

Cognitive Reserve, Loneliness, and Social Isolation in Community-Dwelling Older Adults

P9-270

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Higher cognitive reserve was associated with lower loneliness in cognitively intact older adults, Higher cognitive reserve was associated with a lower risk of social isolation, Loneliness and social isolation were strongly related, but represent distinct social dimensions, Age was not significantly associated with either loneliness or social isolation. Male sex was associated with higher loneliness Cognitive reserve may serve as a protective social proxy. Assessment of cognitive reserve may help identify older adults at greater social vulnerability. Promoting cognitive reserve throughout life may contribute to dementia prevention by reducing loneliness and social isolation.

INTRODUCTION	METHODS	RESULTS	DISCUSSION AND CONCLUSIONS	REFERENCES
Loneliness and social isolation are independent risk factors for cognitive decline and dementia. Cognitive reserve reflects lifelong educational, occupational, and leisure activities. Its relationship with loneliness and social isolation in cognitively intact older adults remains unclear. Objective: To examine the association between cognitive reserve, loneliness, and social isolation risk in community-dwelling older adults without dementia	Design: Cross-sectional observational study Participants: 46 adults (60–77 years) Inclusion criteria: • Independent in daily activities • No dementia or major neurological/psychiatric disease Measures: • Cognitive Reserve Index Questionnaire (CRIq) • UCLA-3 Loneliness Scale • Lubben Social Network Scale (LSNS-6) Analysis: • Pearson correlation • Linear regression (loneliness) • Logistic regression (social isolation risk)	1. Loneliness and social isolation Significant negative correlation between loneliness and social network size r = −0.55, p < .001 2. Cognitive reserve and loneliness Higher cognitive reserve predicted lower loneliness scores β standardized = −0.36, p = .014 Age: not significant Male gender: higher loneliness 3. Cognitive reserve and social isolation Higher cognitive reserve associated with lower risk of social isolation OR = 0.99, p = .003 Age and gender: not significant	DISCUSSION Cognitive reserve is inversely associated with both loneliness and social isolation. These constructs are related but represent distinct social dimensions. CRIq may act as a proxy for broader social opportunities beyond education alone. LIMITATIONS Sample shows very high cognitive reserve, limiting variability Cross-sectional design Limited generalizability to lower-education populations CONCLUSIONS Higher cognitive reserve is associated with lower loneliness and reduced risk of social isolation. Cognitive reserve may represent a modifiable target for dementia-prevention strategies.	Evans IEM, Llewellyn DJ, Matthews FE, Woods RT, Brayne C, Clare L. Social isolation, cognitive reserve, and cognition in healthy older people. <i>PLoS One</i>. 2018;13(8):e0201008. Evans IEM, Martyr A, Collins R, Brayne C, Clare L. Social Isolation and Cognitive Function in Later Life: A Systematic Review and Meta-Analysis. <i>Journal of Alzheimer's Disease</i>. 2019;70(S1):S119–S144. Cardona M, et al. Are social isolation and loneliness associated with cognitive ageing? A systematic review and meta-analysis. <i>Ageing Research Reviews</i>. 2023;85:101878. Luchetti M, et al. A Meta-analysis of Loneliness and Risk of Dementia. <i>Nature Mental Health</i>. 2024
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