

IS HEARING LOSS LINKED TO DEPRESSION?



IREPRESENTATIVE STUDY

NANES 2005-2010 STUDY*

Compared to individuals without hearing loss, adults with hearing loss are twice as likely to have moderate to severe depression than those without hearing loss.

Those with moderate hearing loss had the strongest association with depression, likely because those with more severe hearing loss are more likely to have been identified and encouraged to intervene with treatment (e.g., cochlear implants, hearing aids, etc), whereas those with more moderate hearing loss may not have received hearing interventions.

META-ANALYSIS

147,148 PARTICIPANTS**

In this study that systematically evaluated 35 studies on aging, hearing loss, and depression, there were two main findings:

Adults 60 years and older are nearly 1.5 times more likely to experience depression if they have hearing loss.

Depression appears to be consistent regardless of whether the hearing loss was treated or not through rehabilitation, hearing aids, etc.

Yes, depression is linked to hearing loss

*Li, C. M., Zhang, X., Hoffman, H. J., Cotch, M. F., Themann, C. L., & Wilson, M. R. (2014). Hearing impairment associated with depression in US adults, National Health and Nutrition Examination Survey 2005-2010. *JAMA otolaryngology-head & neck surgery*, 140(4), 293-302.

**Lawrence, B. J., Jayakody, D. M., Bennett, R. J., Eikelboom, R. H., Gasson, N., & Friedland, P. L. (2020). Hearing loss and depression in older adults: a systematic review and meta-analysis. *The Gerontologist*, 60(3), e137-e154.