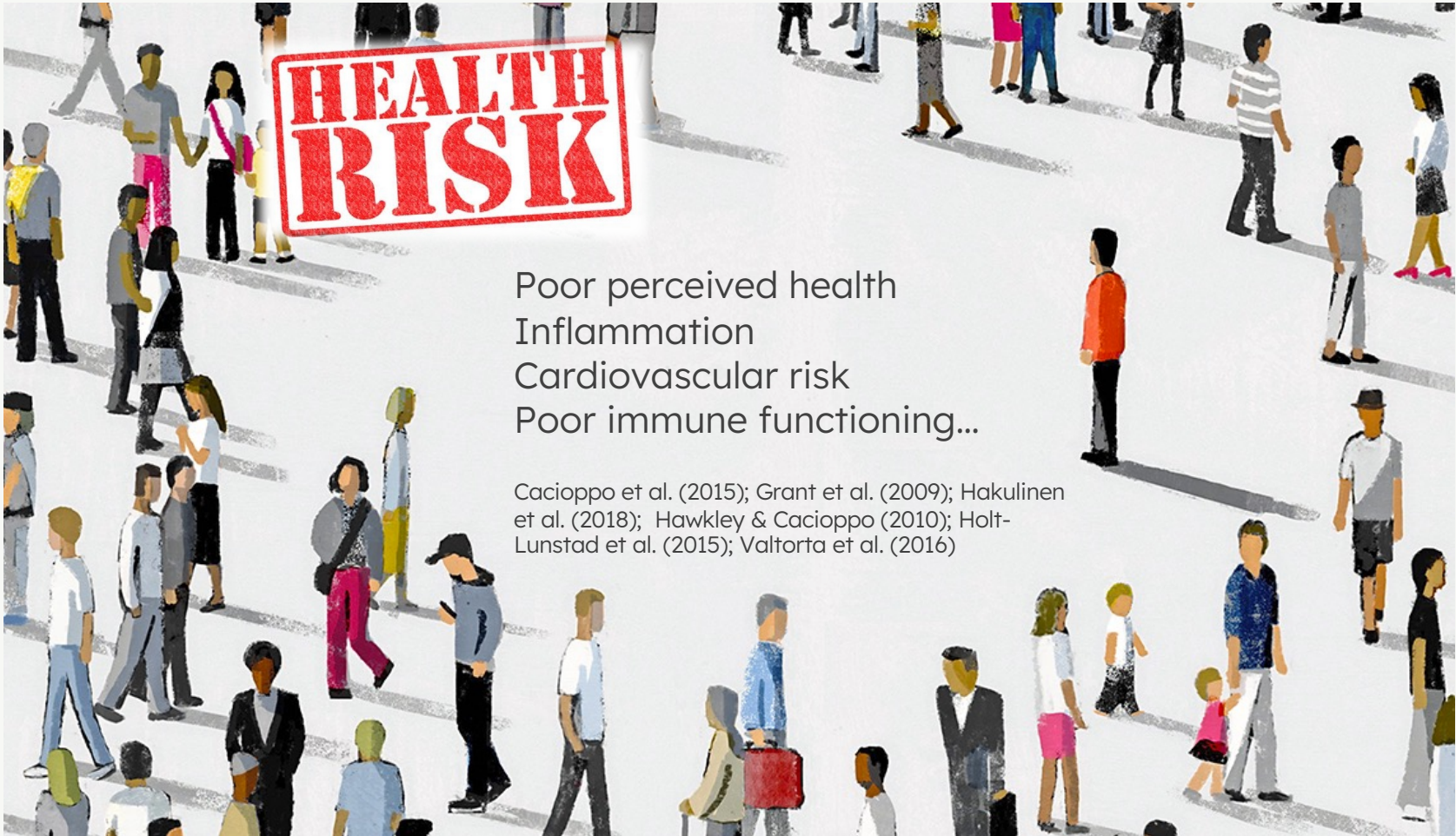


Mortality Risk of Loneliness: Culture Matters

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Poor perceived health
Inflammation
Cardiovascular risk
Poor immune functioning...

Cacioppo et al. (2015); Grant et al. (2009); Hakulinen et al. (2018); Hawkley & Cacioppo (2010); Holt-Lunstad et al. (2015); Valtorta et al. (2016)

Loneliness predicts premature death



35 studies
based on
77,220
respondents

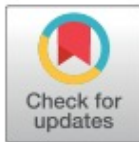
RESEARCH ARTICLE

Association of loneliness with all-cause mortality: A meta-analysis

Laura Alejandra Rico-Urbe^{1,2,3}, Francisco Félix Caballero^{1,2,3}, Natalia Martín-María^{1,2,3}, María Cabello^{1,2,3}, José Luis Ayuso-Mateos^{1,2,3}, Marta Miret^{1,2,3}*

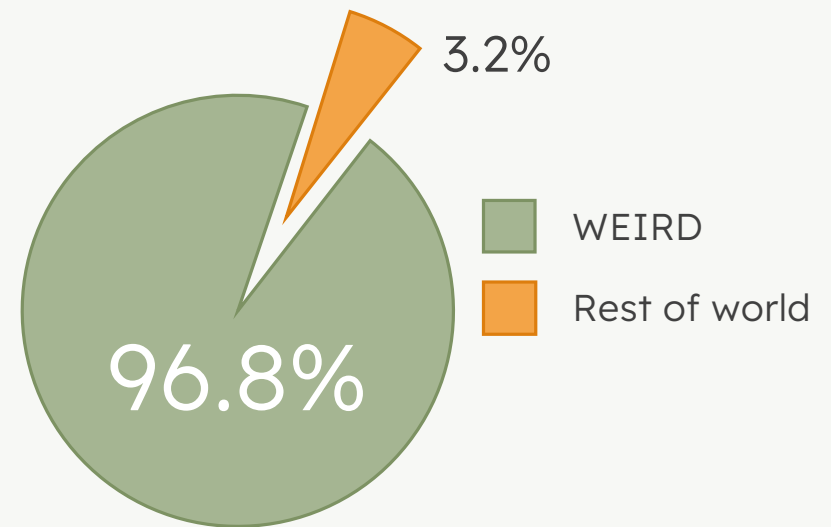
1 Department of Psychiatry, Universidad Autónoma de Madrid, Madrid, Spain, **2** Instituto de Salud Carlos III, Centro de Investigación Biomédica en Red de Salud Mental, CIBERSAM, Madrid, Spain, **3** Department of Psychiatry, Hospital Universitario de La Princesa, Instituto de Investigación Sanitaria Princesa (IIS-Princesa), Madrid, Spain

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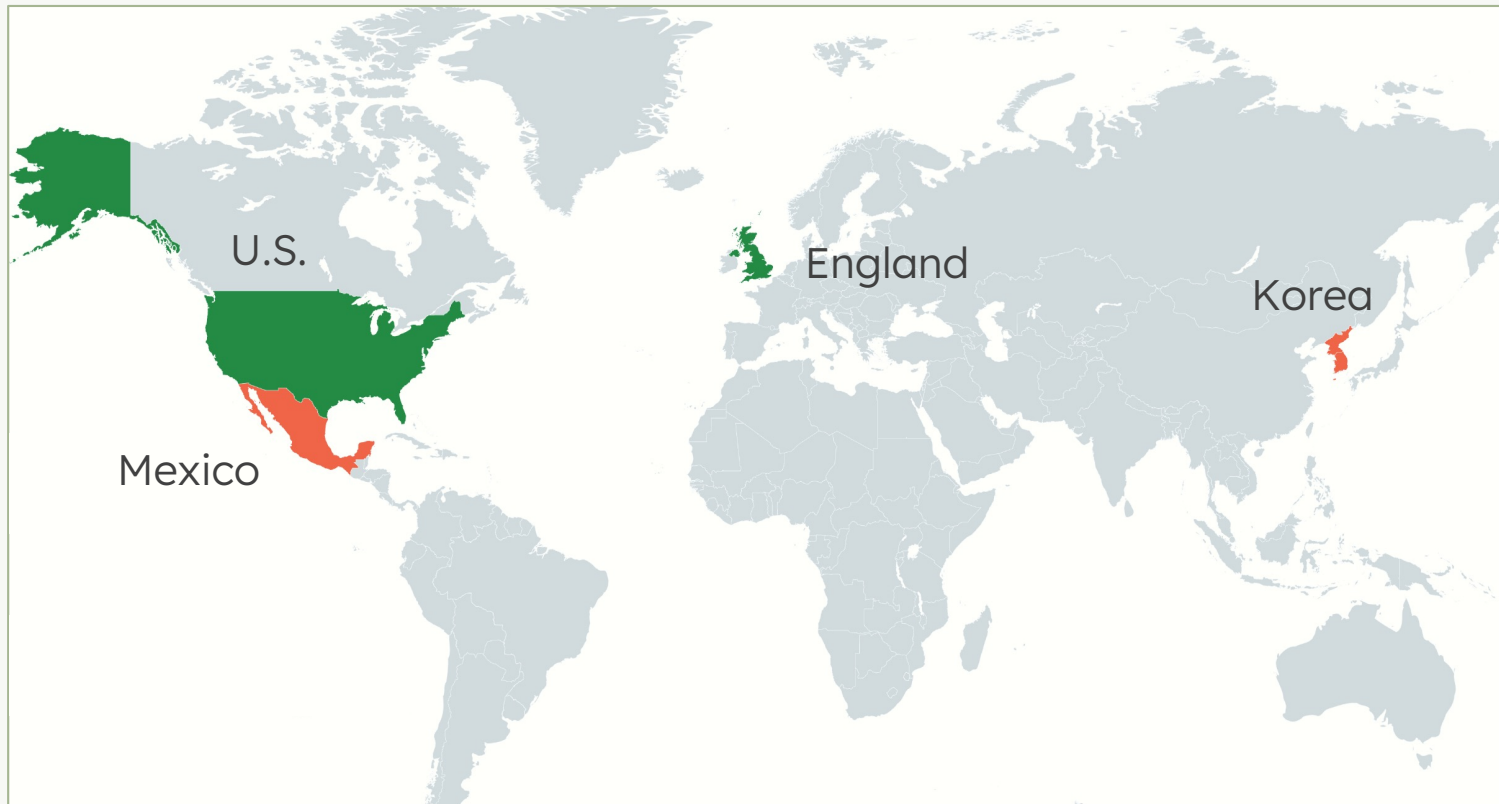
Abstract

(Nearly) exclusive focus on WEIRD societies



Western, Industrialized, Rich, Individualized, and Democratic (WEIRD, Henrich et al., 2010)

Exceeding the boundary of WEIRD

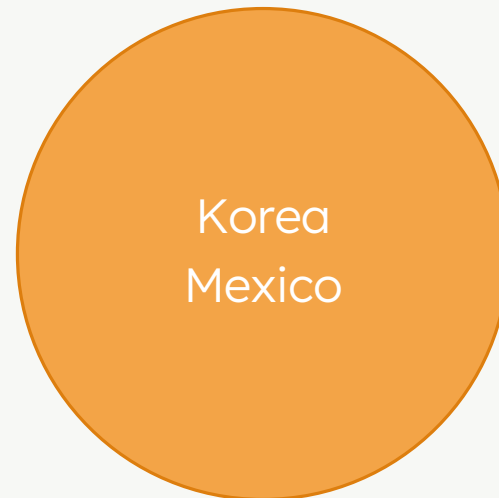


Does culture matter?

Individualistic



Collectivistic



Gateway to Global Aging Data



10-year
all-cause
mortality



3-step cox proportional hazard model

Step 1: Demographic variables

Gender
Age
Education
Relationship status

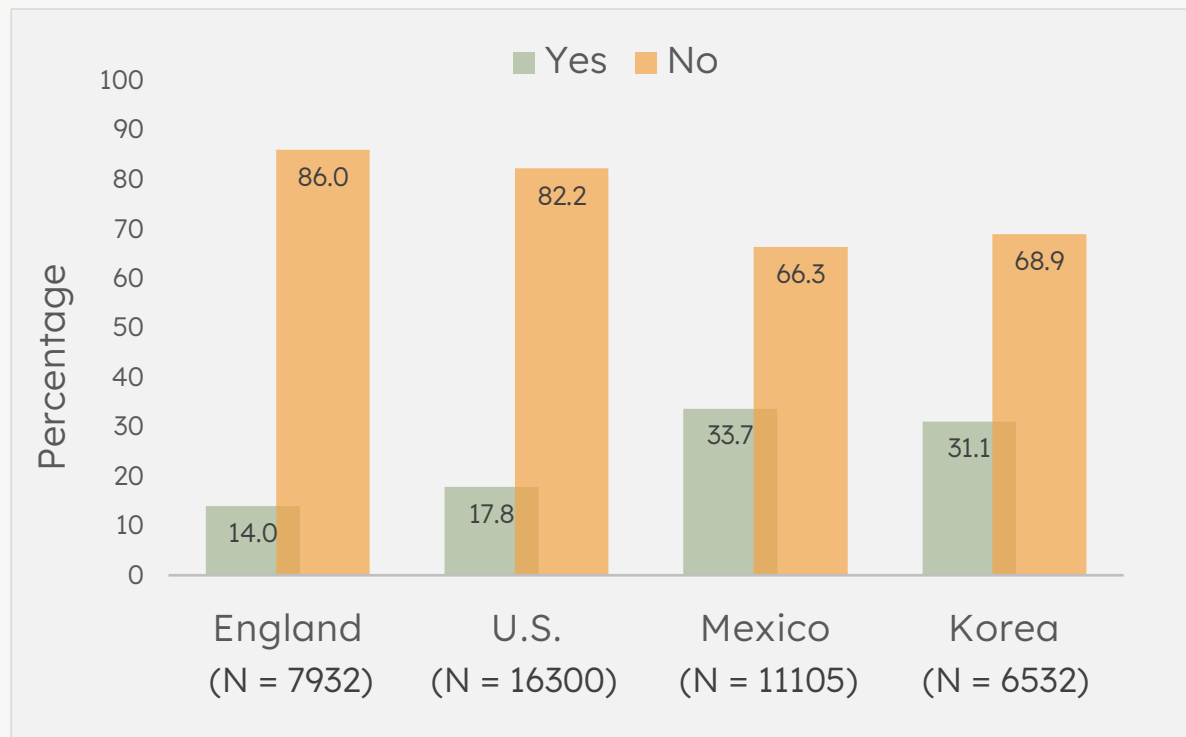
Step 2: Health behaviors

Smoking status
Alcohol consumption

Step 3: Health conditions

Self-rated health
Functional limitations
Chronic conditions

Loneliness at baseline

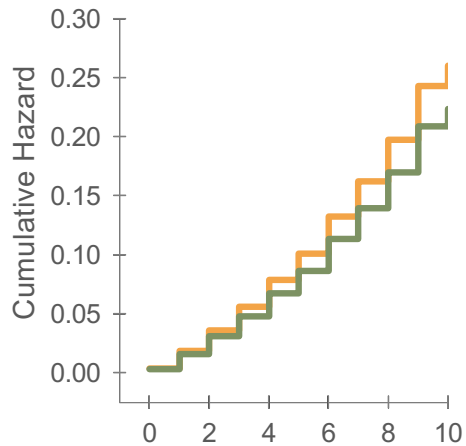


■ Lonely
■ Not lonely

Step 1: Demographic variables

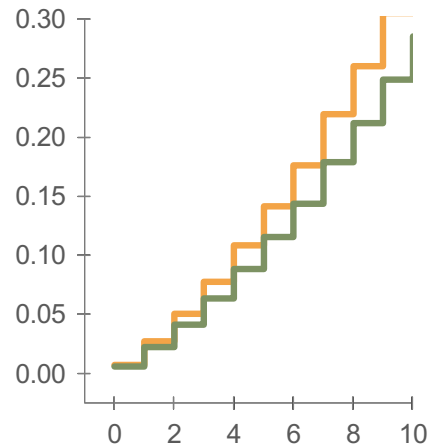
England

HR = 1.16** (1.04, 1.30)



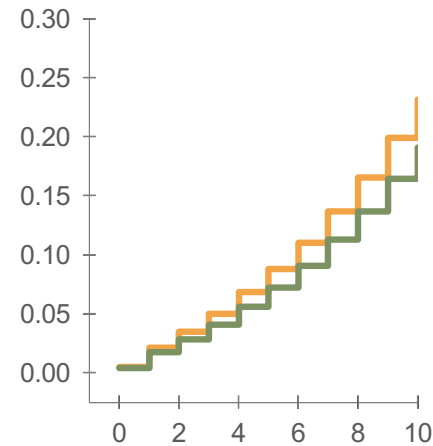
U.S.

HR = 1.23*** (1.15, 1.31)



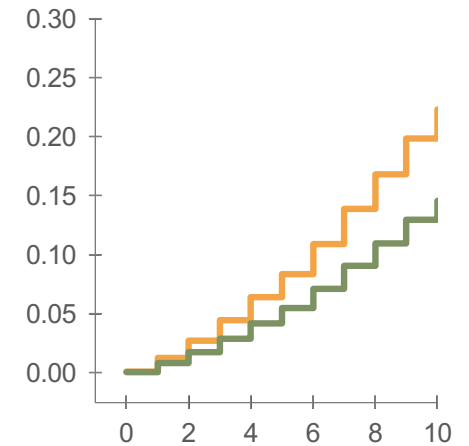
Mexico

HR = 1.21*** (1.21, 1.32)

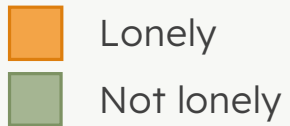


Korea

HR = 1.53*** (1.38, 1.70)



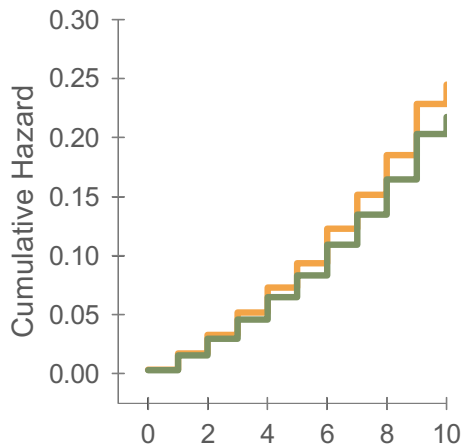
Culture x Loneliness = $X^2(3, N = 40715) = 15.17, p < .001$



Step 2: Health behaviors

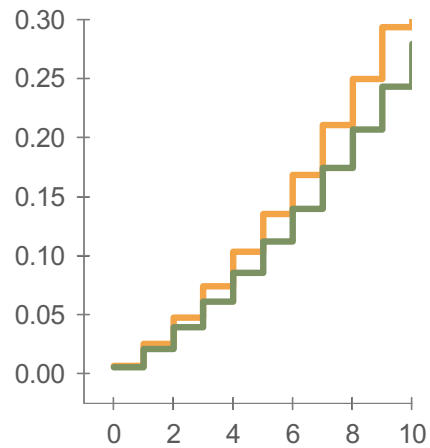
England

HR = 1.13* (1.01, 1.26)



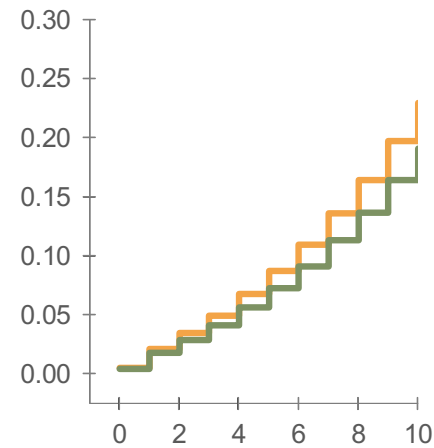
U.S.

HR = 1.21*** (1.13, 1.29)



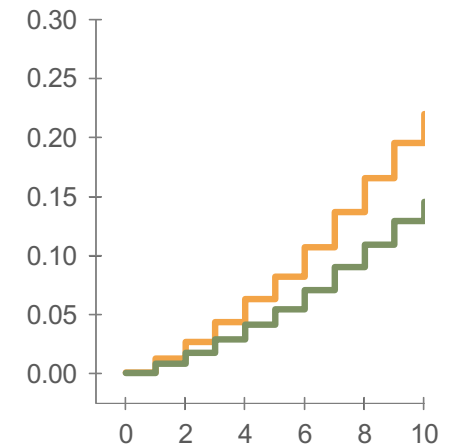
Mexico

HR = 1.21*** (1.11, 1.31)



Korea

HR = 1.51*** (1.36, 1.68)



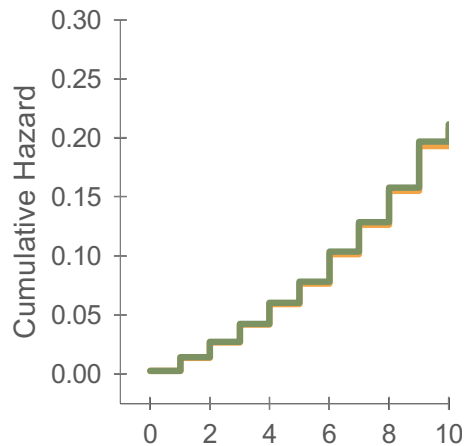
Culture x Loneliness = $X^2(3, N = 40715) = 20.46, p < .001$

Lonely
Not lonely

Step 3: Health conditions

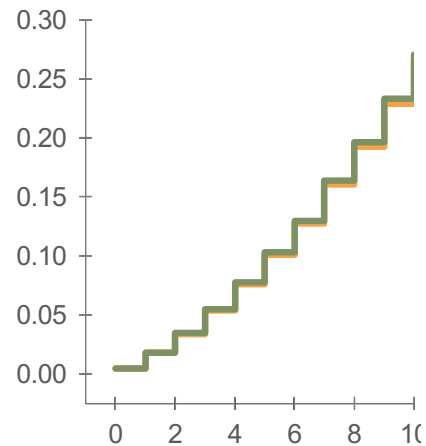
England

HR = 0.95 (0.88, 1.10)



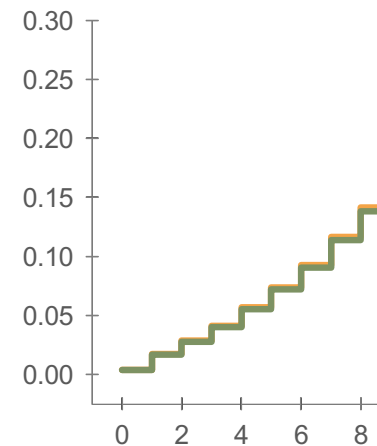
U.S.

HR = 0.98 (0.92, 1.05)



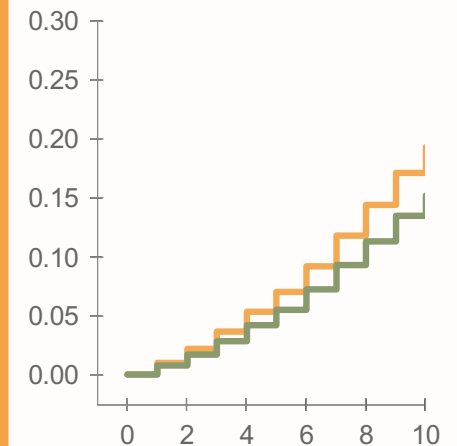
Mexico

HR = 1.02 (0.94, 1.12)



Korea

HR = 1.27*** (1.14, 1.42)



Culture x Loneliness = $X^2(3, N = 40715) = 14.22, p = .003$

Significant planned contrast: Korea vs. rest

Take-aways

Mortality risk of loneliness: The cultural moderation

Why does culture matter? Individualism vs. collectivism

What about Mexico?

Globalize the database/theories on health impact of loneliness

Thank you!