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Effect of Isolation on Cognitive Decline

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Dear Editor,

Social isolation is a term that means a person doesn't have enough contact with other people. Isolation is an objective state that can be shown as the number of contacts a person has and can be counted. There is some factor in defining isolation, including living alone, have face to face contact with other people or through the media, the number of friends and family that an individual has, and be a member of social groups [1].

Previous researches have shown social isolation is associated with cognitive decline [2]. Objective social isolation is a risk factor for adverse physical and mental health outcomes, as well as age-related cognitive decline. Social isolation is associated with memory and episodic memory decline over time [1,3]. Isolation indicates an association with immediate and delayed recall, verbal fluency, and backward digit span as well [4].

Providing space for adults to be socially engaged can be a goal in public policies to distribute healthy aging, and might be useful in clinical practice to promote health status and to monitor older people at higher risk of cognitive decline [5]. Social distancing due to Covid-19 protocols could be at risk for further cognitive decline among older adults [6]. So as the restrictions increased, finding a solution to providing social support for people can be different and we should look for a solution that works even in the distance and could reduce objective social isolation in adults.

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