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The role of resilience and social connectedness in buffering symptoms of loneliness induced depression

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Objectives: Despite extensive research examining loneliness as a risk factor for depression, the protective effects of strengths-based variables on the relationship between loneliness and depression have been vastly understudied. The current study aimed to address this gap, by examining the utility of resilience and social connectedness as protective factors to prevent the onset of depression. Methods: Buffering models of resilience and social connectedness were examined in an adult sample (N = 227) using the Connor-Davidson Resilience Scale; UCLA Loneliness Scale; Depression Anxiety Stress Scales 21-Item Version, and Social Connectedness Scale. Results: Moderation analyses found that social connectedness did not moderate the relationship between loneliness and depression. However, the relationship between loneliness and depression was moderated by resilience. Discussion: Results indicate that resilience may exert a protective effect on the relationship between loneliness and depression, supporting a buffering model of resilience, whereby resilience may mitigate the risk of loneliness-induced depression.

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