

Applicant

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Project Title

Social Support, Mental Health, and Cognitive Function in Waves 1, 2 and 3 of the CLSA

Project Summary

Cognitive function involves mental processes that allow people to function in daily life and are thus critical to healthy aging. We will examine the effects of social support (social isolation and functional social support) and mental health on the cognitive health of middle-aged and older adults using data from the first three waves of the CLSA. Social isolation is the absence of strong social networks and low participation in social events. Functional social support is one's perception of whether their social network will provide help, care, and comfort in times of need. Social support is closely connected to mental health issues such as depression and loneliness. Our work will promote healthy aging through a better understanding of the inter-relationships of social support, mental health, and cognition, and by identifying vulnerable subgroups who may derive greater benefit from interventions.

Keywords

Social support, social isolation, cognition, loneliness, depression