

Self-Perceived Loneliness in Hospitalized Older Patients: Prevalence and Prognostic Value (Protocol of a Multicenter Study)

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Self-perceived loneliness is a subjective construct associated with higher morbidity and mortality, comparable to other classic risk factors, increased cardiovascular risk, depression, and frailty progression, as well as greater use of healthcare resources. Its prevalence increases with age, reaching 50.7% among institutionalized older adults, but no data exist in hospitalized populations in Spain, and no series has characterized loneliness in the multimorbid patient or its relationship with functional, socio-familial, and prognostic assessment.

Objectives: to determine the prevalence of self-perceived loneliness in patients aged 65 years or older admitted to Internal Medicine departments, to describe their clinical, functional, and socio-familial characteristics, and to assess its prognostic value for one-year mortality, within the framework of a larger multicenter study.

Methods: Spanish multicenter observational study (18 hospitals; coordinating center, Hospital Universitario Virgen del Rocío), with a cross-sectional baseline assessment and one-year prospective follow-up. Inclusion criteria: age ≥ 65 years and informed consent; exclusion criteria: communication disability, cognitive impairment, or delirium. Loneliness is assessed using the TIL-3 scale (cutoff ≥ 6) and the UCLA-v3-10 as a secondary measure; sociodemographic variables, the Barthel index and the PROFUND index are also collected.

Current status: recruitment completed (n=361); statistical analysis pending.

This protocol will allow, for the first time in Spain, the description of loneliness in the hospitalized multimorbid patient using internal medicine assessment tools, and the exploration of its prognostic role.

Biosketch

Reyes MORENO PÉREZ DE TUDELA, MD, PhD Candidate

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CURRENT AND PAST POSITIONS

2023–present: Resident Physician in Family and Community Medicine, Hospital Universitario Virgen del Rocío / Primary Care Centre La Candelaria, Seville, Spain.

2025–present: Doctoral Researcher, Universidad de Sevilla, coordinating a nationwide multicenter study across 18 Spanish hospitals on loneliness and prognostic outcomes in patients aged over 65.

EDUCATION

2025–present: PhD in Molecular Biology, Biomedicine and Clinical Research (in progress), Universidad de Sevilla. Thesis: "Prevalence and prognostic value of loneliness in patients aged >65 years. Multicenter study across 18 Spanish hospitals."

2016–2022: Degree in Medicine, Universidad de Sevilla.

2016–2020: University Leadership Program, Universidad Francisco de Vitoria.

AWARDS AND HONORS

2023: First Prize, Research Day, I Research Conference of the Faculty of Medicine of Seville.

2018 and 2019: President and Member of the Secretary Committee, I and II Congress of Medicine and Biomedical Sciences, Universidad de Sevilla.

OTHER RELEVANT PROFESSIONAL ACTIVITIES AND ACCOMPLISHMENTS

Active participation in congresses of the Spanish Society of Family and Community Medicine (SEMFYC) and the Spanish Society of Emergency Medicine (SEMES), presenting clinical cases.

Speaker, round table "Primary Care: Something More Than Prescribing Medications," Royal Academy of Medicine of Seville, October 2025.

Coordinated a workshop on sexual education and contraceptive methods at IES Salvador Távora with the school nursing team of La Candelaria Health Centre, October–November 2024.

Publications: Goycochea-Valdivia WA, Moreno-Pérez de Tudela R, et al. *Enferm Infecc Microbiol Clin.* 2023;41(9):549–558. doi:10.1016/j.eimce.2022.11.008; Moreno Pérez de Tudela R, et al. *Semergen.* 2025;51(8):102535. doi:10.1016/j.semereg.2025.102535