



BETTER TOGETHER

EFFECTS OF PET OWNERSHIP ON SOLO AGERS





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INTRODUCTION

In 2022, nearly 3 in 10 older adults found themselves living alone, highlighting a significant demographic shift (Hemez et al., 2024). Among individuals aged 65 to 74, a striking 27% of women and 21% of men live solo, and these numbers soar to 43% and 24%, respectively, for those 75 and better (Hemez & Washington, 2024). This growing population of solo agers—or older adults who are not married, live alone, and do not have adult children whom they can rely on as they age—face greater risks of loneliness, isolation, and mobility challenges (Adams et al., 2022; Maresova et al., 2023). While some solo agers adapt to fill in gaps in social resources that they may experience, others are more challenged. As the population of solo agers has continued to rise, it has become important to develop innovative and unconventional support systems

that can address these unique challenges and promote quality of life.

One promising avenue for enhancing the lives of solo agers is pet ownership. Pets not only infuse daily life with joy but also foster social connections and companionship (McNicholas, 2014). These benefits can significantly enhance overall wellbeing, enabling solo agers to maintain their independence with flair and vitality. With more than half of individuals aged 50 and better owning pets, these furry companions have the potential to bridge the gaps in social connection, purpose, and emotional support that solo agers often encounter (Mueller et al., 2018).

Research highlights that pet ownership and human–animal interactions can dramatically elevate wellbeing and quality of life as people age, enhancing physical, psychological, and



social health (Enders-Slegers & Hediger, 2019). For instance, pets encourage physical activity, improve cardiovascular health, and reduce stress levels while also enhancing psychological wellness by alleviating depression and cultivating positive emotions (Gee & Muller, 2019; Obradovic et al., 2019). Socially, pets play an important role in reducing isolation and loneliness, thereby fostering greater social engagement (Raina et al., 1999).

Pets may serve as a vital, nontraditional support system for solo agers, who navigate the unique challenges of aging alone. To explore this issue, Mather Institute conducted a research study to investigate the relationship between pet ownership and wellbeing among solo agers.



THE STUDY FOCUSED ON TWO MAIN RESEARCH QUESTIONS:

- 1 What are solo agers' perceptions of the benefits and challenges of pet ownership, including benefits to their own wellbeing?
- 2 Are there differences in wellbeing among solo agers who own dogs or cats or who have no pets at all?

STUDY OVERVIEW

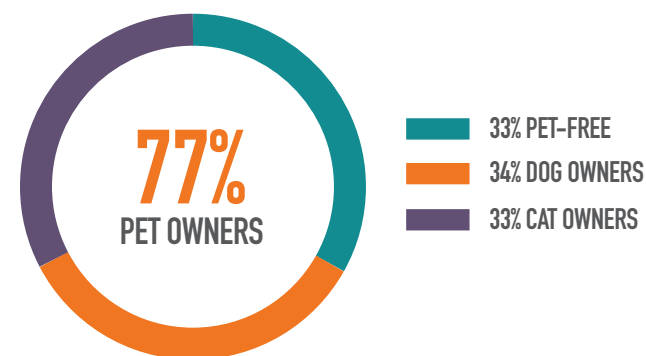
In May 2025, Mather Institute conducted a mixed-methods study to uncover the impact of pet ownership on solo agers' wellbeing. The research included an online survey of 900 solo agers aged 55 and better and 10 interviews with solo agers who owned pets. The study delved into the unique ways pets can elevate the quality of life for those navigating life solo, sparking social connections, encouraging physical movement, and nurturing mental wellbeing.

The survey participants were approximately half female (55%) and predominantly White (61%) or Black/African American (21%). Nearly half (47%) were aged 64–74, and most had an associate degree or higher (62.8%). The majority reported household incomes below \$50,000 (63.1%), with about one-quarter earning under \$25,000 (27.2%). Participants' marital status varied: 46% never married,

35% separated/divorced, and 19% were widowed. Geographically, participants lived in the United States and were distributed across the East Coast (34%), West Coast (26%), Midwest (18%), and South (17%). Additional details on respondent characteristics are available in the appendix.

The study explored how owning a pet affects the physical, mental, and social wellbeing of solo agers while also investigating whether these effects varied between dog and cat owners. Of the survey participants, two-thirds were pet owners, with 301 owning dogs, 299 owning cats, and 300 not owning any pets. In the interview segment, five participants were dog owners, and the other five were cat owners.

Figure 1. Pet Ownership—Pet-Free & Owners



Participants provided insights into their physical activity levels, mental health (including depression, anxiety, stress, happiness, and life satisfaction), and social wellbeing (such as loneliness, perceived support, and satisfaction with social life). The interviews, conducted with female participants (nine identifying as White and one identifying as mixed race), offered additional qualitative insights.



VIEWS ON PET OWNERSHIP

BENEFITS OF LIVING WITH PETS

Solo agers reported that pet ownership had many benefits, including enhancing mental health and physical wellbeing. Of the 600 pet owners, 76% reported improved emotional wellbeing, 62% reduced stress, 45% increased physical activity, and 43% greater sense of security (see Figure 2). In addition, one-quarter of pet owners reported social benefits (25%).

Beyond these broad advantages, pets enrich daily life in specific ways. Nearly three-quarters of owners (73%) said their pets give them a greater sense of purpose, 81% reported that pets provide structure or routine to their daily lives, and 82% indicated their pets offer emotional support “quite a bit” or “a great deal” (see Figure 3).

Figure 2. Pet Ownership Benefits

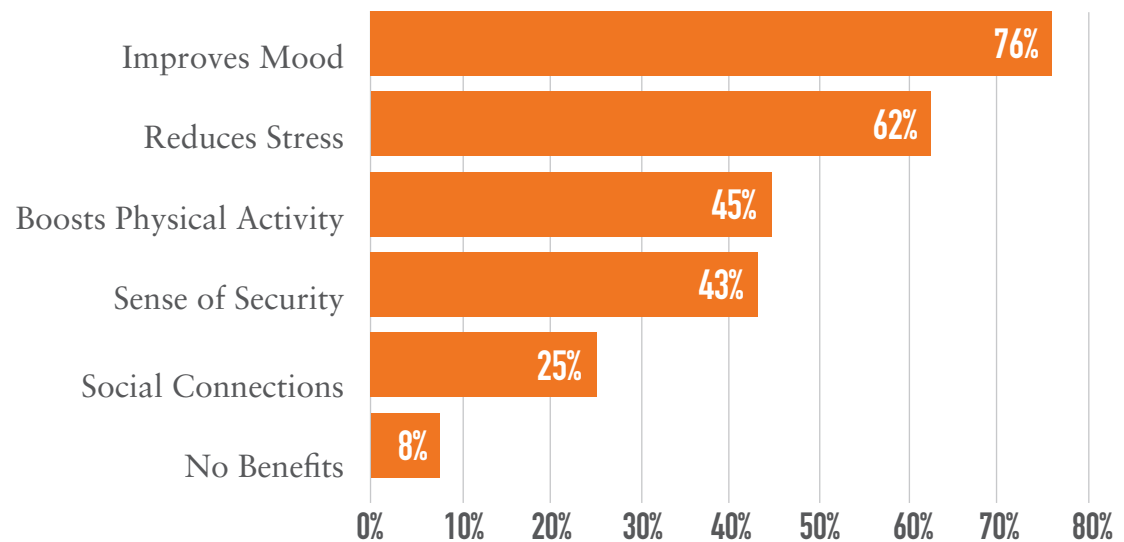
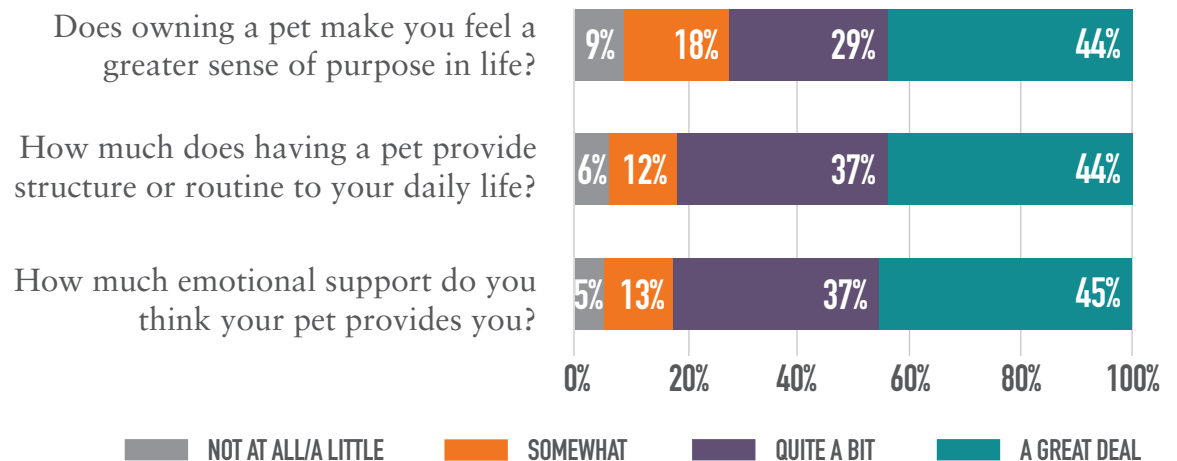


Figure 3. Pets Provide Purpose, Structure, and Emotional Support



Pets also help counter social isolation: 49% of pet owners said their pets reduced feelings of loneliness “a great deal” (see Figure 4).

In addition, pets act as a social catalyst: 31% said their pets lead to social interactions often/always, and another 42% of owners said their pets sometimes lead to social interactions (see Figure 5).

Figure 4. Pets Help Reduce Loneliness

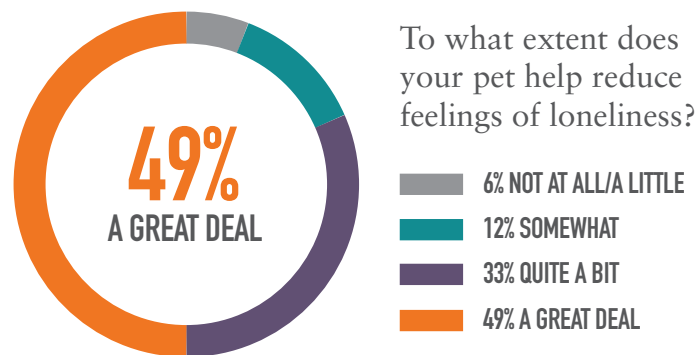
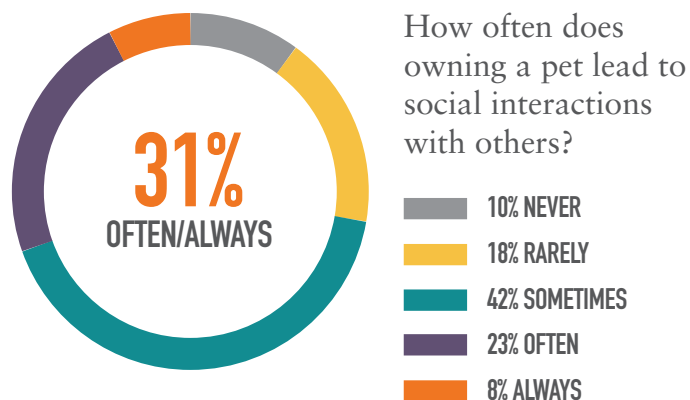


Figure 5. Pets Lead to Social Interactions



INTERVIEW EXCERPTS UNDERSCORE THESE FINDINGS, ILLUSTRATING THE TRANSFORMATIVE BENEFITS OF PET OWNERSHIP.

“I’m very wallflower-ish, but they get me out talking when they’re with me. So, it opens up the world for you. Because whether it’s people at the vet’s office or the groomer or at the dog park, you get to meet different kinds of people because of it.”

“Definitely get a pet, whether it be a cat or a dog. I couldn’t go on without one. I would be so lost and lonely without one. I’ve always had an animal or animals. And they’re like family to me. They give you a comfort when you’re by yourself because you don’t have that partner or that roommate or whatever to give it to you... It gives you a connection... And knowing that somebody loves you unconditionally is a big booster.”

“... there are challenges, but that’s the blessing, the fact that I have to go out. And so, I get exercise, and I get sunshine, and I get interaction. So, he’s a prime contributor to my health.”

“So, it gives me a purpose for living. There’s days I don’t want to do it, but I know I have to. I have to take care of them, but they take care of me by giving me love back. So, it’s an equal partnership.”

Together, the survey data and personal narratives paint a clear picture: Pets serve as companions, motivators, and connectors, helping solo agers sustain emotional resilience, physical vitality, and meaningful social engagement.



CONCERNS ABOUT PET OWNERSHIP

However, individual circumstances can affect these benefits, presenting challenges such as living situations, health issues, and financial costs. This is particularly noteworthy, as the majority of pet owners (88.7%) reported they wouldn't contemplate moving to a residence that did not allow pets, highlighting the deep bond and commitment they feel toward their animals (see Figure 6 on page 11). While nearly half of the respondents reported no challenges, approximately one-quarter of respondents who owned pets experienced financial strain (28%) and concerns about future pet care (23%) (see Figure 7 on page 11). Pet-related spending in the US totaled \$136.8 billion in 2022, underscoring the financial implications (Megna & Bailie, 2024).

Despite these challenges, the joy and companionship pets provide are invaluable,

fostering emotional fulfillment, purpose, and increased social connections. These benefits and challenges reported by respondents were also reflected in the interviews. For instance, one participant shared:

“...I want to take better care of myself because I told my sisters, if anything happens to me, you're going to have to take my animals. That's my biggest concern—I don't care about anything else in the house. So that makes me want to take better care of myself. I want to be there for my animals.”

Recognizing the deep bond between older adults and their pets, it's crucial to weigh the substantial benefits against any potential challenges to cultivate a flourishing relationship.

Figure 6. Would you move to a residence that did not allow pets?

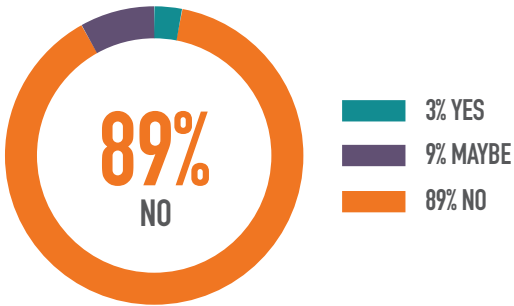
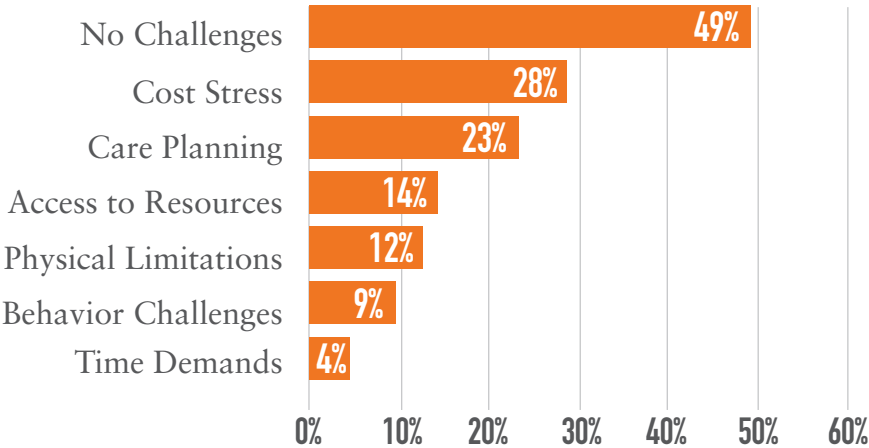


Figure 7. Challenges of Pet Ownership

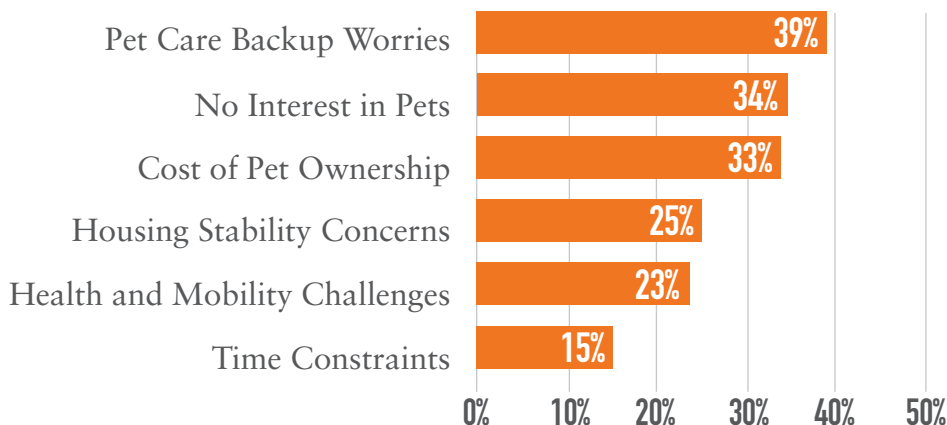




WHY SOME SOLO AGERS DON'T WANT PETS

For pet-free solo agers, the prospect of future pet ownership often hinges on significant concerns. The leading worry, reported by 39% of the respondents, is the uncertainty of who would care for their pet if they were unable to do so (see Figure 8). This anxiety resonates with current pet owners who fear outliving their pets or being unable to care for them due to hospitalization (e.g., Chur-Hansen et al., 2008; Obradović et al., 2021). Additionally, 34% of solo agers simply lack interest in pet ownership, while 33% are deterred by the financial responsibilities. With average annual pet expenses reaching \$2,085.60 in 2024, it's no wonder that financial considerations weigh heavily on the minds of older adults (Meier & Maurer, 2022; StudyFinds Analysis, 2025). Understanding these concerns opens the door to strategic solutions and insights that can empower older adults, particularly solo agers, to embrace the joys of pet ownership while navigating potential challenges.

Figure 8. Reasons for Choosing a Pet-Free Lifestyle



THE POWER OF COMPANIONSHIP AND ACTIVITY

When comparing dog owners, cat owners, and pet-free respondents, differences in wellbeing were most apparent in relation to physical activity. Differences in physical activity between the three groups are described first, followed by findings on how greater physical activity also benefits one's psychological and social wellbeing. Our results highlight meaningful associations between pets, physical activity, and wellbeing. While suggestive, these links are correlational and cannot prove cause and effect.

STAYING ACTIVE: HOW PETS BOOST OUR MOVEMENT

Owning a pet often means more physical activity. Whether it's through daily walks, playtime, or care routines, pets naturally

encourage us to move. We used a self-reported measure of physical activity to explore how pets influence activity levels of solo agers with dogs, cats, and those who were pet-free.

DOGS GET THEIR PEOPLE MOVING THE MOST, BUT EVERY KIND OF PET HAS THE POTENTIAL TO KEEP US ON OUR TOES.



DOG OWNERS LEAD THE WAY

Solo agers with dogs reported the highest physical activity over the past week, averaging 1.04 on a 0–3 activity scale, about 42% higher than pet-free adults and 39% higher than cat owners (both differences statistically significant) (see Figure 9). With daily walks and regular outdoor time, dogs provide their owners with natural and enjoyable ways to stay active.

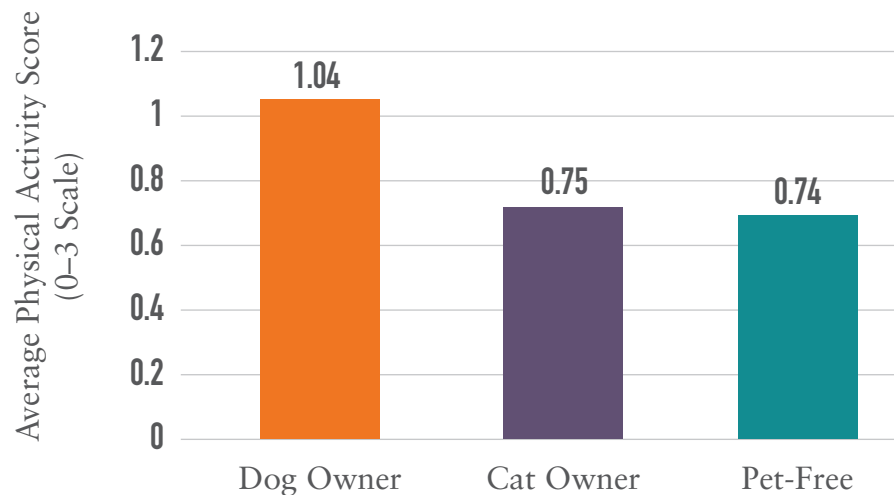
CAT OWNERS KEEP MOVING TOO... JUST DIFFERENTLY

While their overall activity levels (average 0.75) were close to those of pet-free adults, many cat owners describe frequent short bursts of movement—feeding, play sessions, and household routines. These may not produce big jumps in weekly scores but still encourage healthy daily habits.

PET-FREE ADULTS LOG THE LEAST ACTIVITY

Solo agers without pets averaged the lowest weekly activity (0.74 on the 0–3 scale), highlighting how pets, particularly dogs, create opportunities for daily movement.

Figure 9. Average Physical Activity by Pet Ownership



Regular movement is essential for mental and social wellbeing, and pets can be great allies in achieving this. Dogs, in particular, provide a natural motive to get outside, meet neighbors, and stay active. However, all pets, regardless of type, can encourage small, consistent actions that keep us healthy.

OWNER'S PERSPECTIVE

“...he needs exercise. As if I didn't. He needs to get out and sniff around and explore the world and be a happy dog, and that's my responsibility.”



THE MENTAL HEALTH BENEFITS OF PETS

Our study highlights that owning a dog is linked to greater physical activity, and this extra activity contributes to significant mental health advantages (see Table 1).

- **Dog owners**, with the highest activity levels, report the most benefits: the lowest depressive symptoms and the greatest happiness, life satisfaction, and meaning in life.
- **Cat owners** do not differ meaningfully from solo agers without pets. Their activity levels are similar to those of pet-free adults, resulting in no significant improvements in depression, happiness, life satisfaction, or sense of meaning once physical activity was taken into account.
- **Pet-free solo agers** were the least active and correspondingly showed the fewest psychological benefits.

Table 1. Pets, Physical Activity, and Mental Health

OWNER TYPE	PHYSICAL ACTIVITY	PSYCHOLOGICAL WELLBEING OUTCOMES
 Dog Owner	 Higher Activity	 More Happiness  Greater Life Satisfaction  More Meaning in Life  Less Depression
 Cat Owner	 Activity similar to pet-free adults	No significant differences compared to pet-free adults
 Pet-Free	 Lowest Activity	Fewest benefits (highest depression and lowest positive wellbeing scores overall)

DOG OWNERS EXPERIENCE THE MOST NOTICEABLE PSYCHOLOGICAL BENEFITS, DRIVEN BY HIGHER PHYSICAL ACTIVITY LEVELS.



It is important to note that physical activity was not a significant predictor of stress or anxiety across all groups. The differences in these outcomes were minimal regardless of pet ownership status. This suggests that while pets, particularly dogs, can boost positive aspects of mental wellbeing through an active lifestyle, they may not directly reduce stress or anxiety. As mentioned above, pet ownership may have its own challenges and stressors.

“And then if you’re sad, and you feel like talking to someone, you could talk to the dog, and you pretend like it’s a human... it’s like someone to talk to when you’re feeling sluggish or whatever, and you go play with your dog, and you watch him wag their tail... it makes you happy. So just interacting with them changes your mood.”

PETS AS A CATALYST FOR COMMUNITY AND SOCIAL ENGAGEMENT

Pets are more than just furry friends; they serve as a gateway to community and social interactions. Our research highlights that owning a dog is strongly linked to increased physical activity, and this extra movement helps alleviate loneliness and sparks social interactions (see Table 2).

- **Dog owners** are the most socially active, which is likely related to them seeing more people due to daily dog walks. This increased activity leads to lower loneliness, stronger social support, and higher satisfaction with their social life.
- **Cat owners** enjoy the comfort and routine of pet care, but their overall social connection and loneliness levels are similar to pet-free solo agers once physical activity is considered.
- **Pet-free adults** who were the least active reported the highest levels of loneliness, the weakest perceptions of social support, and the least satisfaction with their social lives.

Table 2. Pets, Activity, and Social Connection

OWNER TYPE	PHYSICAL ACTIVITY	SOCIAL WELLBEING OUTCOMES
 Dog Owner	 Higher Activity	 Lower Loneliness  More Perceived Support  Greater Satisfaction with Social Life
 Cat Owner	 Activity similar to pet-free adults	Loneliness and social support levels similar to pet-free adults
 Pet-Free	 Lowest Activity	Fewest benefits (highest loneliness, less support, lower satisfaction)

DOG OWNERS EXPERIENCE SIGNIFICANT BENEFITS IN SOCIAL WELLBEING DUE TO THE PHYSICAL ACTIVITY AND DAILY ROUTINES ASSOCIATED WITH PET CARE.

While our survey data showed no measurable social advantages for cat owners, several interview participants shared a different perspective. For example:

“And just living alone, having the neighbors that have animals, they’ll bring their dogs over, and my cats aren’t used to dogs, so they get enjoyment out of that. And sometimes the dogs are more afraid of the cats usually than the cats are of the dogs coming in. So, I think that’s been a lot of fun. They’ve actually connected me to other people and neighbors and so forth.”



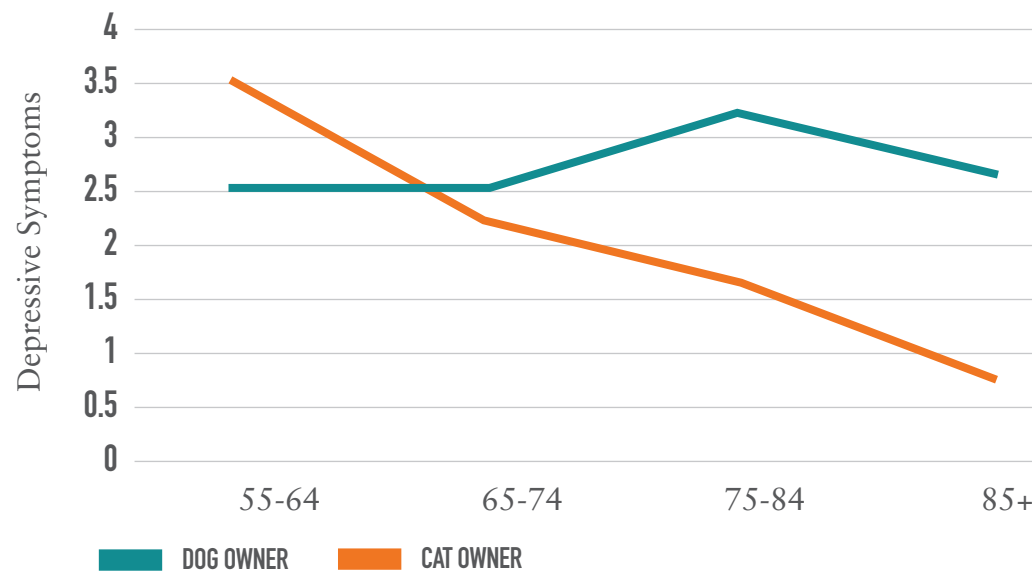
LINK BETWEEN PET OWNERSHIP AND WELLBEING MAY VARY BY AGE

Our findings also revealed that the relationship between pet ownership and wellbeing varied significantly for older and younger respondents, with notable differences in the benefits experienced by dog and cat owners. This suggests that the benefits and challenges of pet ownership evolve as people age, emphasizing the need to adapt to these changing circumstances.

MIDLIFE TO LATER-LIFE SHIFTS (see Figure 10)

- **Midlife (Ages 55–64):** During this life stage, dog owners reported fewer symptoms of depression and better overall mental wellbeing compared to cat owners. This suggests that dog ownership in midlife may offer unique mental health benefits.
- **Later Life (Ages 75+):** Among older respondents, the wellbeing gap between dog and cat owners narrows. Specifically, the initial advantage in depressive symptoms observed among dog owners diminishes and eventually reverses, with older cat owners reporting lower levels of depressive symptoms compared to their dog-owning peers.

Figure 10. Depressive Symptoms by Age & Pet Type (Higher=Worse)

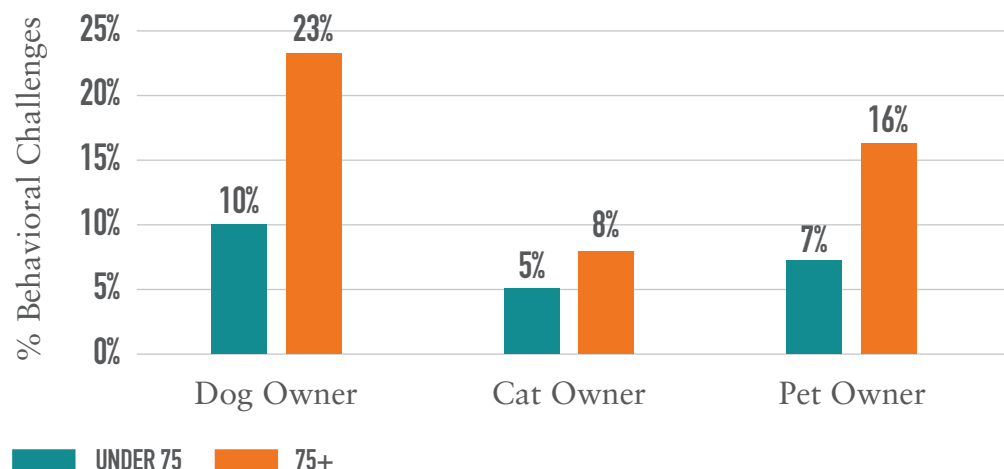


AGE-RELATED CHALLENGES (see Figure 11)

- **Behavioral Challenges:** More older dog owners reported behavioral challenges with pets rising from 10% in those under 75 to 23% in those aged 75 and better. These challenges can sometimes include examples such as dogs pulling too hard on walks or difficulties with house-training. In contrast, cat owners reported relatively stable and low levels of behavioral challenges, ranging from 5% to 8%, which might involve behaviors like scratching furniture, litter box troubles, or occasional territorial behaviors.
- **Other Factors:** Elements such as financial stress, time commitment, and access to pet resources show minimal differences related to age, indicating that these factors are consistent challenges throughout the aging process.

In summary, the dynamics of pet ownership and its impact on wellbeing may vary by age and type of pet. Understanding these shifts can help individuals make informed decisions about pet ownership as they navigate different life stages.

Figure 11. Reports of Behavioral Challenges by Owner's Age and Pet Type



RECOMMENDATIONS AND INSIGHTS

Drawing on the findings from this study and insights shared directly by solo ager interviewees, the following recommendations highlight practical ways to enhance resources for older adults who choose pet companionship:

1 ESTABLISH EMERGENCY PET CARE PLANS

Solo agers emphasized the need to prepare for hospitalizations or unexpected health challenges. Many lack family support, making contingency planning vital.

“Find someone local who can watch your cat if you’re in the hospital... Make sure you have something in place, even if it’s with a shelter, they will take your cat and find him a place.”

RECOMMENDATION

Encourage older adults to designate trusted caregivers or shelters for emergency pet care. Community-based foster programs can provide short- or long-term solutions, ensuring pets are safe when owners face health crises.

2

SUPPORT INFORMED PET SELECTION

Choosing the right pets is crucial for successful ownership. Interviewees highlighted matching energy levels, size, and temperament to lifestyle and health.

“... a little dog, you probably don’t have to walk as far as a big dog... So that’s probably the only thing I would suggest. Smaller dogs or cats just might be easier to have. And one of my friends has a bird, a parrot ... it keeps her happy.”

RECOMMENDATION

Develop education workshops and adoption counseling services that guide solo agers in selecting pets that fit their circumstances. Such programs can strengthen the human–animal bond and reduce stress associated with ownership (e.g., Anderson et al., 2015).

3

EXPAND FINANCIAL ASSISTANCE PROGRAMS

Financial barriers, including veterinary care and pet food, remain a challenge for many older adults.

RECOMMENDATION

Establish financial support and subsidies for pet-related expenses through partnerships with veterinary clinics, nonprofits, and municipalities. Reduced-cost veterinary services and grants can alleviate economic burden and encourage continued pet ownership (e.g., Croney et al., 2025; Muldoon & Williams, 2024). These programs can help address barriers to ownership solo agers may face.

4

ENHANCE ACCESSIBILITY AND CARE SUPPORTS

Solo agers may experience mobility challenges that make it difficult to get pets to the vet, ensure daily exercise, or handle routine care. Interviewees noted the importance of creative solutions, such as transportation programs:

“I know certain places... certain insurance companies, if you give 48-hours’ notice, you can get a ride to your doctor’s. But what if we could do that for the owners and the pet who have the doctor’s appointments?”

Volunteer-based programs can provide practical, hands-on help, from walking pets to assisting with vet visits. These supports not only reduce physical demands of pet ownership but also strengthen social ties.

RECOMMENDATION

Create a two-tiered support system:

- **Structural Supports:** Pet transport services, in-home vet visits, and food delivery integration with programs like Meals on Wheels.
- **Community Supports:** Volunteer networks to assist with walking, grooming, and companionship tasks.

Research shows that both service-based and volunteer-driven supports help older adults sustain pet ownership and enhance wellbeing (e.g., McLennan et al., 2022).



5

STRENGTHEN COMMUNITY-BASED PET PROGRAMS

Pets can spark friendships and reduce isolation for older adults. Local initiatives that add simple amenities or create gathering spots can turn everyday pet activities into community hubs.

RECOMMENDATION

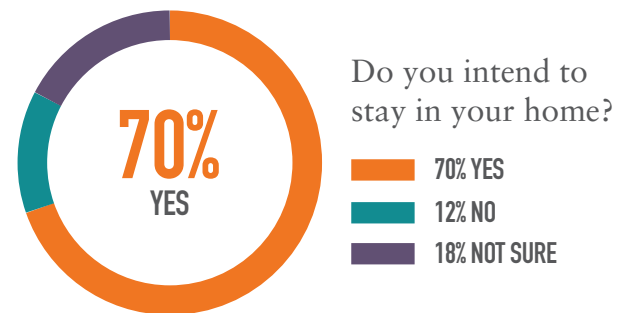
Develop community-based initiatives, adoption events tailored to older adults, peer-support and mentoring groups, pet-centered walking clubs, and park meetups to match older adults with appropriate pets while fostering social ties and active living (e.g., Krause-Parello et al., 2019; Shealy et al., 2023).

6

INCREASE ACCESS TO PET-FRIENDLY HOUSING

Housing restrictions in senior living and rental communities are a major barrier for pet owners. This issue is particularly pressing given that approximately 70% of solo agers expressed a desire to remain in their homes as they age (see Figure 12).

Figure 12. Majority of Respondents Intend to Age in Place



RECOMMENDATION

Advocate for pet-friendly housing policies and incentives for landlords, such as tax credits or reduced liability costs (Palluzi, 2013). Expanding access to pet-friendly housing supports community wellbeing and older adults' quality of life (Toohey et al., 2017).

With these findings, community organizations, policymakers, and health care providers can devise transformative solutions, such as pet care initiatives and animal-assisted approaches, that empower solo agers to flourish independently, beyond conventional support networks.

“I have made several friends and good social circles at the dog park...when I first joined the board, one of my first goals was to get more seating in the small dog park because so many small dog owners are seniors...So I found people who were selling those big plastic patio chairs... So now we have a park full of chairs that it turns out are mobile. One person can sit in a corner and work.... Or I'll come into the park and see an empty circle of chairs where a group of friends met. And so, I unwittingly helped contribute to our sense of community.”



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APPENDIX – SURVEY RESPONDENT CHARACTERISTICS

	Dog Owners	Cat Owners	Pet-Free
Age			
55–64	30.9%	31.4%	37.7%
65–74	50.2%	51.2%	38.3%
75 or better	19%	17.4%	24%
Gender			
Female	51.2%	67.2%	47%
Male	48.5%	31.4%	52.7%
Non-Binary/Other	0.3%	1.3%	0.3%
Race/Ethnicity			
White	59.1%	61.2%	62.3%
Black/African American	24.6%	20.1%	19%
Latino/Hispanic	4.7%	3.3%	7%
Asian	3.7%	4.7%	5.7%
Indigenous/Native American	3.7%	3%	1.3%
Pacific Islander/Hawaiian	0.3%	0.3%	1.3%
Multiracial	3.3%	6%	0%
Other	0.7%	1.3%	3%
Education			
Some high school (no diploma)	2.3%	1%	2%
High school degree	34.9%	35.8%	30.3%
Associate degree	18.9%	27.8%	18.3%
Bachelor's degree	29.9%	24.7%	29%
Master's degree	11.3%	9.4%	16.7%
Doctorate or professional	2.7%	1.3%	3.7%
Income			
Less than \$25,000	27.2%	40.5%	31%
\$25K to less than \$50K	35.9%	36.5%	34.7%
\$50K to less than \$75K	17.3%	13%	17.7%
\$75K to less than \$100K	9%	5.4%	9.7%
\$100K to less than \$125K	2.3%	2.3%	3%
\$125K to less than \$150K	2%	1.3%	1.7%
\$150K or more	6.3%	1%	2.3%

	Dog Owners	Cat Owners	Pet-Free
Marital Status			
Never married	38.5%	42.8%	57%
Separated/Divorced	39.5%	39.1%	27%
Widowed	21.9%	18.1%	16%
US Region			
East Coast	26.6%	36.1%	40%
Northeast	5.6%	4.3%	2%
West Coast	27.6%	24.7%	24%
Midwest	15.9%	19.1%	19.2%
South	23.6%	14.7%	13.7%
Unavailable	0.7%	1%	1%

SURVEY MEASURES

Measure	Items	Response Scale	Interpretation
Physical Activity Scale for the Elderly (PASE; Leisure-Time subscale; Washburn et al., 1993)	5–6	0 = Never to 3 = Often (5–7 days/week)	Average score across all items (6 for pet owners; 5 for pet-free adults); higher = more physical activity
Depression (Mini-DASS – 12; Monteiro et al., 2023)	4	0 = Did not apply to 3 = Applied very much / most of the time	Summed score across all items; higher = more depression symptoms
Anxiety (Mini-DASS – 12; Monteiro et al., 2023)	4	Same as above	Summed score across all items; higher = more anxiety symptoms
Stress (Mini-DASS – 12; Monteiro et al., 2023)	4	Same as above	Summed score across all items; higher = more stress
Loneliness (UCLA 3-item; Hughes et al., 2008)	3	1 = Hardly ever to 3 = Often	Summed score across all items; higher = greater loneliness
Happiness (Raudenská, 2023)	1	1 = Completely unhappy to 7 = Completely happy	Single item; higher = greater happiness
Life Satisfaction (SWLS; Diener et al., 1985)	5	1 = Strongly disagree to 7 = Strongly agree	Summed score across all items; higher = greater life satisfaction
Meaning in Life (MLQ; Steger et al., 2006; Steger & Shin, 2010)	5	1 = Absolutely untrue to 7 = Absolutely true	Summed score across all items; higher = stronger sense of meaning
Perceived Support (SPS-10; Caron, 2013)	10	1 = Strongly disagree to 4 = Strongly agree	Summed score across all items; higher = greater perceived support
Social Life Satisfaction (WOOP; Hackert et al., 2021)	1	1 = I'm very satisfied with my social life to 5 = I'm very dissatisfied with my social life	Single item; lower = more satisfaction with social life

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