



Estrés, aislamiento social y riesgo vascular



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What makes a Good life? Longest study on happiness

HARVARD
SECOND GENERATION
STUDY

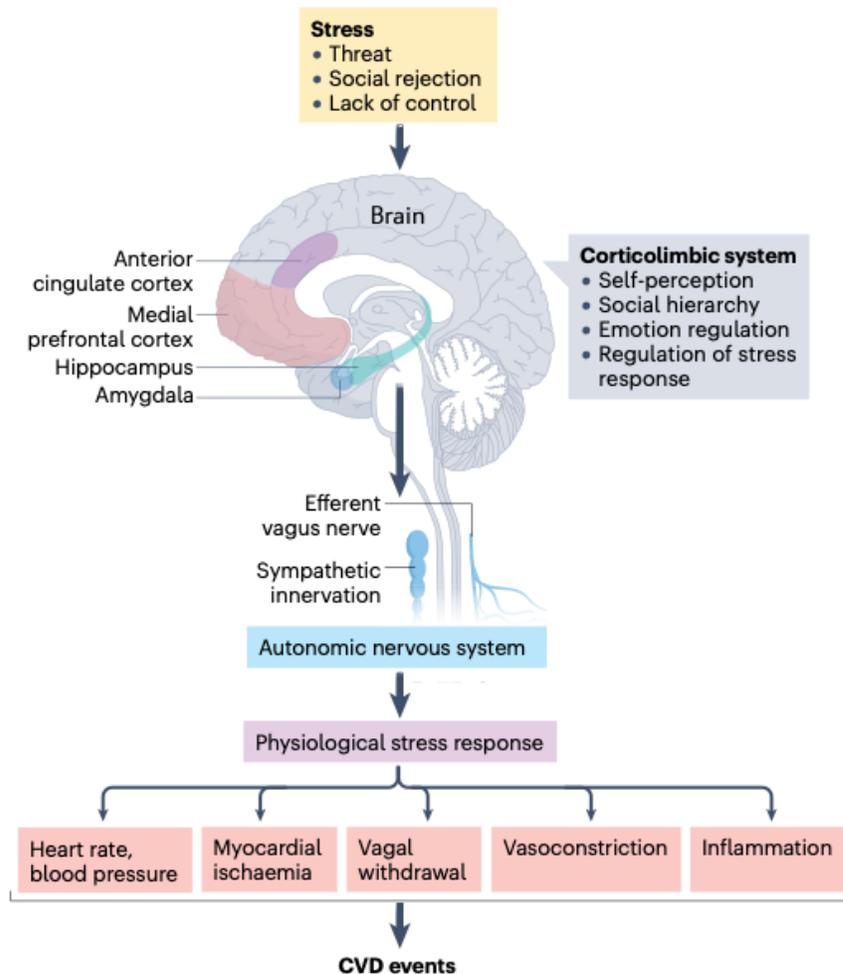


- 1938-Actualidad
- Monitorización de la salud vascular
- Evaluación del deterioro cognitivo
- Social/Económico
- Relacional afectivo

¿Cuál fue la única **variable significativa** a largo plazo que se relacionó con mejor salud, mayor calidad de vida y felicidad e incluso como factor protector de deterioro cognitivo?

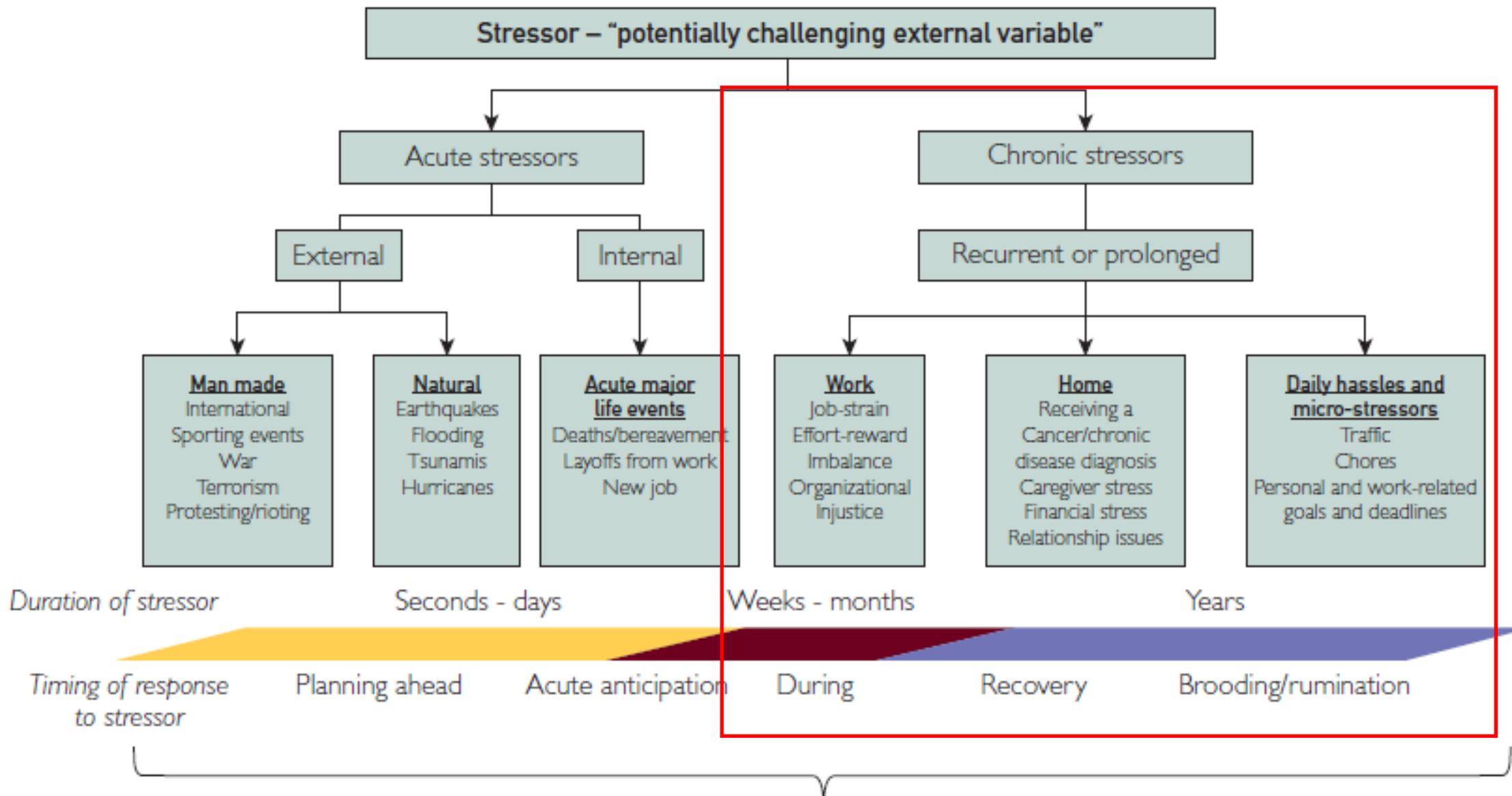
Waldinger, R. (2015, diciembre). *What makes a good life?* Conferencias TED.
https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness

Estrés: Disparadores y mediadores en la respuesta del SNA



“Hipótesis de reactividad cardiovascular: El SNA tiene un papel crucial y la exposición continuada al estrés desregula el mismo”

Diferentes formas de estrés crónico



DATOS AS, SOLEDAD Y ECV

Riahi et al. *BMC Cardiovascular Disorders* (2023) 23:236
<https://doi.org/10.1186/s12872-023-03195-x>

BMC Cardiovascular Disorders

RESEARCH

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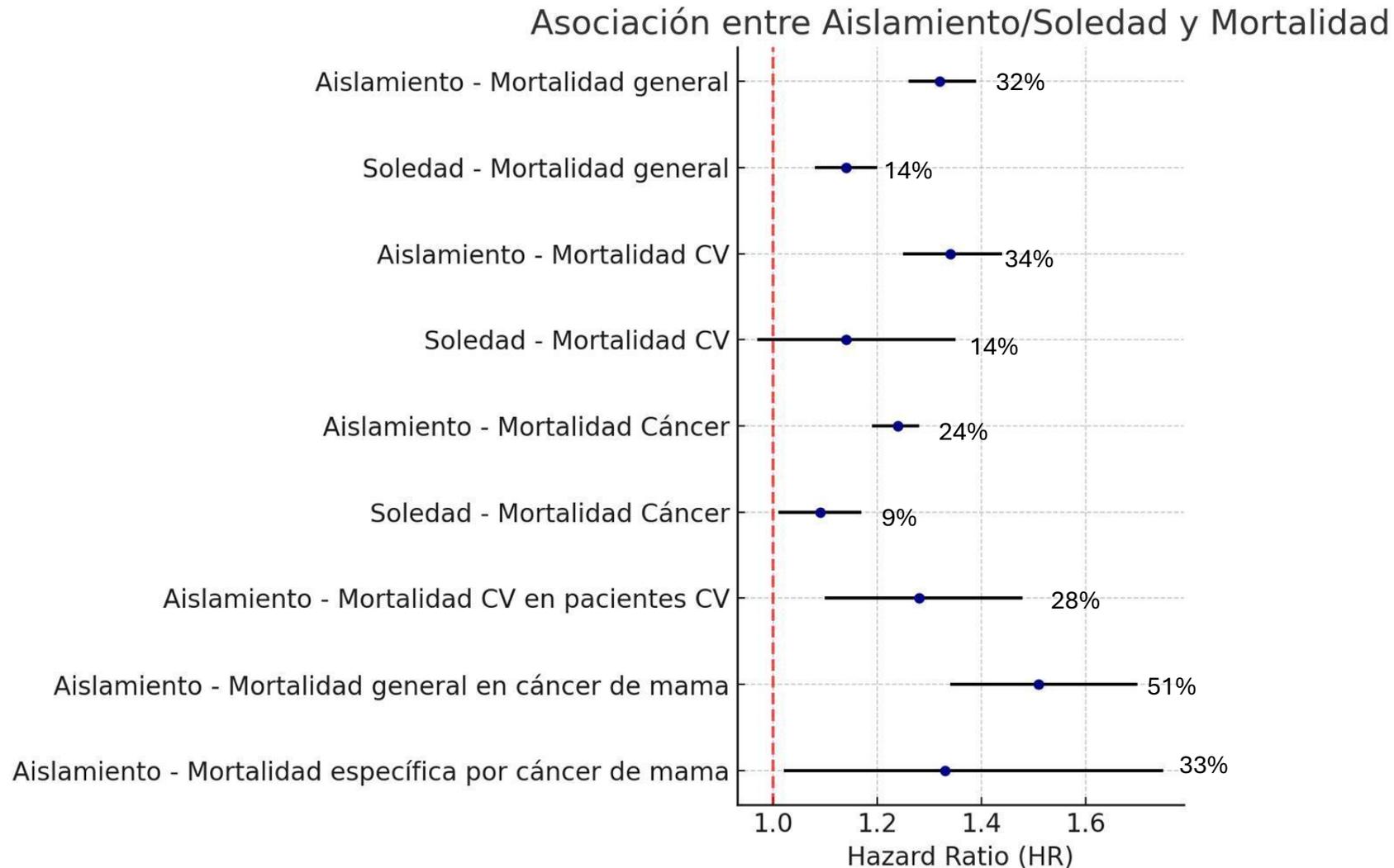
Associations of emotional social support, depressive symptoms, chronic stress, and anxiety with hard cardiovascular disease events in the United States: the multi-ethnic study of atherosclerosis (MESA)



Seyed Mohammad Riahi^{1*}, Ahmad Yousefi², Farhad Saeedi^{3,4} and Seth Shay Martin^{5,6}

- 6779 sujetos 8,5 años
- 370 tuvieron evento cardiovascular severo
- No relación significativa con la ansiedad.
- Cada punto superior en la escala de estrés crónico se asoció con un 18% más de padecer un HCVD.
- El apoyo social tuvo una relación significativa inversa, así que es un factor protector.

A systematic review and meta-analysis of 90 cohort studies of social isolation, loneliness and mortality

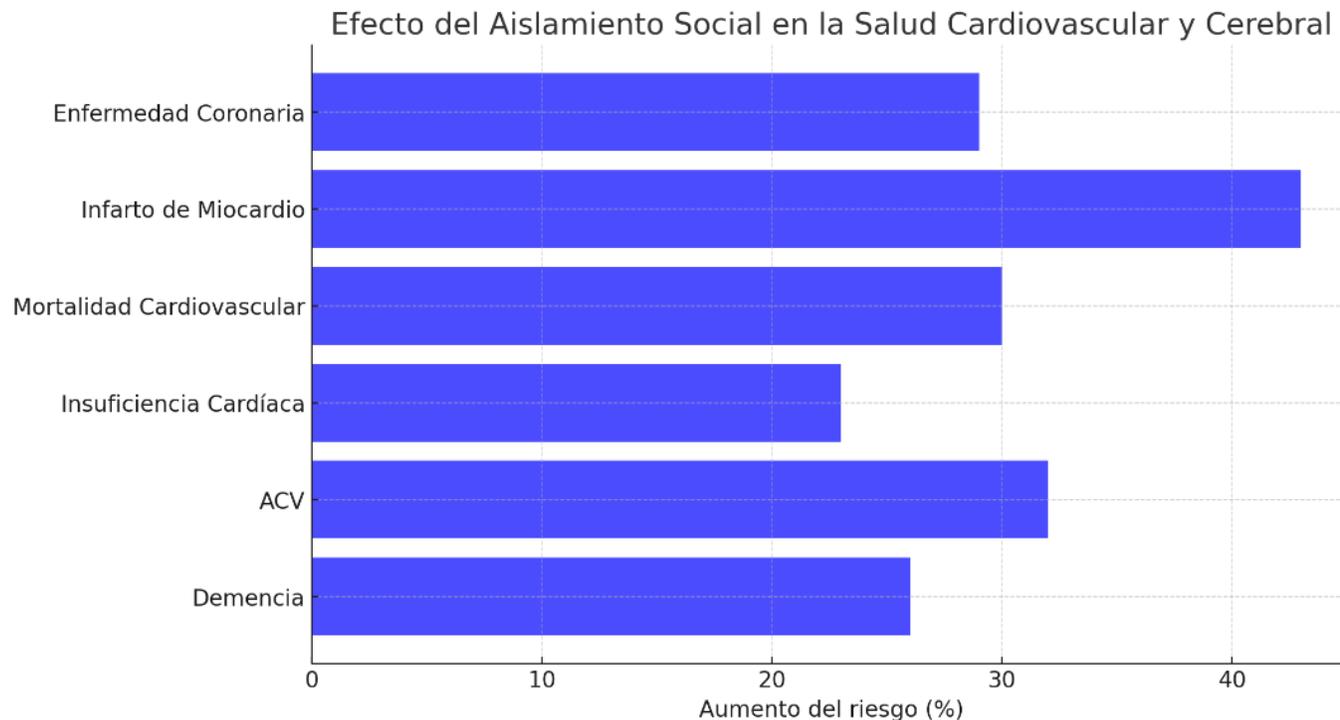


DATOS AS, SOLEDAD Y ECV

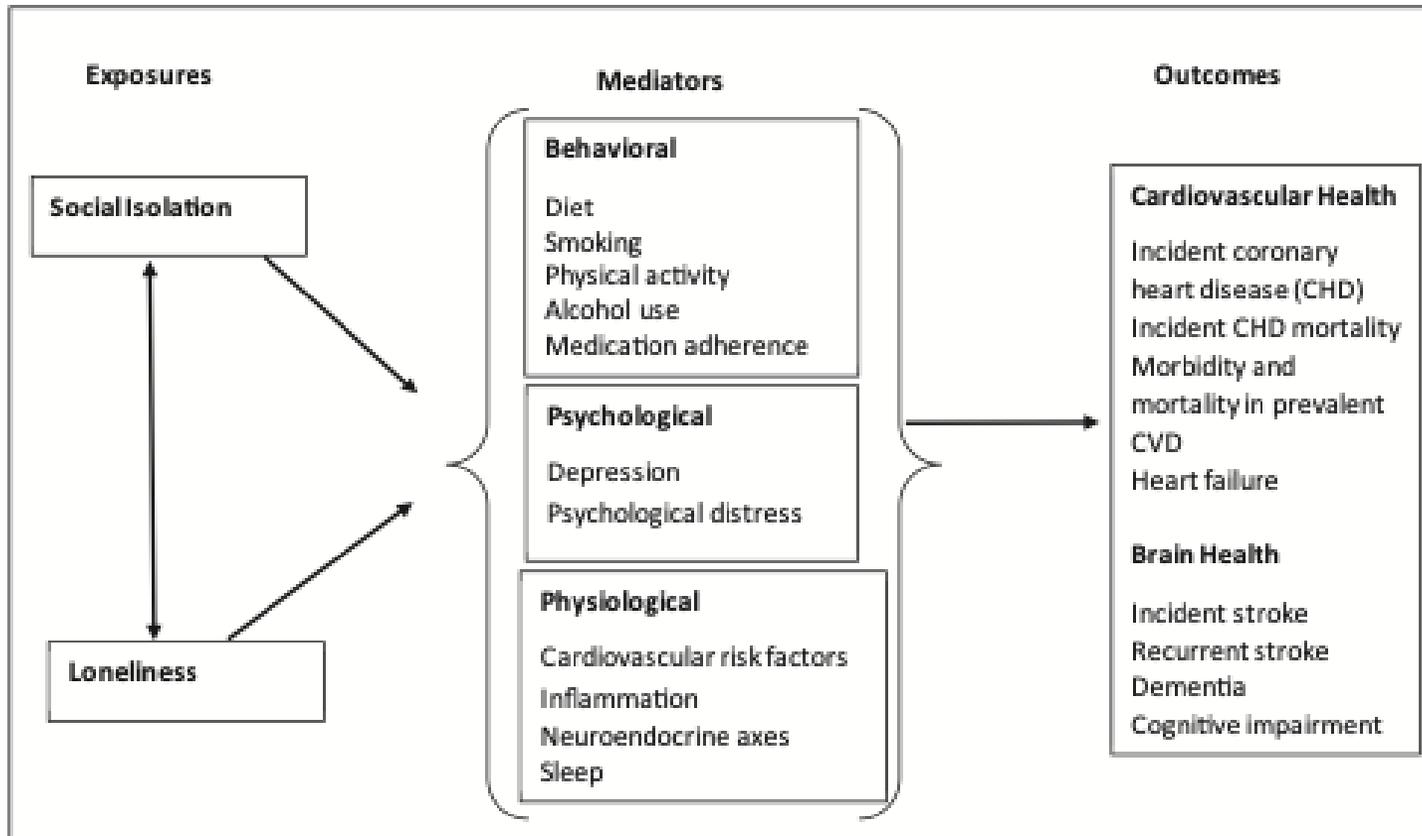
Journal of the American Heart Association

AHA SCIENTIFIC STATEMENT

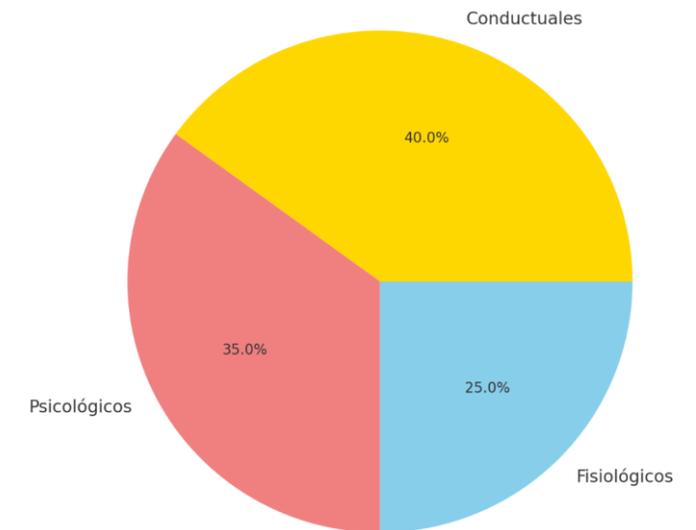
Effects of Objective and Perceived Social Isolation on Cardiovascular and Brain Health: A Scientific Statement From the American Heart Association



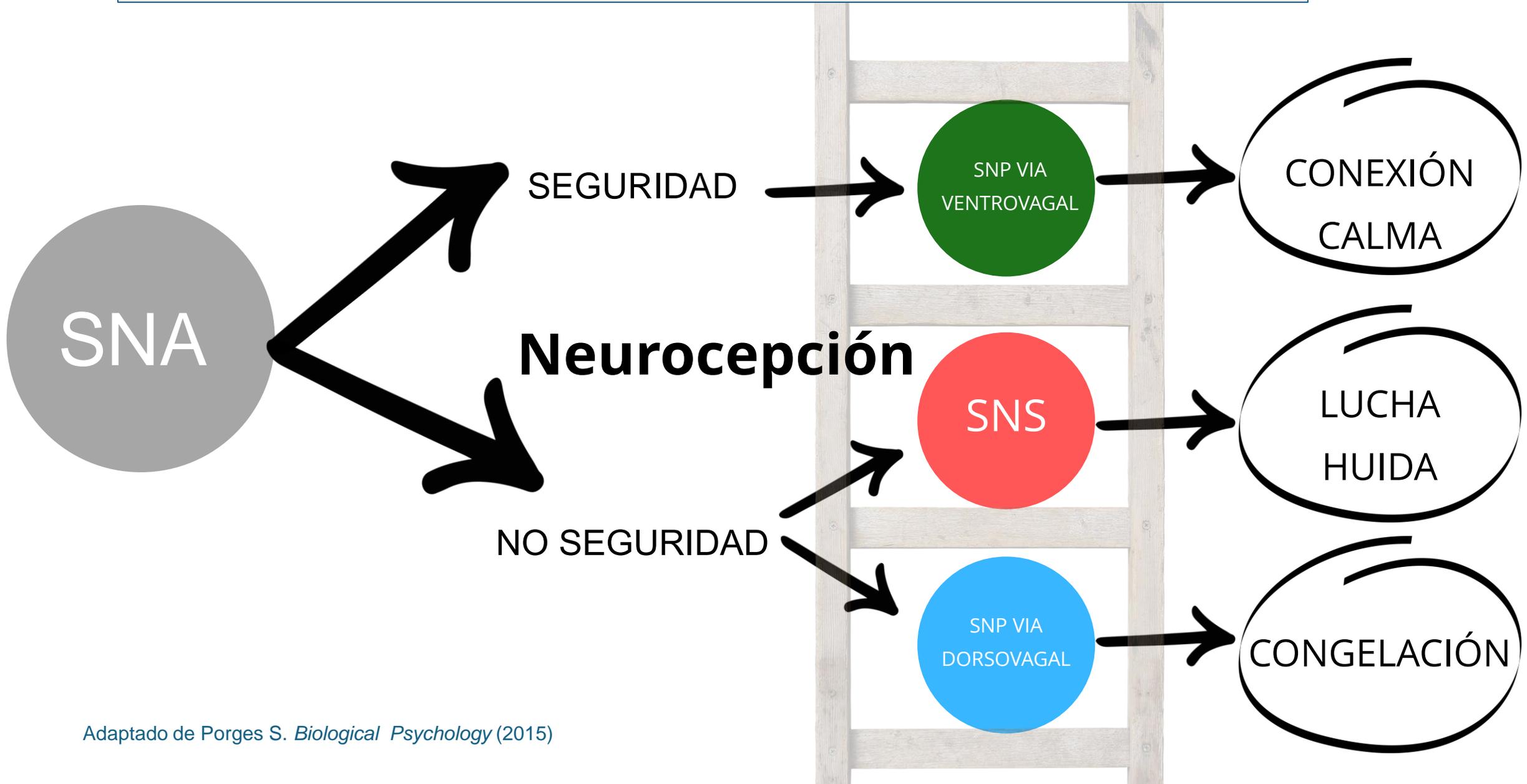
MEDIADORES ENTRE EL AS, SOLEDAD Y ECV



Mecanismos que Median el Impacto del Aislamiento Social



Las respuestas del SNA: la teoría polivagal



Estrés, tensión arterial y contacto físico



Behavioral Medicine



ISSN: 0896-4289 (Print) 1940-4026 (Online), journal homepage: www.tandfonline.com/journals/vbmd20

Warm Partner Contact Is Related to Lower Cardiovascular Reactivity

Karen M. Grewen PhD, Bobbi J. Anderson, Susan S. Girdler PhD & Kathleen C. Light PhD

To cite this article: Karen M. Grewen PhD, Bobbi J. Anderson, Susan S. Girdler PhD & Kathleen C. Light PhD (2003) Warm Partner Contact Is Related to Lower Cardiovascular Reactivity, Behavioral Medicine, 29:3, 123-130, DOI: [10.1080/08964280309596065](https://doi.org/10.1080/08964280309596065)

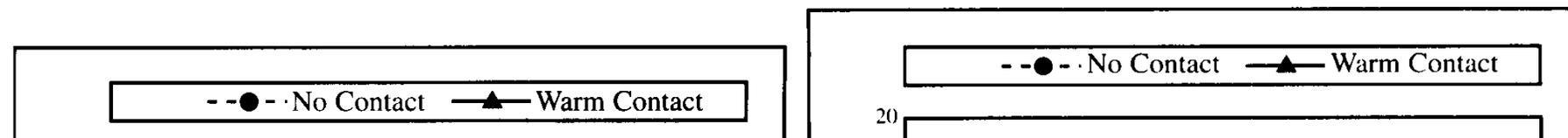
To link to this article: <https://doi.org/10.1080/08964280309596065>

examination of least square mean comparisons revealed that prestress warm contact was associated with significantly smaller BP and HR responses during the active speaking task, compared with no contact. Figure 1 shows smaller mean elevations in SBP (11.07 vs. 22.03 mm Hg) in the warm contact group during the speech, which were maintained during passive listening to the audio-taped replay (5.83 vs. 10.98 mm Hg). Figures 2 and 3 depict smaller mean elevations in DBP (10.06 vs. 14.87 mm Hg) and HR (5.07 vs. 10.37 beats per minute) during the speech in warm contact versus no contact groups, respectively. Among the covariates, we observed a significant main

effect of warm contact ($F(1, 179) = 2.62, p < .11$), was also present. Gender, $F(1, 129) = 5.06, p < .05$, and race, $F(1, 129) = 13.76, p < .0005$, were independent predictors of HR reactivity. Baseline values significantly predicted DBP, $F(1, 179) = 6.82, p < .01$, and marginally predicted SBP, $F(1, 179) = 2.65, p < .11$.

Effects of Gender and Race on Reactivity in Warm Contact and No Contact Groups

We saw no significant interaction effects of Gender \times Warm Contact on BP or HR responses. Figure 4 illustrates that the benefits of prestress warm contact with a partner



EVALUACIÓN EN CONSULTA

Stephoe Social Isolation Index

Five item scale with one point being assigned for each of the following items:

- 1- Being unmarried/not cohabitating
- 2- Less than monthly contact with children (face-to-face, by telephone or writing/email)
- 3- Less than monthly contact with other family (face-to-face, by telephone or writing/email)
- 4- Less than monthly contact with friends (face-to-face, by telephone or writing/email)
- 5- No participation in social clubs, resident groups, religious groups, or committees.

Note: A score of 2 or more was defined as socially isolated.

Three Item UCLA Loneliness Scale

Three item scale with a three point likert response format

- 1- How often do you feel you lack companionship; hardly ever (1), some of the time (2), often (3)
- 2- How often do you feel left out; hardly ever (1), some of the time (2), often (3)
- 3- How often do you feel isolated from others; hardly ever (1), some of the time (2), often (3)

Note: A continuous measure of loneliness is calculated as the sum of the three item scores; higher score indicates greater loneliness

INTERVENCIONES PARA REDUCIR LA SOLEDAD

 **NIH Public Access**
Author Manuscript
Pers Soc Psychol Rev. Author manuscript; available in PMC 2013 December 17.

Published in final edited form as:
Pers Soc Psychol Rev. 2011 August ; 15(3): . doi:10.1177/1088868310377394.

A Meta-Analysis of Interventions to Reduce Loneliness

Christopher M. Masi^{1,3}, Hsi-Yuan Chen^{2,3}, Louise C. Hawley^{2,3}, and John T. Cacioppo^{2,3}

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²Department of Psychology, University of Chicago, Chicago, IL, USA
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 Contents lists available at [ScienceDirect](https://www.sciencedirect.com)
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journal homepage: www.elsevier.com/locate/clinpsychrev

Review

The effectiveness of psychological interventions for loneliness: A systematic review and meta-analysis

Nisha Hickin^{a,*}, Anton Käll^b, Roz Shafran^c, Sebastian Sutcliffe^c, Grazia Manzotti^c, Dean Langan^c

^a Department of Psychology, Royal Holloway, University of London, Egham, UK

^b Division of Psychology, Linköping University, 581 83 Linköping, Sweden

^c UCL Great Ormond Street Institute of Child Health, 30 Guilford Street, London, UK

- Entrenamiento en HHSS
- Aumento oportunidades interacción social
- Aumentos del apoyo social
- Reestructuración de creencias sociales y funcionamiento del vínculo

Masi et al. *Pers Soc Psychol Rev.* 2011
N. Hickin et al. *Clinical Psychology Review* 88 (2021)

Traduciendo soledad a conducta

Variable	Soledad	Conexión
Expresión de sentimientos	No	Si
Petición de ayuda	No	Si
Recepción de ayuda	No	Si
Afrontamiento del conflicto	No	Si
Contacto físico	No	Si
Aceptación de la vulnerabilidad propia y ajena	No	Si

ACTIVACIÓN DE LA RAMA VENTROVAGAL

- Preguntar por la soledad
- Ideas desde la psicoeducación:
 - La conexión social reduce y compensa el estrés
 - El contacto físico
 - El consuelo y el refugio
 - Beneficios del contacto
- Tono de voz y velocidad de la voz

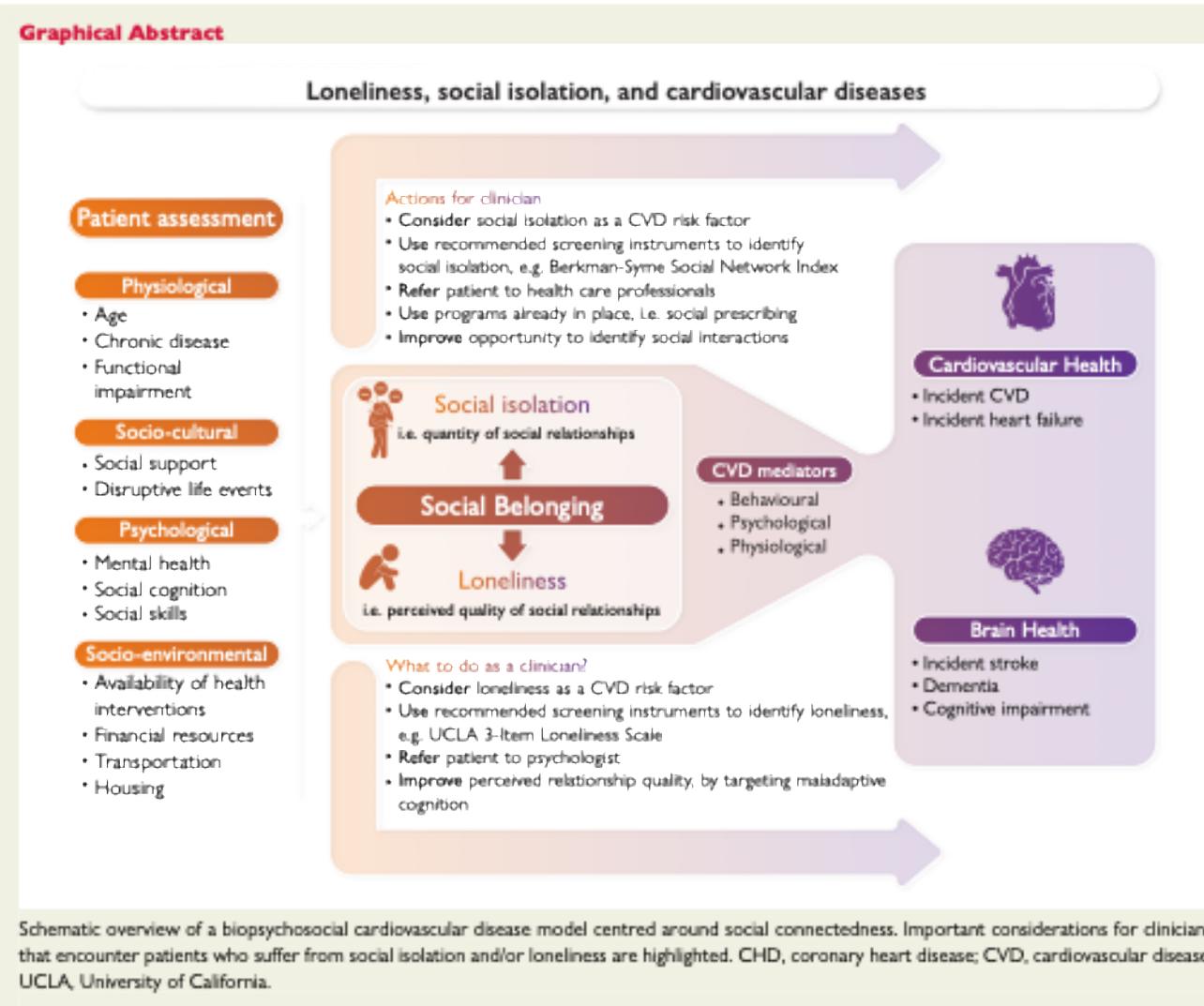
RECURSOS SOCIALES

- www.Madrid.es
 - Catálogo de recursos contra la soledad no desdeada:
 - Talleres, centros municipales de mayores, acompañamiento en domicilio.
- www.nadiesolo.org: acompañamiento domicilio, hospitales, residencias
- www.fundacionlacaixa.org:
 - Programa siempre acompañados (Tfno:900223040)

A lonely heart is a broken heart: it is time for a biopsychosocial cardiovascular disease model

Kai G. Kahl*, Britta Stapel , and Ivo Heitland 

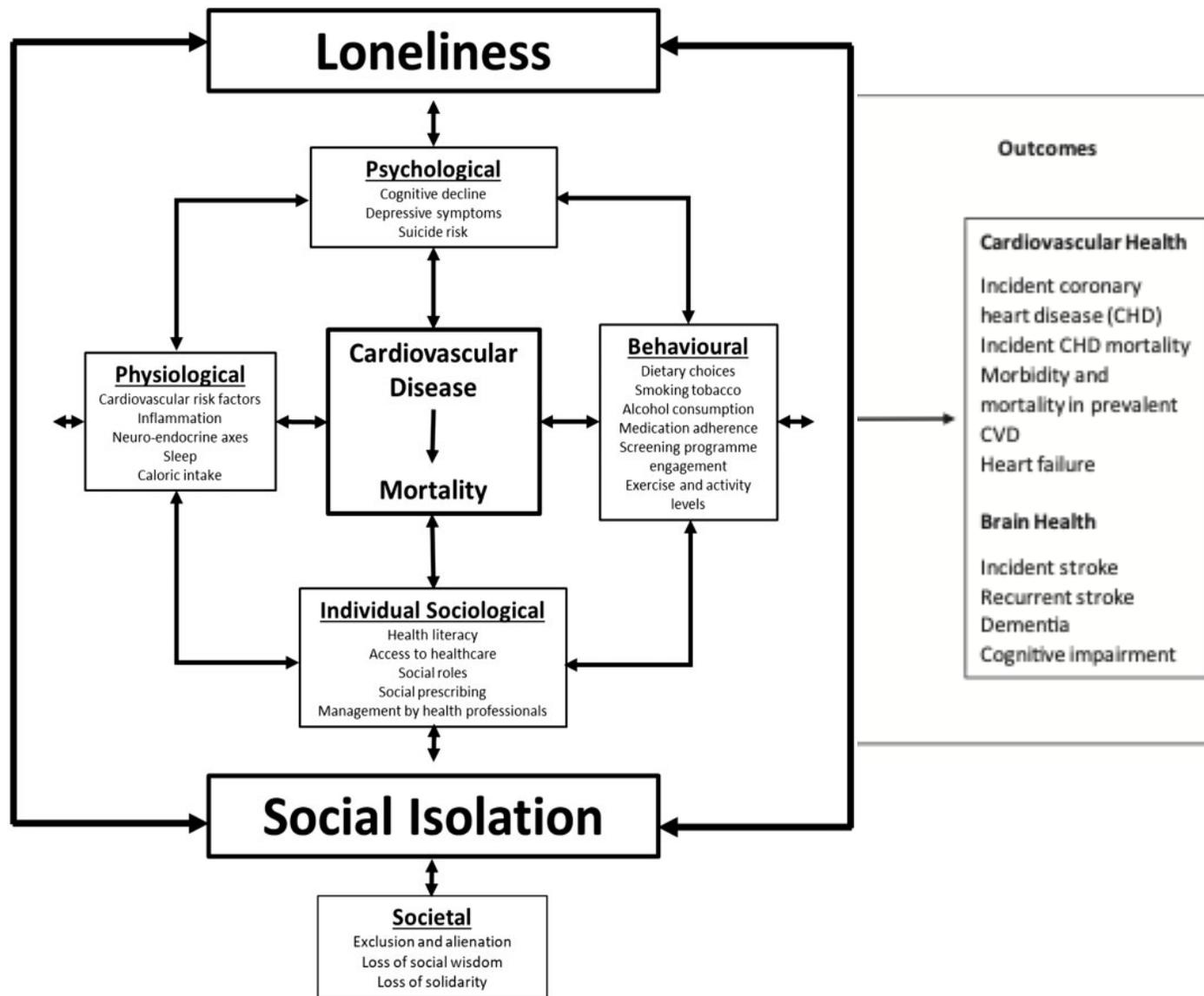
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GRACIAS...



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Graphical Review

The role of oxidative stress in cardiovascular disease caused by social isolation and loneliness

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Department of Pharmacology, Johannes Gutenberg University Medical Center, 55131, Mainz, Germany



- ✓ Aislamiento social y soledad → Riesgo cardiovascular
 - Aumentan la mortalidad tanto como el tabaquismo y el alcohol.
 - Asociados con hipertensión, aterosclerosis y mayor inflamación
- ✓ Activación del eje HHA (Hipotálamo-Hipófisis-Suprarrenal)
 - ↑ CRH → ↑ ACTH → ↑ Cortisol
 - Glucocorticoides → Hipertensión, inflamación, disfunción endotelial
- ✓ Disfunción del sistema nervioso autónomo
 - ↑ Actividad simpática → ↑ Presión arterial, ↑ estrés oxidativo.
 - ↓ Tono parasimpático → ↓ Variabilidad de la frecuencia cardíaca
- ✓ Inflamación y Estrés Oxidativo
 - Activación de NADPH oxidasa (NOX2) en cerebro y vasos.
 - ↑ Producción de especies reactivas de oxígeno (ROS) → Aterosclerosis
- ✓ Estrategias Terapéuticas
 - Antioxidantes: Apocinina, N-acetilcisteína.
 - Oxitocina: Protege contra la inflamación y aterosclerosis.
 - Ejercicio y soporte social: Regulan el eje HHA y el sistema nervioso autónomo.