課程表

時間:：112/10/24（二） 14:00-15:00

講者：Tatia Lee

講題：**Loneliness and mental health in older adults**

授課對象：醫療相關人員

大綱：

Humans rely on safe and secure social environments to thrive as a social species. Research findings indicate that perceived loneliness (loneliness) is a significant cognitive and mental health risk factor. Our previous work has also revealed that loneliness, combined with a depressed mood, was negatively correlated to the general cognitive status of older adults.

In collaboration with scientists and clinical researchers from Taiwan, the US, and Hong Kong, we conducted a series of studies to understand the neurobiological basis of loneliness in late-life depression (LLD). Our findings indicate that gray matter volumes of the left putamen, caudate, and pallidum could differentiate between healthy controls and people suffering from LLD. Furthermore, a loneliness-related structural sub-network was found across the clinical participants with LLD. Loneliness was identified to have a unique role in the negative affective processing in LLD at functional brain connectional and network levels. Loneliness was also found to be associated with altered neural regulatory functioning on self-referential processing and action control. We further discovered correlations between loneliness and major depressive disorders (MDD). We isolated the unique and interactive cognitive and neural substrates of loneliness and MDD. The distinct neurocognitive profile of loneliness might indicate an increase in bottom-up attention and top-down executive control functions. However, we speculated that the upregulated cognitive control processes in lonely individuals might become exhausted, which might predispose them to the onset of MDD.