Van Roekel, E., Lodder, G., Bangee, M., ... & Verhagen, M. (2015). Loneliness across the life span. *Perspectives on Psychological Science*, 10(2), 250-264.
- Quan, N. G., Lohman, M. C., Resciniti, N. V., & Friedman, D. B. (2020). A systematic review of interventions for loneliness among older adults living in long-term care facilities. *Aging & Mental Health*, 24(12), 1945-1955.
- Rico-Uribe, L. A., Caballero, F. F., Martín-María, N., Cabello, M., Ayuso-Mateos, J. L., & Miret, M. (2018). Association of loneliness with all-cause mortality: A meta-analysis. *PLoS one*, 13(1), e0190033.
- Robb, C. E. et al. (2020). Associations of social isolation with anxiety and depression during the early COVID-19 pandemic: a survey of older adults in London. *UK Frontiers in Psychiatry*, 11, e256
- Routasalo, P., & Pitkala, K. H. (2003). Loneliness among older people. *Reviews in Clinical Gerontology*, 13(4), 303-311.
- Smith, K. J., & Victor, C. (2019). Typologies of loneliness, living alone and social isolation, and their associations with physical and mental health. *Ageing & Society*, 39(8), 1709-1730.
- Su, Y., Rao, W., Li, M., Caron, G., D'Arcy, C., & Meng, X. (2023). Prevalence of loneliness and social isolation among older adults during the COVID-19 pandemic: A systematic review and meta-analysis. *International Psychogeriatrics*, 35(5), 229-241.
- Valtorta, N. K., Kanaan, M., Gilbody, S., Ronzi, S., & Hanratty, B. (2016). Loneliness and social isolation as risk factors for coronary heart disease and stroke: systematic review and meta-analysis of longitudinal observational studies. *Heart*, 102(13), 1009-1016.
- Wilson, R. S., Krueger, K. R., Arnold, S. E., Schneider, J. A., Kelly, J. F., Barnes, L. L., ... & Bennett, D. A. (2007). Loneliness and risk of Alzheimer disease. *Archives of general psychiatry*, 64(2), 234-240.