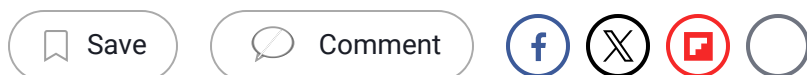


Home / News / Health News / Loneliness Raises Odds for D...

# Loneliness Raises Odds for Dementia by 31%

By HealthDay | Oct. 10, 2024



By Ernie Mundell HealthDay Reporter

THURSDAY, Oct. 10, 2024 (HealthDay News)

-- A new study finds persistent loneliness taking a toll on aging brains and significantly raising a person's odds for dementia.

Research funded by the U.S. National Institute of Mental Health tracked self-reports of loneliness and the neurological health of more than 600,000 people worldwide.



HEALTHDAY

The study found loneliness was linked to a 31% rise in the likelihood that a person would go on to develop any form of [dementia](#). Loneliness also raised the chances of cognitive impairment in people by 15%.

According to study co-author [Dr Páraic Ó Súilleabháin](#), of the University of Limerick, in Ireland, "These are very important findings and indicate that loneliness is a critically important risk factor in the future development of dementia."

The study was published Oct. 9 in the journal [Nature Mental Health](#).

In 2023, [U.S. Surgeon General Dr. Vivek Murthy](#) published [a report](#) on loneliness and isolation among Americans, labeling it an "epidemic." The effects of loneliness on physical and mental health are already well known.

"Our laboratory has found that loneliness is critical to future health in a variety of different ways, including our longevity -- i.e. how long we live," noted Ó Súilleabháin, who directs the Personality, Individual Differences and Biobehavioral Health Laboratory at the Irish university.



"Loneliness is critically important for cognitive health, in that loneliness leads to the future development of dementia, vascular dementia, Alzheimer's disease and more general cognitive impairment," he explained.

He called the new study "a very important piece of research which will have far reaching consequences."

The study was led by [Dr. Martina Luchetti](#), from the College of Medicine at Florida State University in Tallahassee.

Speaking in the University of Limerick news release, she said there's one silver lining from the study: Loneliness is a risk factor that can be changed.

"There are different types and sources of loneliness that can affect cognitive symptoms across the dementia continuum," Luchetti said. "Addressing loneliness promoting a feeling of connectedness could be protective for cognitive health in later life."

### **More information**

Find out more about the effects of loneliness on health at the [American Medical Association](#).

SOURCE: University of Limerick, news release, Oct. 9, 2024

Copyright © 2024 [HealthDay](#). All rights reserved.

**Tags: psychology**

## Read More



### U.S. News Decision Points

Your trusted source for the latest news delivered weekdays from the team at U.S. News and World Report.

Sign up to receive the latest updates from U.S News & World Report and our trusted partners and sponsors. By clicking submit, you are agreeing to our [Terms and Conditions](#) & [Privacy Policy](#).

Email Address



Sign Up

**Sign in to manage your newsletters »**

---

## YOU MAY ALSO LIKE

### The 10 Worst Presidents

Not all U.S. presidents are missed once they leave the White House.

U.S. News Staff Feb. 23, 2024



### The Best Cartoons on Donald Trump

Oct. 9, 2024, at 11:21 a.m.



### Joe Biden Behind The Scenes

Visual moments from the 46th U.S. presidency.

Aug. 20, 2024



### FEMA's Political Storm: What to Know

Partisan allegations about FEMA and the Biden administration's disaster response are swirling, with some Republicans claiming funds were diverted and governors were ignored. Here's what to know.

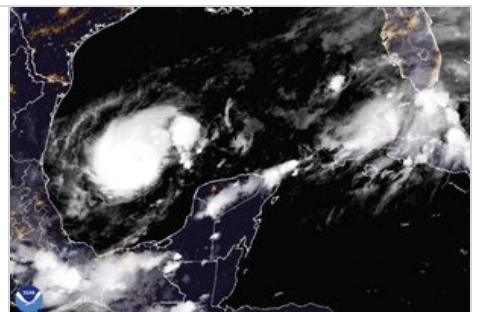
Laura Mannweiler Oct. 9, 2024



### Hurricane Milton: What to Know

Mayors of several Florida cities have issued states of emergency as Milton, now a Category 4 hurricane, barrels toward the coast.

Alan Kronenberg Oct. 9, 2024



### FEMA 'Ready' for Hurricane Milton

Hurricane Milton, which is a Category 3 storm, comes less than two weeks after Hurricane Helene, a Category 4 storm, made landfall in Florida before devastating western North Carolina.

Cecelia Smith-Schoenwalder Oct. 9, 2024



### He Said, She Said: On the Trail

Hurricane Milton, a Category 4 storm expected to make landfall in Florida late Wednesday, is already disrupting some campaign events.

Cecelia Smith-Schoenwalder Oct. 9, 2024



### Political Storms Arrive Before Milton

Florida Gov. Ron DeSantis reportedly refused to take Vice President Kamala Harris' calls about storm recovery after Hurricane Helene and ahead of Hurricane Milton.

Cecelia Smith-Schoenwalder Oct. 8, 2024



### Will Fall Bring Housing Market Relief?

Lower mortgage rates and increased inventory for sale are boosting hopes of a late-year rebound.

Tim Smart Oct. 8, 2024



### He Said, She Said: On the Trail

Both Trump and Harris on Monday marked the one-year anniversary of the Oct. 7 Hamas attack on Israel with remarks. Trump ruffled feathers with his latest comments about migrants.

Cecelia Smith-Schoenwalder Oct. 8, 2024



[Load More](#)

[BEST COUNTRIES](#)   [BEST STATES](#)

[HEALTHIEST COMMUNITIES](#)   [NEWS](#)

[U.S. NEWS DECISION POINTS](#)   [PHOTOS](#)   [AMERICA 2024](#)

[EVENTS](#)



[About](#)   [Editorial Guidelines](#)   [Contact](#)   [Press](#)   [Advertise](#)   [Newsletters](#)   [Jobs](#)   [Site Map](#)  
[Store](#)

Copyright 2024 © U.S. News & World Report L.P.

[Terms & Conditions/Privacy Policy/U.S. State Privacy Notice/Your Privacy Choices](#)