



## BIDIRECTIONAL ASSOCIATIONS BETWEEN LONELINESS AND MENTAL HEALTH: THE MODERATING ROLE OF AGE

### ABSTRACT:

Loneliness has been established as a significant risk factor for both mental and physical health. Poor health, however, can also intensify social isolation and in turn loneliness, creating a bidirectional relationship between the two constructs. The extent to which these associations vary across different stages of life, however, remains underexplored. This study investigates age-related differences in the bidirectional associations between loneliness and mental health using population-representative data from the Socio-Economic Panel (SOEP). It is hypothesized that the impact of loneliness on mental health problems is stronger in younger individuals, whereas the reverse association—mental health influencing loneliness—is more pronounced in older adults. The findings aim to deepen the understanding of the dynamic interplay between loneliness and health across the lifespan, providing insights that could inform targeted interventions for different age groups.

### KEY FACTS:

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|---|---|
| <input type="checkbox"/> BACHELOR THESIS      | <input checked="" type="checkbox"/> MASTER THESIS |
| <input checked="" type="checkbox"/> EMPIRICAL | <input type="checkbox"/> THEORETICAL              |
| <input type="checkbox"/> NEW DATA             | <input checked="" type="checkbox"/> ARCHIVAL DATA |

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START DATE: as soon as possible