**Table 1.** Characteristics of studies included in meta-analysis.

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Reference** | **Sample characteristics** | **Age range** | **Age M (SD)** | **Country** | **Measurement instrument** | **Intervention type** | **Intervention duration** | **Difference between baseline and follow-up measurement** |
| Brog et al. [74] | adults | 18–81 | 40.36 (14.59) | Switzerland | UCLA (9-item) | Internet-based self-help program for psychological distress | 3 weeks | 3 weeks |
| Hill et al. [75] | adults | 35–65 | N/A | USA | UCLA | Online, asynchronous, peer-led support group and health teaching units | 22 weeks | 3 months |
| Iyer et al. [76] | high school students | 14–19 | 16.05 (1.34)a | USA | UCLA | Online, self-care program | 4 weeks | 4 weeks |
| Karkosz et al. [77] | young adults | 18–35 | 25.7 (4.59)a | Poland | UCLA | Web-based and mobile therapy chatbot | 2 weeks | 2 weeks |
| Robinson et al. [78] | older adults | 55–100 | N/A | New Zealand | UCLA | Companion robot | 12 weeks | 12 weeks |
| N. Shapira et al. [67] | older adults | 70–93 | IG: 80.25 (6.5), CG: 82.60 (5.90) | Israel | UCLA | Computer and internet training | 15 weeks | 2-4 weeks after completing program |
| S. Shapira et al. [79] | older adults | 65–90 | 72 (5.63) | Israel | UCLA (3-item) | Online guided group sessions via Zoom | 3.5 weeks | 3.5 weeks |
| Schwindenhammer [73] | older adults | 71–97 | 86.12 (5.28) | USA | UCLA | Videoconferencing sessions | 14 weeks | 14 weeks |
| Sun [80] | university students | N/A | N/A | China | N/A | Mindfulness-based mobile app | 8 weeks | 8 weeks |

Notes: aComputed from the dataset available, not provided in the study itself. IG, Intervention group. CG, Control group. UCLA, University of California, Los Angeles Loneliness Scale.