

EFFECT OF LONELINESS ON DEMENTIA INCIDENCE AFTER 11 YEARS OF FOLLOWED-UP: A SECONDARY ANALYSIS OF DEMENTIA RESEARCH GROUP IN MEXICAN ELDERS

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Objective: Analyze the effect of loneliness on dementia incidence after 11 years of follow-up in a Mexican older sample

INTRODUCTION

Loneliness have showed a controversial relationship with increased risk of dementia, both above mentioned conditions are increasing in current years and represent a risk for older adults' health.

METHODS

Secondary analyses were done with 824 data of 65 and over years Mexican older adults. Information comes from Dementia Research Group protocols in Mexico, through a door-to-door census in urban and rural catchment areas during 2003 for the first evaluation until 2017.

Loneliness was assessed based on feeling lonely, with or without emotional discomfort.

Participants had information for incident dementia, sex, age, education, marital status, residence area, occupation, education, household assets, living alone, health status, physical disability, and hearing loss.

Poisson risk model was performed to estimate risk for dementia.

RESULTS

Prevalence of loneliness without emotional discomfort and with emotional discomfort were 11.1% and 21.8%, respectively.

Cumulative incidence of dementia was 37.0% after follow-up. Bivariate analysis for the two loneliness groups showed significative differences for sex ($p<0.002$), residence area ($p<0.034$), marital status ($p<0.001$), occupation ($p<0.042$), education ($p<0.001$), household assets ($p<0.001$), living alone ($p=0.016$), health status ($p<0.001$), physical disability ($p<0.010$), hearing loss ($p<0.017$), and depressive symptoms (see table 1).



Table 1

Crude Poisson analyses (see table 2) showed loneliness with emotional discomfort had an increased risk for dementia in women IRR: 1.45 (CI95%: 1.20-1.79), meanwhile in man the risk for dementia was higher in loneliness without discomfort IRR: 1.60 (CI95%: 1.04-2.44). Finally, adjusted multivariate analyses only loneliness with emotional discomfort, showed an increased risk for women IRR:1.27 (CI95%: 1.01-1.60) (see table 2).

Table 2. Crude and adjusted model for dementia incidence after 11 years of follow-up by sex (n=824)

	Crude				Adjusted ^T			
	Women		Man		Women		Man	
	IRR	95% CI	IRR	95% CI	IRR	95% CI	IRR	95% CI
Without loneliness	1		1		1		1	
Loneliness without emotional discomfort	1.14	0.80 1.62	1.60	1.04 2.44	0.93	0.68 1.28	1.07	0.74 1.56
Loneliness with emotional discomfort	1.49	1.19 1.87	1.34	0.91 1.96	1.27	1.01 1.60	0.96	0.64 1.44

^TModel adjusted for: age group, residence area, education, and depressive symptoms.

CONCLUSIONS

Loneliness, particularly when emotional discomfort is present, resulted in an increased risk for dementia incidence after follow-up period in women independently of adjusted variables including depressive symptoms, while in man there was not a significant effect for any loneliness group.

More research is necessary to prevent new dementia cases on population like ours because loneliness is increasing, and it could be modified.

REFERENCES



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