

SHARE Findings Newsletter No. 03 - August 2017

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SHARE Findings Newsletter

This newsletter informs about **selected new research findings** based on data from the Survey of Health, Ageing and Retirement in Europe (SHARE) by providing summaries of selected studies.

All texts in these articles can be used for press reports.

If you have any more detailed questions about the research presented here, please view the whole scientific study (links under the articles) or get in touch directly with the authors of the study.

Please enjoy reading our SHARE Findings Newsletter.

Inequalities in loneliness

The risk of being lonely varies according to the elderly individual's level of wealth



(July 2017) Loneliness among elderly people may become a huge health problem in Europe – especially for the least advantaged in society. This study based on SHARE data finds that poor people experience a higher risk of feeling lonely than wealthy people. Increasing social participation, however, may counteract inequalities in loneliness.

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Intergenerational living has positive effects on older people's mental health

Study shows that co-residing with adult children may result in reduced levels of depressive symptoms



(July 2017) This article examines the correlation of intergenerational households and depressive symptoms among elderly parents in Europe. In Eastern and Southern Europe, the researchers observe a higher proportion of adult children living with their parents and higher levels of depressive symptoms in old age. However, elderly parents living with their children show lower levels of depressive symptoms than those living separated from their children.

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The effect of care on women's mental health

Study shows how caring for elder parents may impair women's mental health



(June 2017) This study examines how caring for elderly parents affects women's mental health in Europe. Its findings show that in Northern and Central Europe caring does not affect the female caregivers' mental health. In Southern Europe, however, they experience a higher risk of depression than those who do not regularly care for their elderly parents. The reason for this, the researchers say, may lie in disparities between the formalised caring systems of the different countries.

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Can retirement lead to better mental health?



(May 2017) This study looks into the correlation between retiring during the economic crisis and mental health. Its findings show significant improvements in the mental health of male blue-collar workers after they had retired - an effect that did not apply to white-collar workers and women. The researchers explain this gap by pointing out that the economic downturn caused a stronger decline in the working conditions of blue-collar workers than those of white-collar workers.

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Life history and the risk of death

Researchers use life course approach to analyse when people die in Europe



(April 2017) This interdisciplinary study investigates the impact of an individual's past on the risk of death. Despite confirming previous findings – men dying earlier than women, for example – , it did not show a big impact for childhood circumstances such as poverty or hunger. Two possible explanations for this finding are a selection mechanism (persons who experienced extreme poverty or poor health during their childhood might have died before their 50th birthday) or a resilience that the respondents acquired.

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About SHARE:

SHARE, the Survey of Health, Ageing and Retirement in Europe is a multidisciplinary and cross-national panel database of micro data on health, socio-economic status and social and family networks of more than 123,000 individuals (approximately 293,000 interviews) from 20 European countries and Israel aged 50 or older. Beginning with the next data collection in 2017, SHARE will cover 28 countries. The data are available to the entire research community free of charge.

SHARE responds to a Communication by the European Commission calling to "examine the possibility of establishing, in co-operation with Member States, a European Longitudinal Ageing Survey". SHARE has become a major pillar of the European Research Area, selected as one of the projects to be implemented in the European Strategy Forum on Research Infrastructures (ESFRI) in 2006 and given a new legal status as the first ever European Research Infrastructure Consortium (SHARE-ERIC) in March 2011. SHARE is centrally coordinated by Prof. Axel Börsch-Supan, Ph.D. at the [Munich Center for the Economics of Aging \(MEA\)](#), Max Planck Institute for Social Law and Social Policy.

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