

Einsamkeit

Tödlich, ansteckend, schmerzhaft

Manfred Spitzer

19.6.2024

Feature



Some data challenge the popular notion that older people experience the highest rates of loneliness.

Why loneliness is bad for your health

Nature | Vol 628 | 4 April 2024

A lack of social interaction is linked to a higher risk of cardiovascular disease, dementia and more. Researchers are unpicking how the brain mediates these effects. **By Saima May Sidik**

Our Epidemic of Loneliness and Isolation



2023

The U.S. Surgeon General's Advisory on the
Healing Effects of Social Connection and Community



Dr. Vivek H. Murthy
19th and 21st Surgeon General
of the United States

81 Seiten, davon 10 Seiten mit
325 Quellenangaben

Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day,⁴ and even greater than that associated with obesity and physical inactivity. And the harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations, where performance, productivity, and engagement are diminished.

ist schlimmer als
15 Zigaretten tägl.

Given the profound consequences of loneliness and isolation, we have an opportunity, and an obligation, to make the same investments in addressing social connection that we have made in addressing tobacco use, obesity, and the addiction crisis. This Surgeon General's Advisory shows us how to build more connected lives and a more connected society.

Wir müssen etwas
tun (wie gegen
Rauchen,
Übergewicht &
Sucht)...

If we fail to do so, we will pay an ever-increasing price in the form of our individual and collective health and well-being. And we will continue to splinter and divide until we can no longer stand as a community or a country. Instead of coming together to take on the great challenges before us, we will further retreat to our corners—angry, sick, and alone.

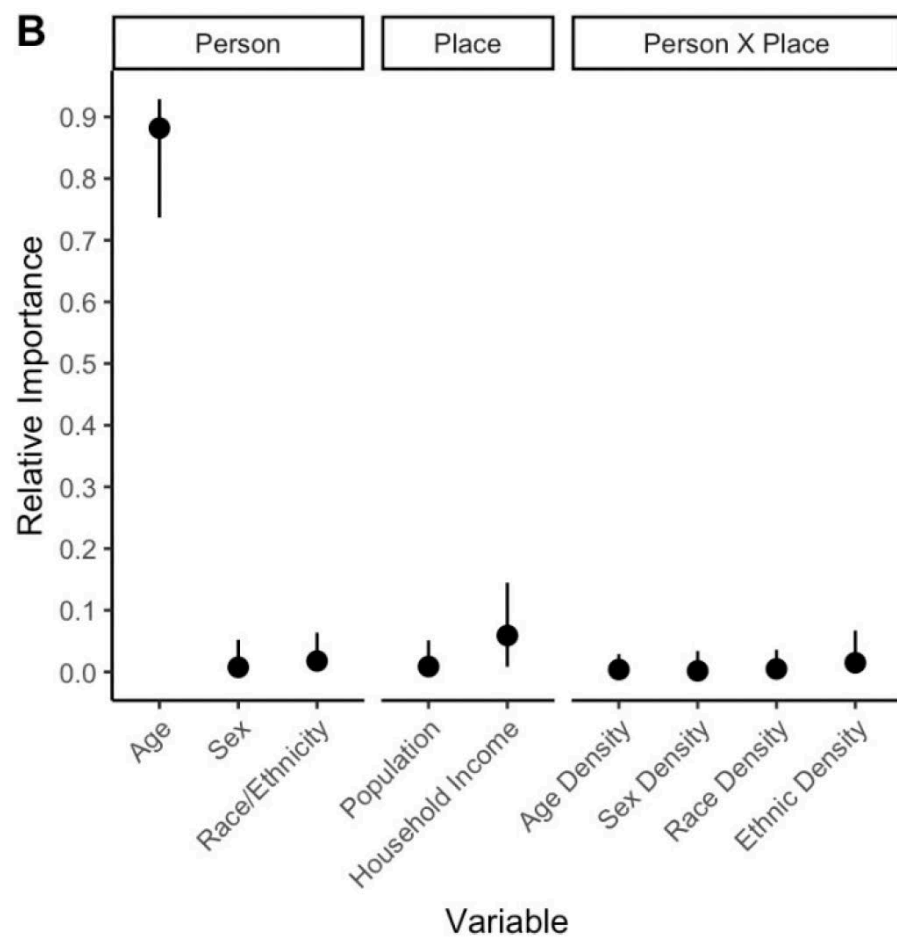
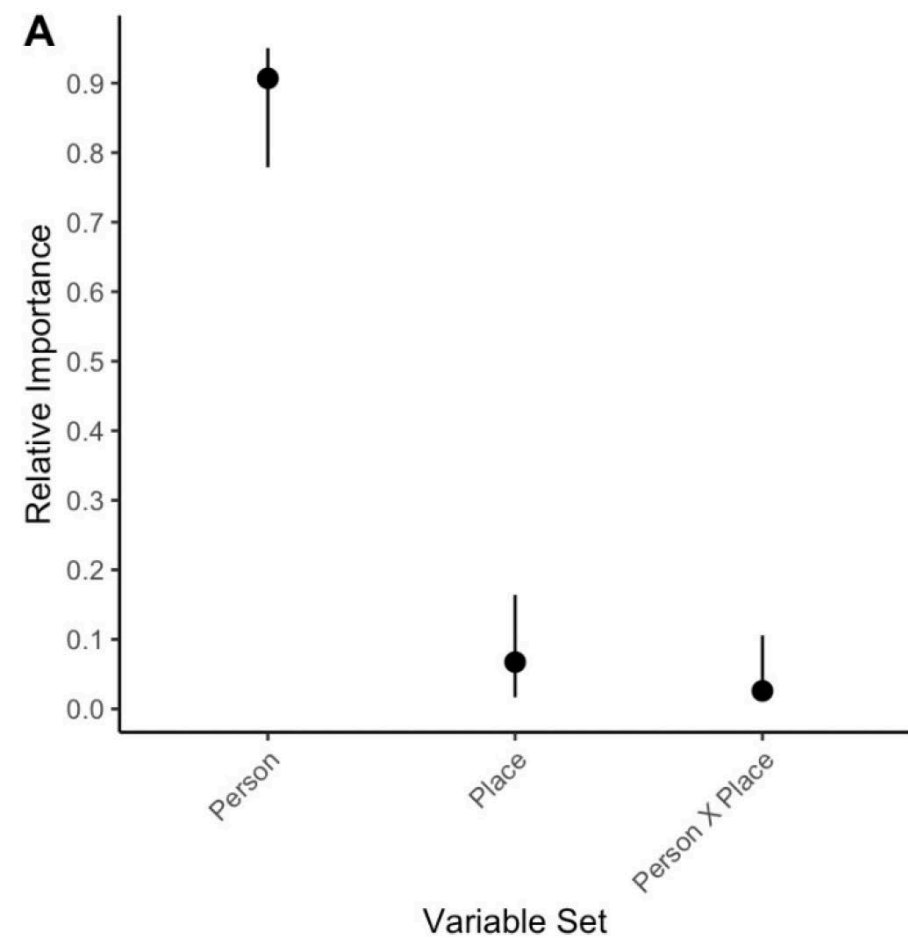
Sonst ziehen wir
uns alle noch mehr
zurück –
wütend, krank
& allein.

RESEARCH ARTICLE

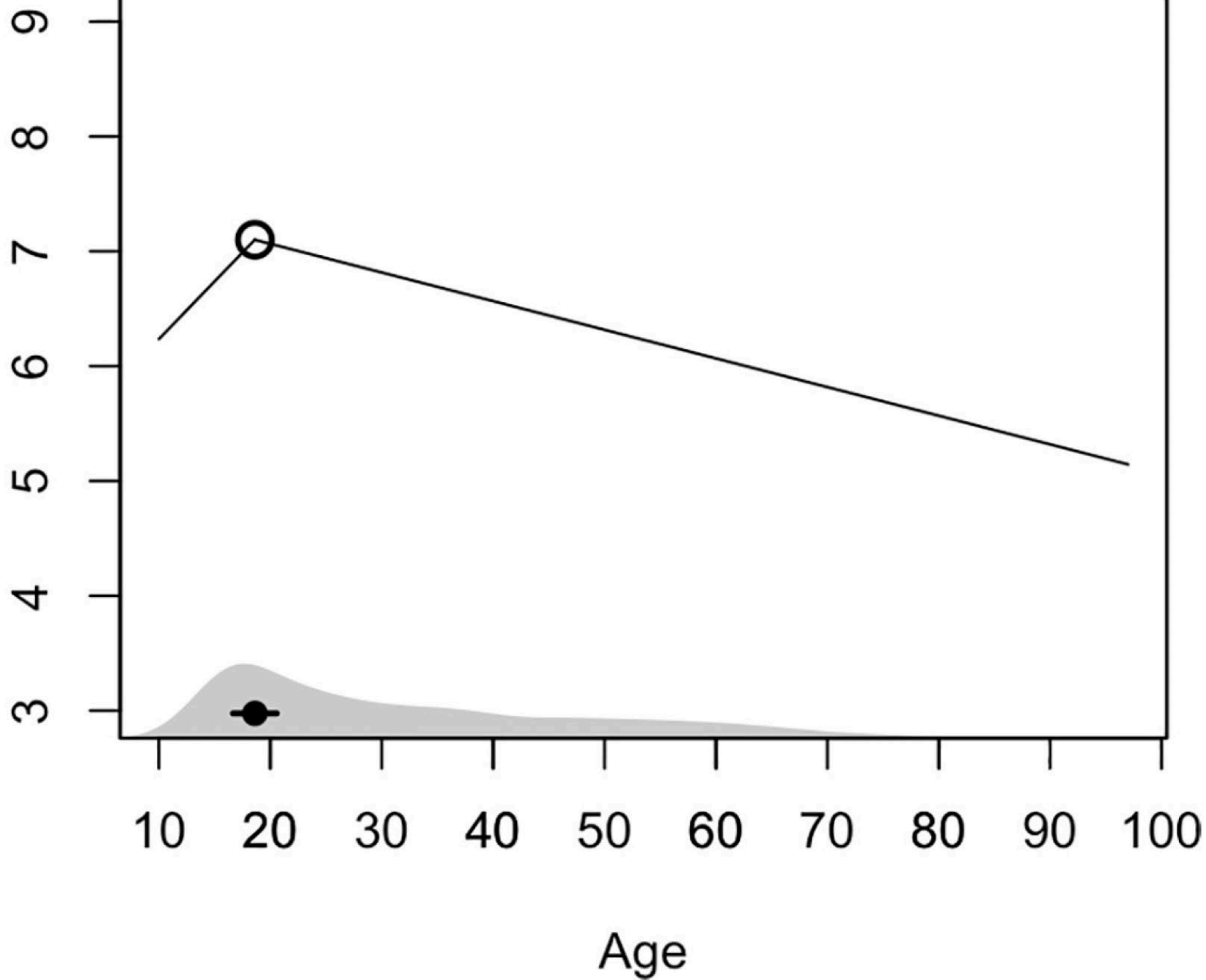
Risk factors for loneliness: The high relative importance of age versus other factors

Bridget Shovestul^{1*}, Jiayin Han¹, Laura Germine^{2,3}, David Dodell-Feder^{1,4*}

1 Department of Psychology, University of Rochester, Rochester, NY, United States of America, **2** Institute for Technology in Psychiatry, McLean Hospital, Belmont, MA, United States of America, **3** Department of Psychiatry, Harvard Medical School, Boston, MA, United States of America, **4** Department of Neuroscience, University of Rochester Medical Center, Rochester, NY, United States of America



Loneliness



Einsamkeit

1. tödlich, 2. ansteckend, 3. schmerzhaft

1. Tödlich

Social Relationships and Mortality Risk: A Meta-analytic Review

2010

Julianne Holt-Lunstad^{1*}, Timothy B. Smith², J. Bradley Layton³

1 Department of Psychology, Brigham Young University, Provo, Utah, United States of America, **2** Department of Counseling Psychology, Brigham Young University, Provo, Utah, United States of America, **3** Department of Epidemiology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina, United States of America

Abstract

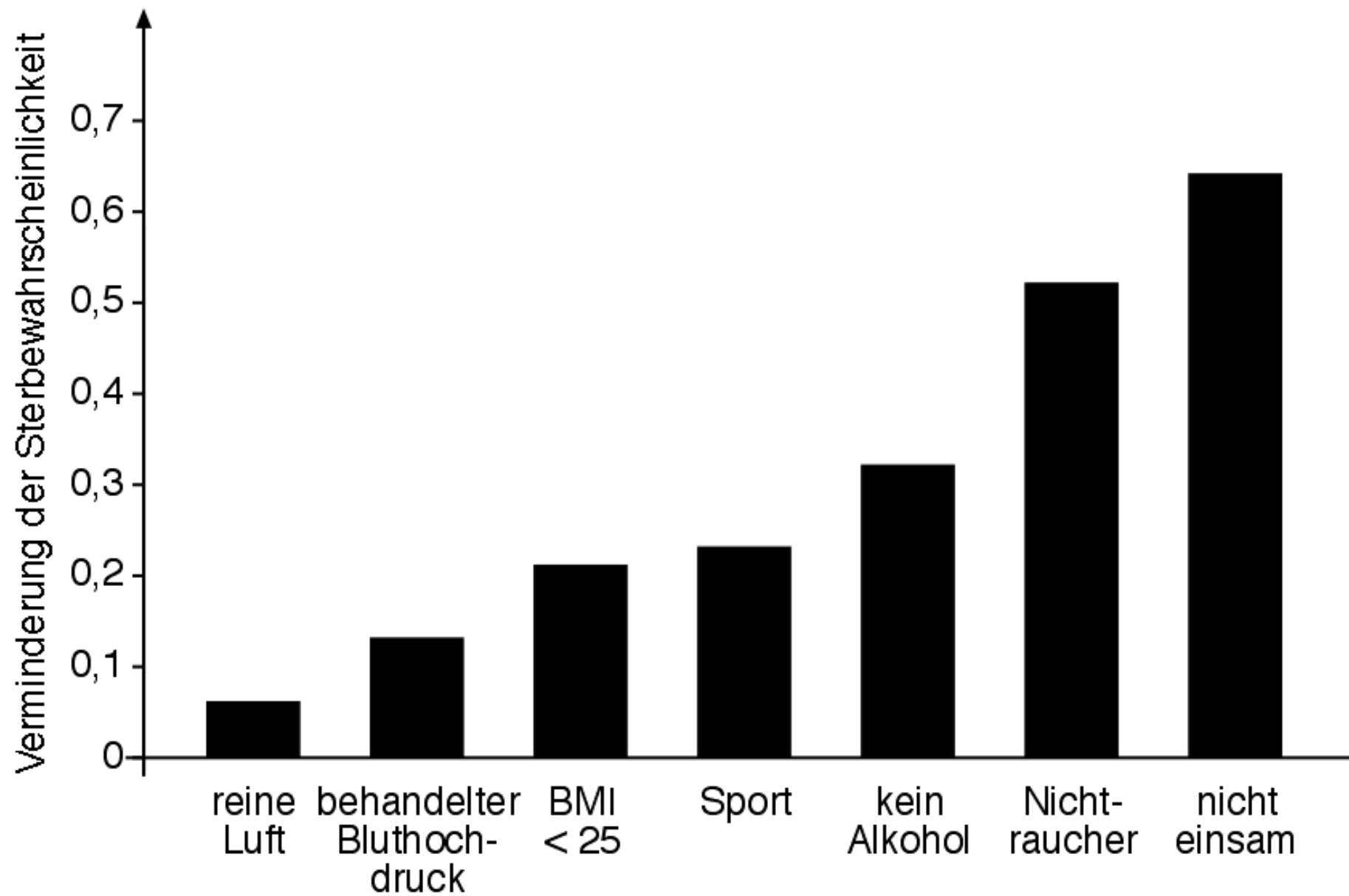
Background: The quality and quantity of individuals' social relationships has been linked not only to mental health but also to both morbidity and mortality.

Objectives: This meta-analytic review was conducted to determine the extent to which social relationships influence risk for mortality, which aspects of social relationships are most highly predictive, and which factors may moderate the risk.

Data Extraction: Data were extracted on several participant characteristics, including cause of mortality, initial health status, and pre-existing health conditions, as well as on study characteristics, including length of follow-up and type of assessment of social relationships.

Results: Across 148 studies (308,849 participants), the random effects weighted average effect size was $OR = 1.50$ (95% CI 1.42 to 1.59), indicating a 50% increased likelihood of survival for participants with stronger social relationships. This finding remained consistent across age, sex, initial health status, cause of death, and follow-up period. Significant differences were found across the type of social measurement evaluated ($p < 0.001$); the association was strongest for complex measures of social integration ($OR = 1.91$; 95% CI 1.63 to 2.23) and lowest for binary indicators of residential status (living alone versus with others) ($OR = 1.19$; 95% CI 0.99 to 1.44).

Conclusions: The influence of social relationships on risk for mortality is comparable with well-established risk factors for mortality.



Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review

**Julianne Holt-Lunstad¹, Timothy B. Smith², Mark Baker¹,
Tyler Harris¹, and David Stephenson¹**

¹Department of Psychology and ²Department of Counseling Psychology, Brigham Young University

Perspectives on Psychological Science
2015, Vol. 10(2) 227–237

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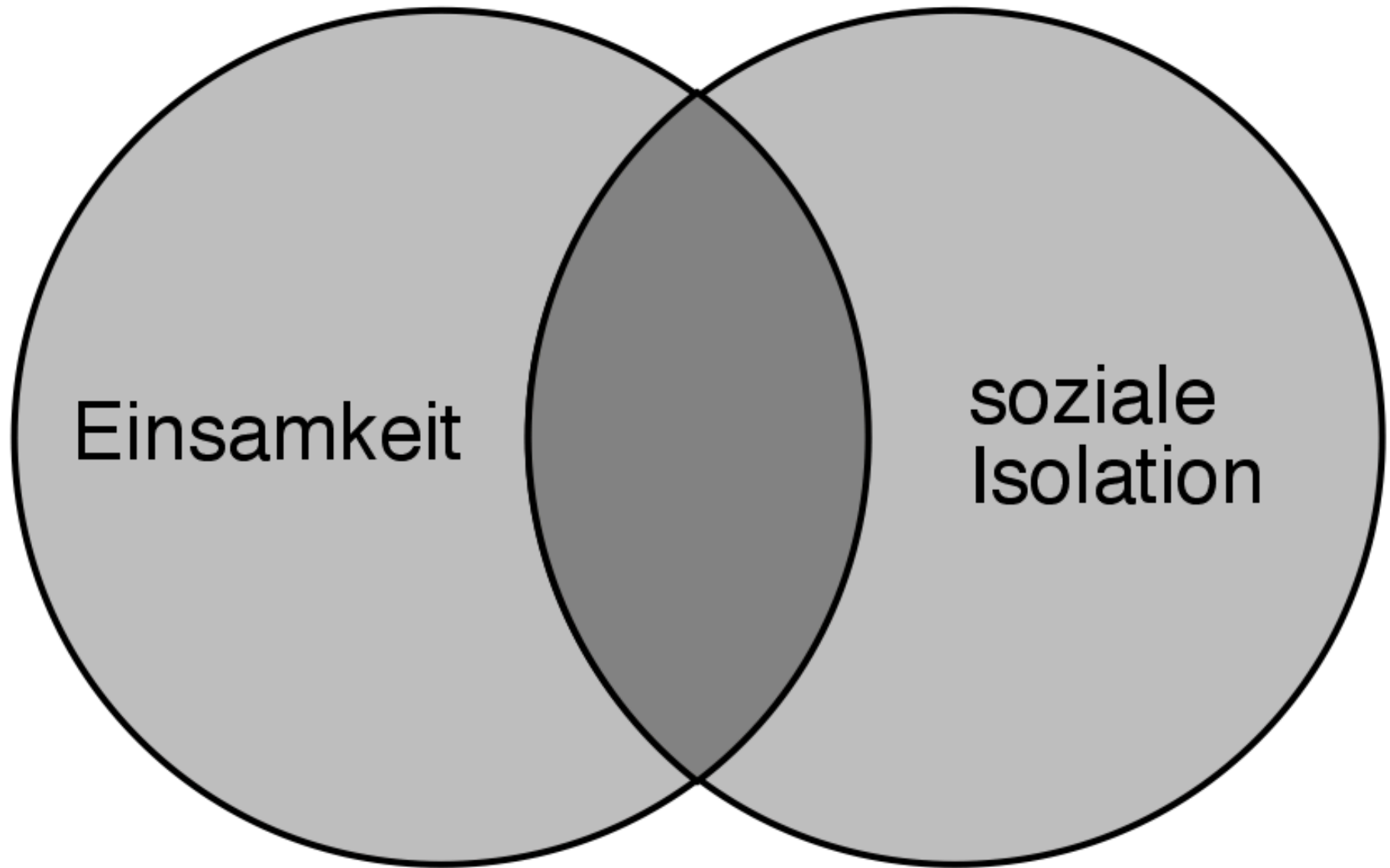
DOI: 10.1177/1745691614568352

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2015

2. Ansteckend





NIH Public Access

Author Manuscript

J Pers Soc Psychol. Author manuscript; available in PMC 2010 January 1.

Published in final edited form as:

J Pers Soc Psychol. 2009 December ; 97(6): 977–991. doi:10.1037/a0016076.

2009

Alone in the Crowd: The Structure and Spread of Loneliness in a Large Social Network

John T. Cacioppo,
University of Chicago

James H. Fowler, and
University of California, San Diego

Nicholas A. Christakis
Harvard University

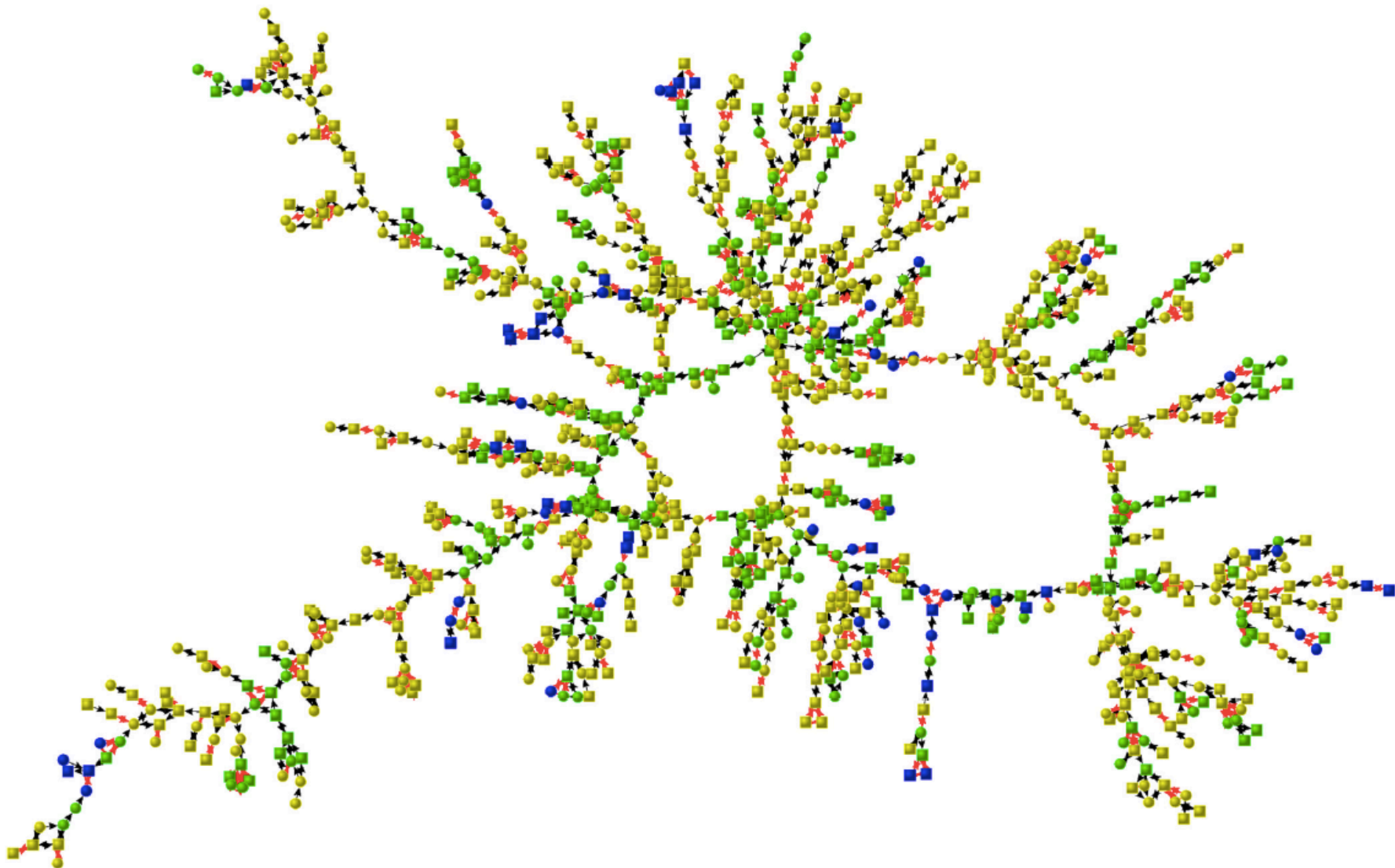
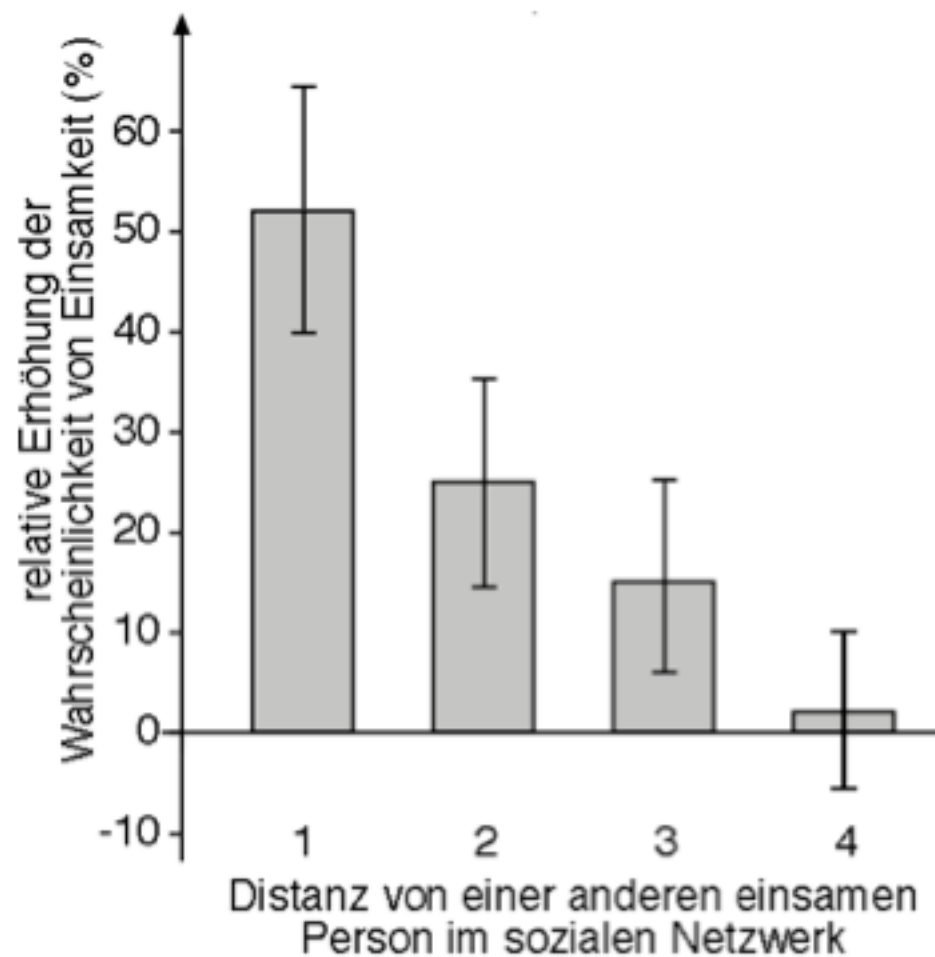
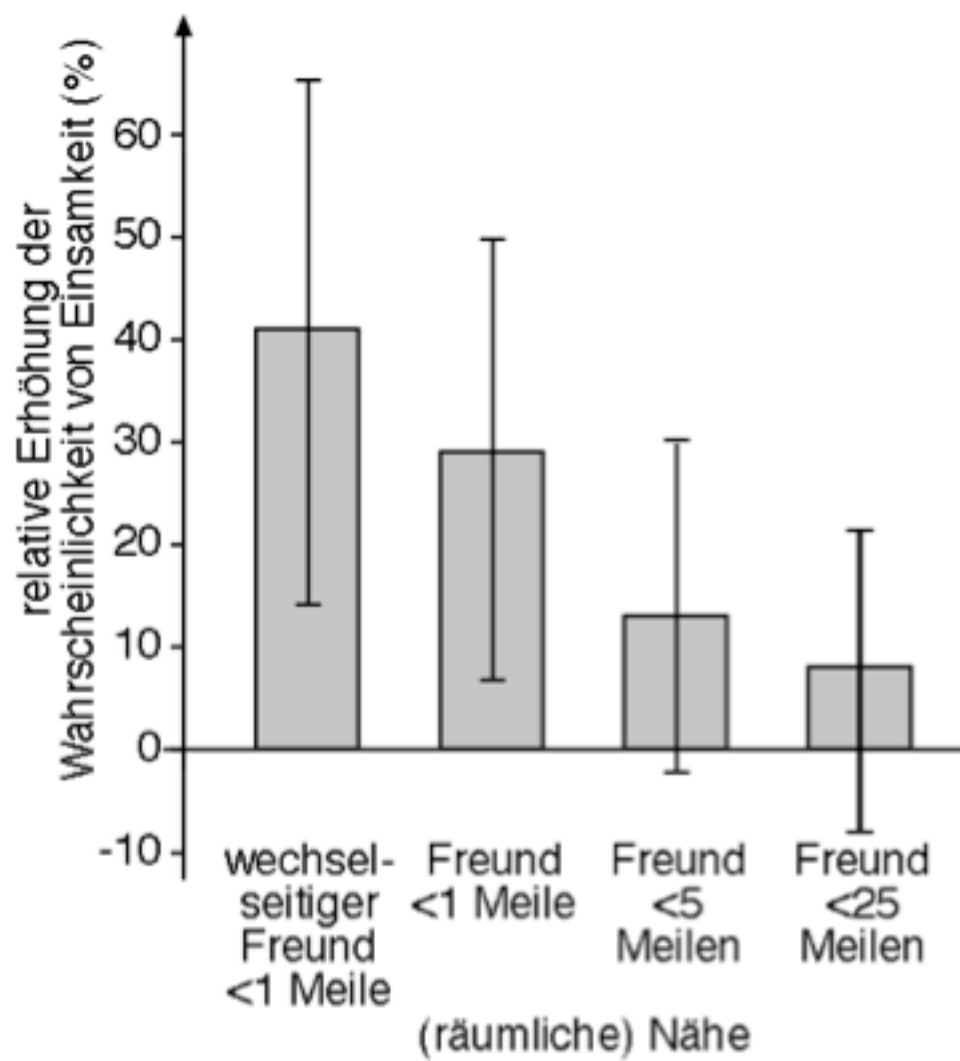


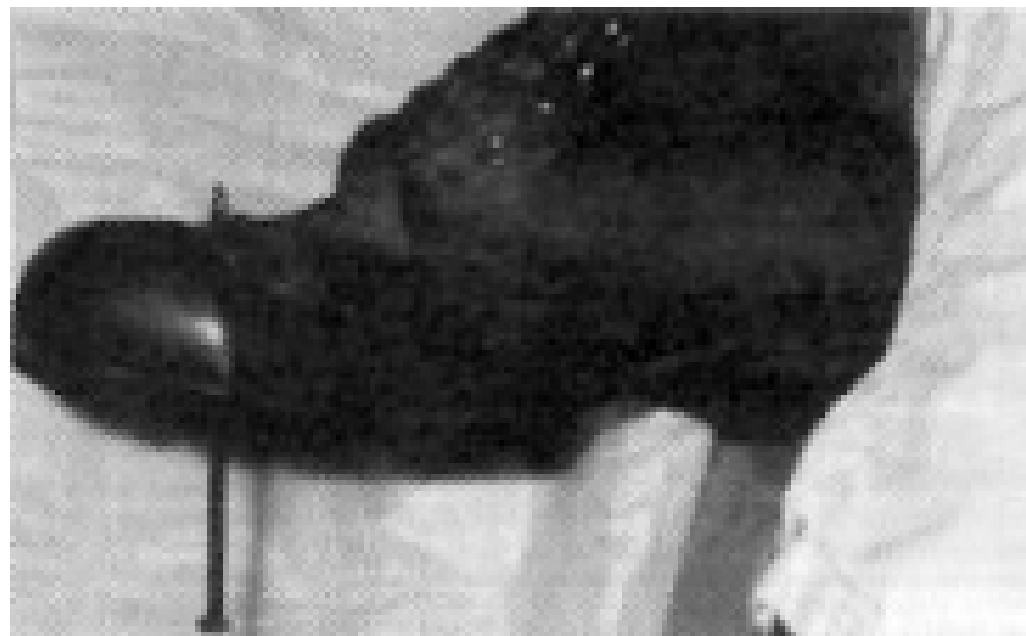
Figure 1. Loneliness Clusters in the Framingham Social Network

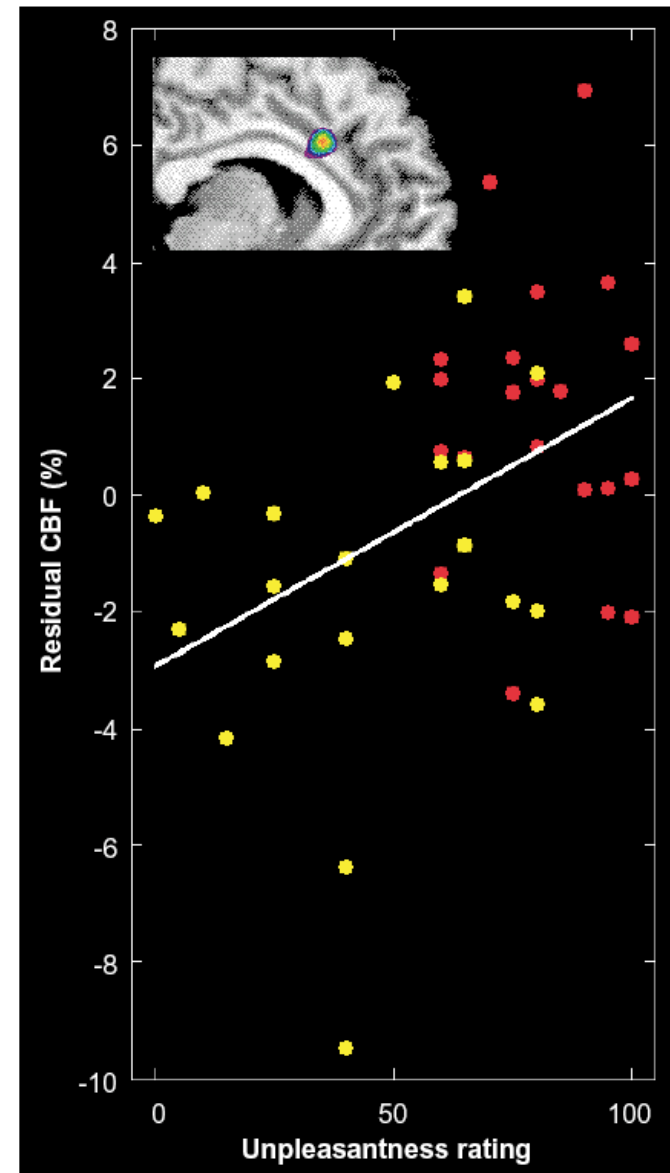
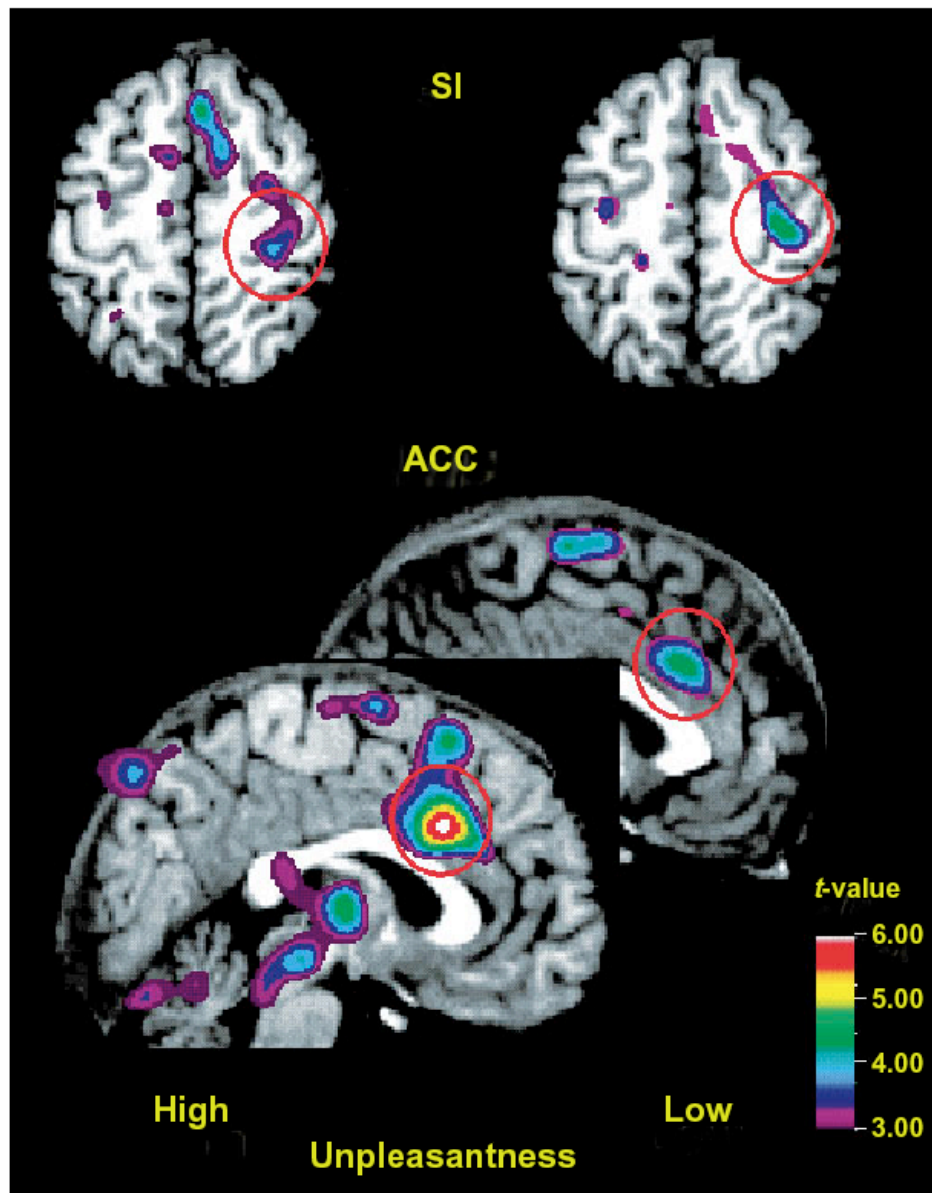
This graph shows the largest component of friends, spouses, and siblings at exam 7 (centered on the year 2000). There are 1,019 individuals shown. Each node represents a participant and





3. Schmerzhaft





1997

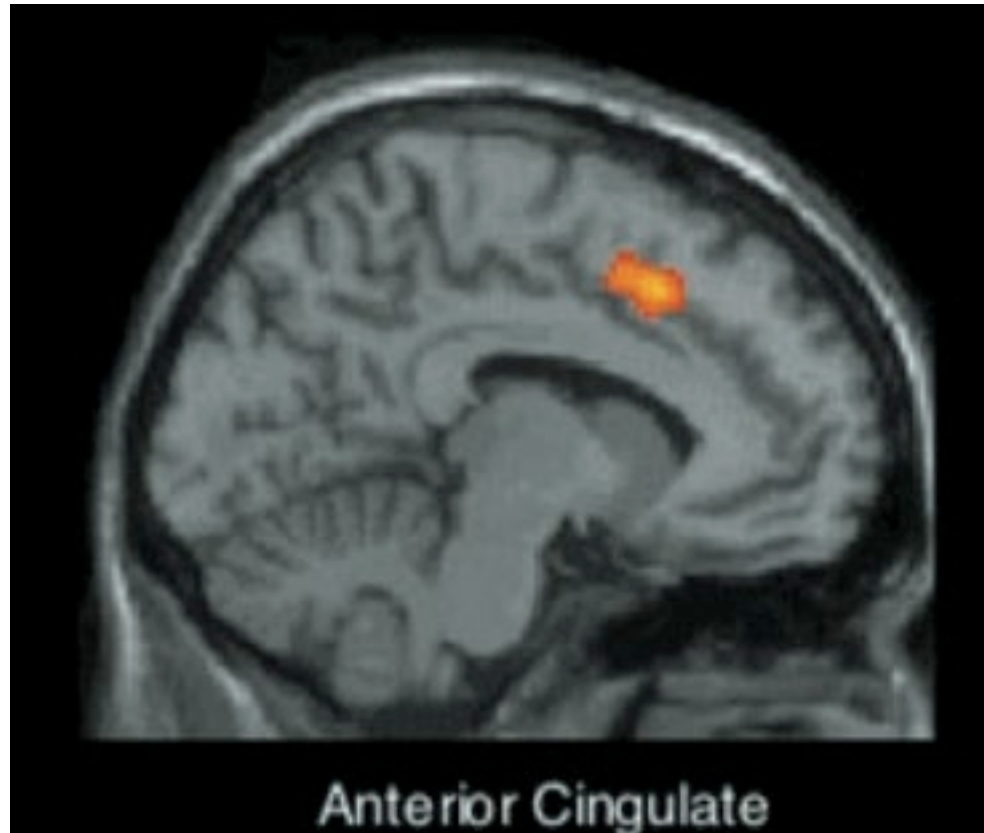
Does Rejection Hurt? An fMRI Study of Social Exclusion

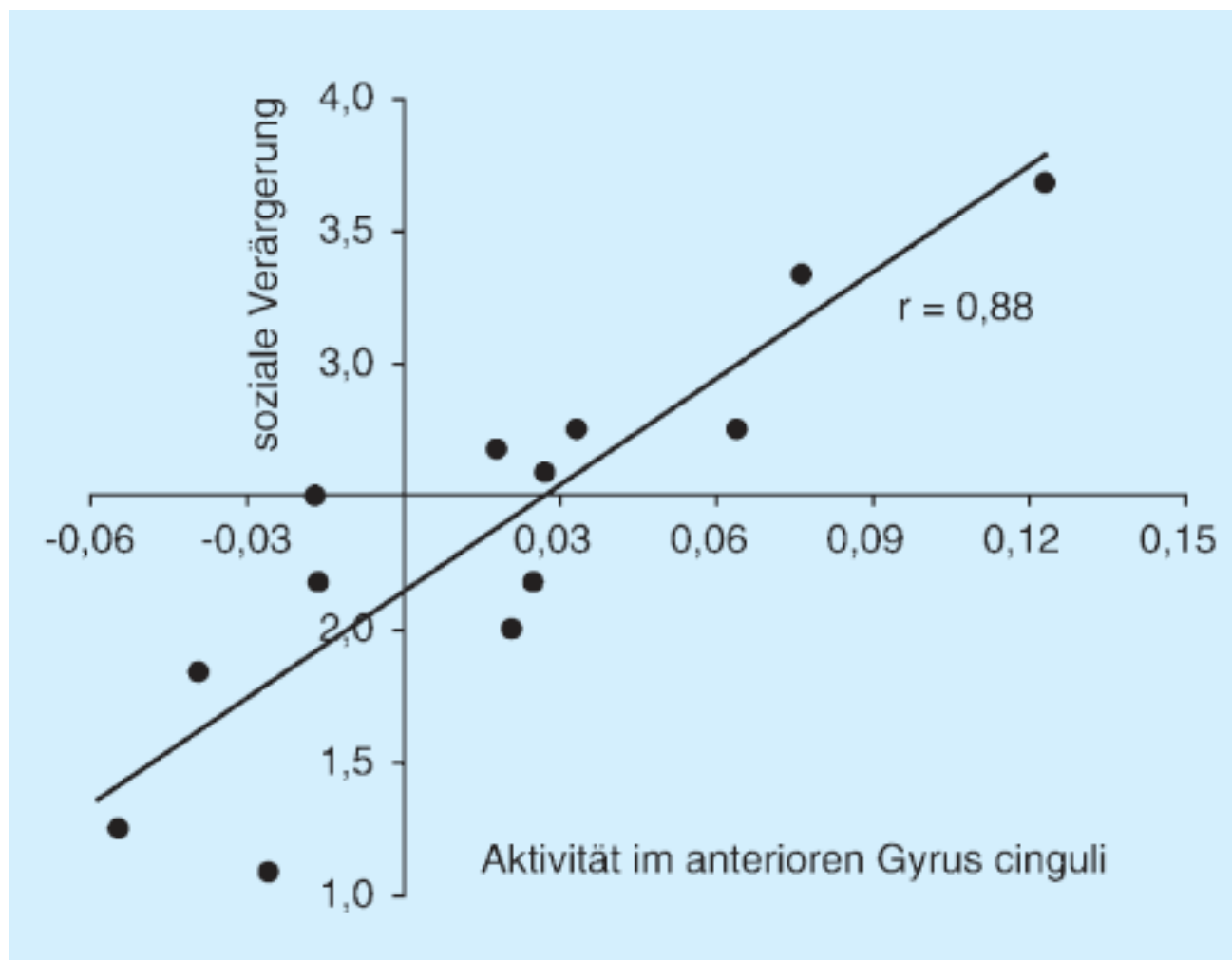
Naomi I. Eisenberger,^{1*} Matthew D. Lieberman,¹
Kipling D. Williams²

2003

A neuroimaging study examined the neural correlates of social exclusion and tested the hypothesis that the brain bases of social pain are similar to those of physical pain. Participants were scanned while playing a virtual ball-tossing game in which they were ultimately excluded. Paralleling results from physical pain studies, the anterior cingulate cortex (ACC) was more active during exclusion than during inclusion and correlated positively with self-reported distress. Right ventral prefrontal cortex (RVPFC) was active during exclusion and correlated negatively with self-reported distress. ACC changes mediated the RVPFC-distress correlation, suggesting that RVPFC regulates the distress of social exclusion by disrupting ACC activity.

10 OCTOBER 2003 VOL 302 SCIENCE





2009

PSYCHOLOGICAL SCIENCE

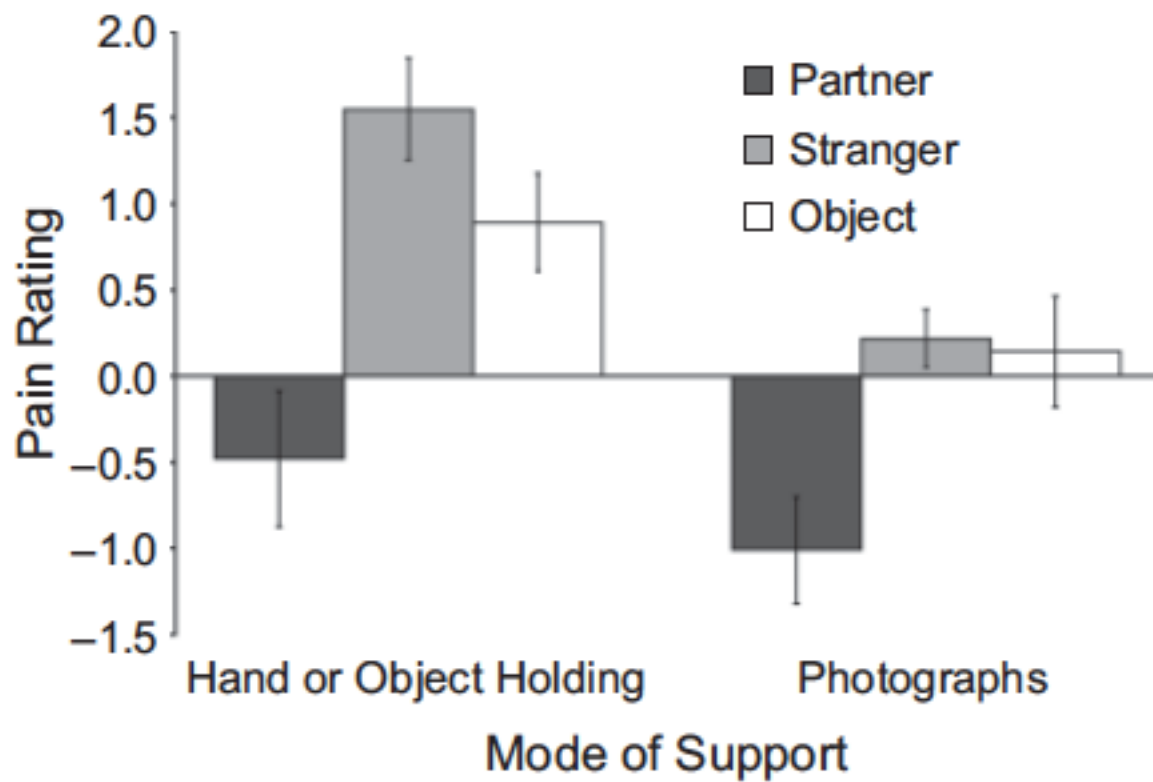
Short Report

A Picture's Worth

Partner Photographs Reduce Experimentally Induced Pain

Sarah L. Master, Naomi I. Eisenberger, Shelley E. Taylor, Bruce D. Naliboff, David Shirinyan, and Matthew D. Lieberman

University of California, Los Angeles



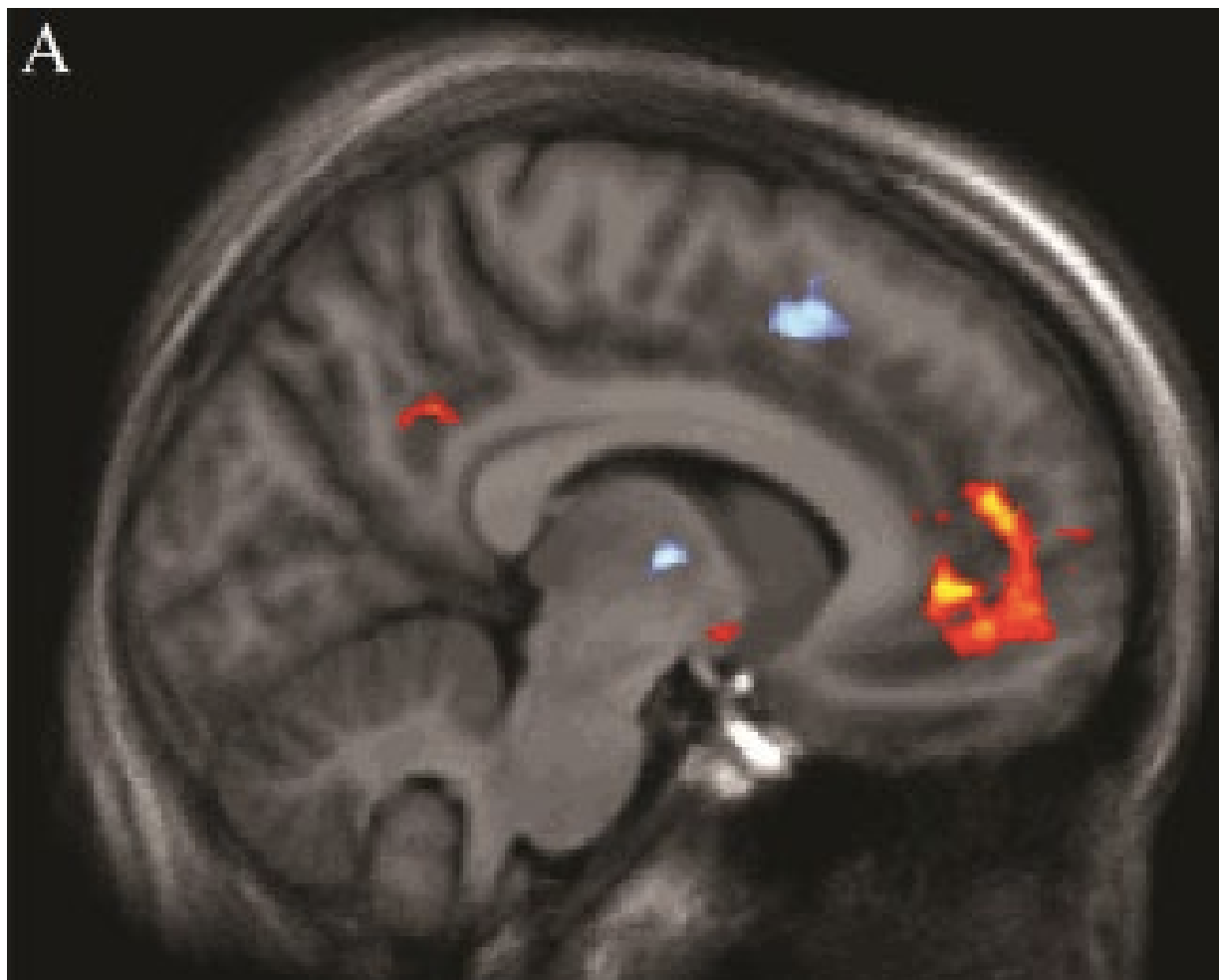
Viewing Pictures of a Romantic Partner Reduces Experimental Pain: Involvement of Neural Reward Systems

Jarred Younger¹, Arthur Aron², Sara Parke³, Neil Chatterjee¹, Sean Mackey^{1*}

¹ Department of Anesthesia, Stanford University School of Medicine, Stanford, California, United States of America, ² Department of Psychology, State University of New York at Stony Brook, Stony Brook, New York, United States of America, ³ Department of Human Biology, Stanford University, Stanford, California, United States of America

Abstract

The early stages of a new romantic relationship are characterized by intense feelings of euphoria, well-being, and preoccupation with the romantic partner. Neuroimaging research has linked those feelings to activation of reward systems in the human brain. The results of those studies may be relevant to pain management in humans, as basic animal research has shown that pharmacologic activation of reward systems can substantially reduce pain. Indeed, viewing pictures of a romantic partner was recently demonstrated to reduce experimental thermal pain. We hypothesized that pain relief evoked by viewing pictures of a romantic partner would be associated with neural activations in reward-processing centers. In this functional magnetic resonance imaging (fMRI) study, we examined fifteen individuals in the first nine months of a new, romantic relationship. Participants completed three tasks under periods of moderate and high thermal pain: 1) viewing pictures of their romantic partner, 2) viewing pictures of an equally attractive and familiar acquaintance, and 3) a word-association distraction task previously demonstrated to reduce pain. The partner and distraction tasks both significantly reduced self-reported pain, although only the partner task was associated with activation of reward systems. Greater analgesia while viewing pictures of a romantic partner was associated with increased activity in several reward-processing regions, including the caudate head, nucleus accumbens, lateral orbitofrontal cortex, amygdala, and dorsolateral prefrontal cortex – regions not associated with distraction-induced analgesia. The results suggest that the activation of neural reward systems via non-pharmacologic means can reduce the experience of pain.



„Abschied tut weh“

- Keine Metapher!
- Bloße Beschreibung dessen, was ist

Acetaminophen Reduces Social Pain: Behavioral and Neural Evidence

**C. Nathan DeWall¹, Geoff MacDonald², Gregory D. Webster³,
Carrie L. Masten⁴, Roy F. Baumeister⁵, Caitlin Powell⁶,
David Combs¹, David R. Schurtz¹, Tyler F. Stillman⁵,
Dianne M. Tice⁵, and Naomi I. Eisenberger⁴**

¹University of Kentucky; ²University of Toronto; ³University of Florida; ⁴University of California, Los Angeles;

⁵Florida State University; and ⁶Georgia College & State University

Psychological Science

21(7) 931–937

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DOI: 10.1177/0956797610374741

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