# Article information:

Relationship Between Loneliness, Psychiatric Disorders and Physical Health ? A Review on the Psychological Aspects of Loneliness - PMC
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4225959/>

# Article summary:

1. Loneliness can lead to various psychiatric disorders like depression, alcohol abuse, child abuse, sleep problems, personality disorders and Alzheimer’s disease.

2. Loneliness is associated with physical disorders like diabetes, autoimmune disorders like rheumatoid arthritis, lupus and cardiovascular diseases like coronary heart disease, hypertension (HTN), obesity, physiological aging, cancer, poor hearing and poor health.

3. Interventions for loneliness include developing social skills, giving social support, developing opportunities for social interaction and recognizing maladaptive social cognition.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article "Relationship Between Loneliness, Psychiatric Disorders and Physical Health – A Review on the Psychological Aspects of Loneliness" provides a comprehensive overview of the impact of loneliness on mental and physical health. The article highlights that loneliness is a global human phenomenon that can lead to various psychiatric disorders like depression, alcohol abuse, child abuse, sleep problems, personality disorders, and Alzheimer’s disease. It also leads to various physical disorders like diabetes, autoimmune disorders like rheumatoid arthritis, lupus and cardiovascular diseases like coronary heart disease, hypertension (HTN), obesity, physiological aging, cancer, poor hearing and poor health.

The article provides evidence-based research studies to support its claims. However, there are some potential biases in the article. Firstly, the article focuses mainly on elderly patients in India and does not provide enough information about other age groups or countries. Secondly, the article does not explore counterarguments or present both sides equally. For example, it does not mention any potential benefits of being alone or introverted.

Moreover, the article lacks evidence for some of its claims. For instance, it states that loneliness is associated with more than two-fold risk of dementia without providing any supporting evidence for this claim. Additionally, the article does not provide enough information about interventions for loneliness or their effectiveness.

Overall, while the article provides valuable insights into the impact of loneliness on mental and physical health based on research studies conducted in India mainly among elderly patients; it could benefit from exploring counterarguments and presenting both sides equally as well as providing more evidence for some of its claims.

# Topics for further research:

* Benefits of being alone or introverted
* Loneliness interventions and effectiveness
* Loneliness and different age groups
* Loneliness and cultural differences
* Loneliness and social media use
* Loneliness and physical activity/exercise

# Report location:

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