



Social Isolation and Mood Disorders

Last reviewed January 2022

Impact of Social Isolation on Behavioral Health in Elderly: Systematic Review

<https://www.wjnet.com/2220-3206/full/v5/i4/432.htm>

This systematic literature review aimed to examine and compare the effects of subjective and objective social isolation on behavioral health in elderly adults. (OPEN ACCESS)

Report on the Social Isolation of Seniors: Consultation Highlights the Impact of Social Isolation on Senior's Quality of Life and Well-Being

<https://www.canada.ca/en/national-seniors-council/programs/publications-reports/2014/social-isolation-seniors/page05.html>

This report by the Government of Canada highlights the impact of social isolation on seniors' quality of life and well-being of older adults. This report includes risk factors, prevention and reduction, social awareness and research on social isolation, support in the community and barriers. (OPEN ACCESS)

Associations of Objective Versus Subjective Social Isolation with Sleep disturbances, Depression, and Fatigue in Community Dwelling Older Adults

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6447478/>

This community-based cross-sectional study examined whether the association between social isolation and behavioral symptoms including sleep disturbance, depression, and fatigue are mostly explained by its subjective component. (OPEN ACCESS)

Association of Social Isolation with Anxiety and Depression During the Early COVID-19 Pandemic: A Survey of Older Adults in London, UK

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7566017/>

This study aimed to investigate the effects of sociodemographic factors, health variables and lifestyle factors, indicators of loneliness and reduced connectivity on subjective feeling of anxiety and depression among an older population. (OPEN ACCESS)

Impact of Social Isolation Due to COVID-19 on Health in Older People: Mental and Physical Effects and Recommendations

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7514226/>

The aim of this study was to review the impact of social isolation during COVID-19 pandemic on mental and physical health of older people and the recommendations for patients, caregivers and health professionals. (OPEN ACCESS)

Social Isolation and Mood Disorders

Social Disconnectedness, Perceived Isolation, and Symptoms of Depression and Anxiety among Older Americans (NSHAP): A Longitudinal Mediation Analysis

<https://www.sciencedirect.com/science/article/pii/S2468266719302300>

The aim of this analysis was to distinguish the pathways through which social disconnectedness and perceptions of social isolation contribute to anxiety and depression symptom severity in community-residing older adults aged 57-85 years at baseline. (OPEN ACCESS)

Social Isolation, Cognitive Reserve, and Cognition in Older People with Depression and Anxiety

<https://www.tandfonline.com/doi/full/10.1080/13607863.2018.1506742>

The aim of this study was to explore social relationships and cognitive function in older people with depression and anxiety. (OPEN ACCESS)

Independent Predictors of Depressive Symptoms and Social Isolation on Two-Year All-Cause Mortality among the Elderly in a Population-Based Cohort Study: Gender Differences

<https://www.e-epih.org/upload/pdf/epih-e2022012-AOP.pdf>

This study aimed to investigate whether depressive symptoms and social isolation are independent predictors of two-year all-cause mortality among the older adults using population-based cohort data. (OPEN ACCESS)

Psychiatric symptoms during the COVID-19 Outbreak in Older Adults with Bipolar Disorder

<https://onlinelibrary.wiley.com/doi/full/10.1002/gps.5489>

This study aimed to identify factors that are associated with psychiatric symptoms in older adults with bipolar disorder during COVID-19. (OPEN ACCESS)

The Mental Health Crisis during the COVID-19 Pandemic in Older Adults and the Role of Physical Distancing Interventions and Social Protection Measures in 26 European Countries

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8713431/>

This study aimed to examine association between changes in mental health in the population aged 50 years and older in Europe and influence of pandemic responses and social protection on their mental health. (OPEN ACCESS)

Social Isolation and Mood Disorders

National Guidelines for Seniors' Mental Health: The Assessment and Treatment of Depression

https://ccsmh.ca/wp-content/uploads/2016/03/NatlGuideline_Depression.pdf

These guidelines aimed to improve the assessment, treatment, management and prevention of key mental health issues for seniors, through the provision of evidence-based recommendations. (OPEN ACCESS)