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EDITED BY  
Nian Jiang,  
Southern Medical University, China

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Central Luzon State University, Philippines  
Hadar Abojaber,  
Hebrew University of Jerusalem, Israel

\*CORRESPONDENCE  
Feng Yang  
✉ [yang000068@163.com](mailto:yang000068@163.com)

\*These authors have contributed equally to  
this work and share first authorship

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# Research on the social integration and depression risk of middle-aged and older adults with multiple chronic conditions in China

Weijian Deng<sup>1†</sup>, Simin Yang<sup>2†</sup>, Xin Ouyang<sup>2</sup>, Tao Jiang<sup>2</sup>,  
Junmin Zhu<sup>2</sup> and Feng Yang<sup>2\*</sup>

<sup>1</sup>School of Public Health, Guilin Medical University, Guilin, China, <sup>2</sup>School of Humanities and Management, Guilin Medical University, Guilin, China

**Objective:** The aging of the global population is intensifying, and the issue of depression among middle-aged and older individuals in China has garnered significant attention. Social integration is considered closely related to the risk of depression in patients with multiple chronic conditions (MCCs). This study aims to explore the relationship between different dimensions of social integration and depression in middle-aged and older individuals.

**Methods:** This study utilized data from the 2018 China Health and Retirement Longitudinal Study (CHARLS), including 2,901 middle-aged and older individuals with MCCs. Depression risk was assessed using a depression scale. Social integration was measured across three dimensions: economic integration, relational integration, and community integration. Statistical analyses were conducted using Logit and Tobit models to explore the relationship between social integration and depression among middle-aged and older individuals.

**Results:** There was no significant association between overall social integration and the risk of depression, but economic integration and community integration were negatively correlated with the risk of depression, and relational integration was positively correlated with the risk of depression, and this relationship was heterogeneous among different demographic characteristics. Sensitivity analysis and subgroup analysis further confirmed the robustness of the results.

**Conclusion:** Mental health interventions for middle-aged and older adults MCCs patients should consider the multi-dimensional characteristics of social integration. It is recommended to improve the economic status of the middle-aged and older adults, improve the quality of family and social interactions, and pay attention to the construction of the community environment. And further explore the interaction of each dimension and its applicability in different contexts.

## KEYWORDS

multiple chronic conditions (MCCs), social integration, economic integration, relational integration, community integration, depression risk, middle-aged and older adults

# Social Integration Of The Aged

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## **Social Integration Of The Aged:**

## The Enigmatic Realm of **Social Integration Of The Aged**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Social Integration Of The Aged** a literary masterpiece penned by way of a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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### **Table of Contents Social Integration Of The Aged**

1. Understanding the eBook Social Integration Of The Aged
  - The Rise of Digital Reading Social Integration Of The Aged
  - Advantages of eBooks Over Traditional Books
2. Identifying Social Integration Of The Aged
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Social Integration Of The Aged
  - User-Friendly Interface
4. Exploring eBook Recommendations from Social Integration Of The Aged
  - Personalized Recommendations
  - Social Integration Of The Aged User Reviews and Ratings
  - Social Integration Of The Aged and Bestseller Lists

5. Accessing Social Integration Of The Aged Free and Paid eBooks
  - Social Integration Of The Aged Public Domain eBooks
  - Social Integration Of The Aged eBook Subscription Services
  - Social Integration Of The Aged Budget-Friendly Options
6. Navigating Social Integration Of The Aged eBook Formats
  - ePub, PDF, MOBI, and More
  - Social Integration Of The Aged Compatibility with Devices
  - Social Integration Of The Aged Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Social Integration Of The Aged
  - Highlighting and Note-Taking Social Integration Of The Aged
  - Interactive Elements Social Integration Of The Aged
8. Staying Engaged with Social Integration Of The Aged
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Social Integration Of The Aged
9. Balancing eBooks and Physical Books Social Integration Of The Aged
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Social Integration Of The Aged
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Social Integration Of The Aged
  - Setting Reading Goals Social Integration Of The Aged
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Social Integration Of The Aged
  - Fact-Checking eBook Content of Social Integration Of The Aged
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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