

Table 1. Distribution of baseline characteristics among men according to their living arrangement and perceived loneliness status.

Men	Total N = 353	Living with someone			Living alone			<i>P-value</i>	
		Not lonely N = 243	Lonely N = 35	All N = 278	Not lonely N = 33	Lonely N = 42	All N = 75	Living with someone vs. living alone	Between the 4- groups ^a
Perceived poor economic situation	9.2 (32)	6.7 (16)	11.4 (4)	7.3 (20)	9.4 (3)	22.0 (9)***	16.4 (12)	0.005	0.006
Loneliness	21.8 (77)	--	--	12.6 (35)	--	--	56.0 (42)	0.000	--
Cardiovascular risk factors:									
Hypertension	84.8 (289)	86.1 (205)	88.2 (30)	86.4 (235)	83.3 (25)	74.4 (29)	79.3 (54)	0.071	0.264
Hypercholesterolemia	34.3 (121)	38.3 (93)	31.4 (11)	37.4 (104)	36.4 (12)	11.9 (5)***	22.7 (17)	0.017	0.010
Current smoker	12.3 (42)	11.3 (27)	14.7 (5)	11.8 (32)	13.3 (4)	15.4 (6)	14.5 (10)	0.449	0.877
Physically inactive	8.7 (29)	8.5 (20)	12.1 (4)	9.0 (24)	3.4 (1)	10.5 (4)	7.5 (5)	0.692	0.645
Alcohol consumption ≥ 100 gm/wk	25.2 (84)	26.0 (60)	12.1 (4)	24.2 (64)	30.0 (9)	28.2 (11)	29.0 (20)	0.438	0.306
Obese. BMI ≥ 30	17.4 (61)	17.5 (42)	8.6 (3)	16.4 (45)	24.2 (8)	19.0 (8)	21.3 (16)	0.457	0.459
Diabetes	12.9 (44)	12.2 (29)	8.8 (3)	11.8 (32)	13.3 (4)	20.5 (8)	17.3 (12)	0.213	0.453
CHD	25.7 (88)	25.1 (60)	14.7 (5)	23.8 (65)	29.0 (9)	35.9 (14)	32.9 (23)	0.122	0.212
Stroke	6.2 (21)	5.9 (14)	11.8 (4)	6.6 (18)	6.7 (2)	2.6 (1)	4.4 (3)	0.499	0.440
Chronic physical and mental health condition:									
Cancer	17.6 (60)	18.1 (43)	20.6 (7)	18.4 (50)	10.3 (3)	17.9 (7)	14.5 (10)	0.449	0.695
Chronic bronchitis	14.7 (50)	15.1 (36)	11.8 (4)	14.7 (40)	13.3 (4)	15.4 (6)	14.5 (10)	0.964	0.955
Impaired mobility	10.3 (34)	9.2 (21)	3.1 (1)	8.5 (22)	12.9 (4)	20.5 (8)*	17.1 (12)	0.034	0.082
Depression	11.8 (41)	5.0 (12)	40.0 (14)***	9.5 (26)	15.6 (5)**	23.8 (10)***	23.8 (15)	0.011	0.000

Cont. Table 1. Distribution of baseline characteristics among women according to their living arrangement and perceived loneliness status.

Women	Total N = 425	Living with someone			Living alone			P-value	
		Not lonely N = 162	Lonely N = 53	All N = 215	Not lonely N = 92	Lonely N = 118	All N = 210	Living with someone vs. living alone	Between the 4-groups ^a
Perceived poor economic situation	10.9(46)	3.7 (6)	9.4 (5)**	5.1 (11)	15.2 (14)***	17.9 (21)***	16.7 (35)	0.000	0.000
Loneliness	40.2 (171)	--	--	24.7 (53)	--	--	56.2 (118)	0.000	--
Cardiovascular risk factors:									
Hypertension	80.5 (321)	81.9 (127)	78.4 (40)	81.1 (167)	83.7 (72)	76.6 (82)	79.8 (154)	0.423	0.584
Hypercholesterolemia	53.9 (229)	54.9 (89)	50.9 (27)	54.0 (116)	60.9 (56)	48.3 (57)	53.8 (113)	0.976	0.315
Current smoker	13.0 (52)	5.8 (9)	21.6 (11)***	9.7 (20)	17.4 (15)**	15.7 (17)***	16.5 (32)	0.015	0.001
Physically inactive	9.9 (39)	6.5 (10)	22.0 (11)***	10.3 (21)	4.7 (4)	13.2 (14)	9.4 (18)	0.772	0.003
Alcohol consumption ≥ 100 gm/wk	10.5 (42)	12.4 (19)	8.3 (4)	11.4 (23)	7.0 (6)	11.5 (13)	9.5 (19)	0.625	0.553
Obese. BMI ≥ 30	20.1 (85)	18.5 (30)	17.3(9)	18.2 (39)	24.2 (22)	20.5 (24)	22.1 (46)	0.794	0.349
Diabetes	9.5(38)	7.1 (11)	17.6(9)*	9.8 (20)	11.6 (10)	7.4 (8)	9.3 (18)	0.871	0.115
CHD	19.4(78)	15.5 (24)	17.3 (9)	15.9 (33)	24.4 (21)	22.0 (24)	23.1 (45)	0.071	0.317
Stroke	5.3 (21)	5.2 (8)	7.8 (4)	5.8 (12)	4.7 (4)	4.7 (5)	4.7 (9)	0.603	0.844
Chronic physical and mental health condition:									
Cancer	16.3 (65)	15.6 (24)	29.4(15)*	9.8 (39)	12.8(11)	13.9 (15)	6.5 (26)	0.129	0.052
Chronic bronchitis	17.3 (69)	7.7 (12)	29.4 (15)***	13.1 (27)	22.1 (19)***	21.3 (23)***	21.6 (42)	0.024	0.000
Impaired mobility	11.5 (46)	10.1(15)	13.7 (7)	11.0 (22)	4.0 (8)	14.5 (16)	12.1 (24)	0.740	0.552
Depression	20.2(85)	6.2 (10)	37.7 (20)***	14.0 (30)	13.5(12)*	36.4 (43)***	26.6 (55)	0.001	0.000

Values presented in this table are percentage with number of subjects in parenthesis. BMI = body mass index (weight in kg/height in m²). CHD = coronary heart disease. ^a The 4-groups: Living with someone and not lonely (group 1), living with someone and lonely (group 2), living alone and not lonely (group 3), living alone and lonely (group 4).

*, **, *** = p-value 0.05, p-value 0.01, p-value 0.001, and the comparisons are made with group 1, values without these signs are not significant.

Table 2: Cox proportional hazard ratios (HR) with 95% confidence intervals (CI) of 6-years mortality in relation to living arrangement.

	Living arrangement	
	Live with someone	Live alone
Men		
Unadjusted	1.0	2.40 (1.34-4.30)
Basic model (age adjusted)	1.0	2.13 (1.18-3.85)
Basic model plus:		
Poor socioeconomic situation	1.0	2.20 (1.19-4.02)
Loneliness	1.0	2.24 (1.18-4.27)
Hypercholesterolemia	1.0	2.11 (1.16-3.84)
Impaired mobility	1.0	2.25 (1.21-4.21)
Depression	1.0	2.07 (1.14-3.77)
All factors	1.0	2.56 (1.27-5.16)
Women		
Unadjusted	1.0	1.03 (0.46-2.29)
Basic model (age adjusted)	1.0	0.93 (0.42-2.08)
Basic model plus:		
Poor socioeconomic situation	1.0	0.88 (0.38-2.06)
Loneliness	1.0	0.63 (0.27-1.49)
Smoking	1.0	1.05 (0.43-2.55)
Chronic bronchitis	1.0	1.05 (0.43-2.57)
Depression	1.0	0.86 (0.38-1.93)
All factors	1.0	0.73 (0.28-1.90)

Note: Only significant variables from Table 1 are selected for adjustments.

Table 3: Cox proportional hazard ratios (HR) with 95% confidence intervals (CI) of 6-years mortality in relation to living arrangement and perceived loneliness status.

	Living arrangement and loneliness			
	Live with someone and not lonely	Live with someone and lonely	Live alone and not lonely	Live alone and lonely
Men:				
Unadjusted	1.0	0.48 (0.11-2.03)	1.90 (0.83-4.35)	2.52 (1.26-5.07)
Basic model (age adjusted)	1.0	0.41 (0.10-1.73)	1.62 (0.70-3.75)	2.18 (1.08-4.43)
Basic model plus:				
Poor socioeconomic situation	1.0	0.41 (0.10-1.74)	1.66 (0.72-3.84)	2.29 (1.10-4.76)
Hypercholesterolemia	1.0	0.41 (0.10-1.73)	1.61 (0.70-3.74)	2.16 (1.05-4.44)
Depression	1.0	0.32 (0.07-1.42)	1.56 (0.67-3.63)	1.94 (0.94-4.01)
All factors	1.0	0.32 (0.07-1.40)	1.59 (0.68-3.71)	2.04 (0.95-4.37)
Women:				
Unadjusted	1.0	4.52 (1.43-14.23)	1.05 (0.25-4.40)	2.55 (0.86-7.63)
Basic model (age adjusted)	1.0	4.15 (1.32-13.09)	1.16 (0.28-4.88)	1.99 (0.66-6.01)
Basic model plus:	1.0			
Poor socioeconomic situation	1.0	4.11 (1.29-13.12)	1.15 (0.27-4.91)	1.97 (0.62-6.25)
Smoking	1.0	5.07 (1.25-20.46)	1.75 (0.35-8.61)	2.64 (0.69-10.20)
Physical inactivity	1.0	3.22 (0.73-14.31)	2.10 (0.42-10.42)	2.42 (0.62-9.48)
Cancer	1.0	4.98 (1.23-20.09)	1.96 (0.40-9.74)	3.32 (0.87-12.71)
Chronic bronchitis	1.0	4.66 (1.12-19.43)	1.74 (0.35-8.77)	2.63 (0.68-10.29)
Depression	1.0	3.69 (1.11-12.23)	1.15 (0.27-4.83)	1.80 (0.57-5.65)
All factors	1.0	1.90 (0.40-9.16)	1.43 (0.27-7.69)	2.03 (0.47-8.82)

Note: Only significant variables from Table 1 are selected for adjustments.