

**Supplemental Table 1.** Study intervention demographics. \*

<b>Intervention</b>	<b>Location of Study</b>	<b>Study Length</b>	<b>Sample</b>
<b>Volunteering</b>			
[14]	Chile, Mexico and Spain	1994–1998, 2005–2009, 2010–2014	$n = 1,699$ , ages 61–80
[15]	Swedish National Prescribed Drug Register	2010, 2012, 2014	$n = 531$ , no volunteering 1) $n = 220$ , discontinuous volunteering 2) $n = 250$ , continuous volunteering
<b>Group Interventions</b>			
[16]	Chicago	3 months	$n = 26$ , network-building visiting program 1) $n = 26$ , relationship-oriented visiting program 2) $n = 13$ , control group
[17]	Canada	20 weeks	$n = 28$ , widowed older adults, age >55, 4 face to face support groups
<b>Psychosocial Group Intervention</b> [18]	Finland	3 months	$n = 117$ , 3 groups: art and inspiring activities, group exercise and discussions, therapeutic writing and group therapy
<b>Community-Based Approach</b> [19]	Las Vegas, Nevada and Rural Clark County	4 months	$n = 339$
<b>Community Approach</b> [20]	Sweden	1 year	$n = 416$ , ages 70+ 1) $n = 227$ : intervention group 2) $n = 189$ : control group
<b>Social Activation Program</b> [21]	Stockholm, Sweden		$n = 60$ 1) $n = 30$ : experimental group 2) $n = 30$ : control group
<b>Psychosocial Group Intervention</b> [22]	Japan	6 weeks	$n = 50$ , age < 65 1) $n = 25$ : experimental 2) $n = 25$ control
<b>Cognitive Enhancement Program, Group Intervention</b> [23]	USA	3 months	$n = 58$ , ages 61–98 years old 1) $n = 29$ : experimental group 2) $n = 29$ : control
<b>Intervention Program</b> [10]	Sweden	24 weeks	$n = 65$ (random allocation to experimental and control groups)
<b>Social Isolation Prevention Program</b> [12]	Tokyo, Japan	6 months	$n = 63$ 1) $n = 21$ : intervention group 2) $n = 42$ : control group
<b>Friendship-Centered Interventions</b>			
<b>Friendship Clubs</b> [24]	UK	3 years	$n = 100$
<b>Individual Friendship Enrichment Program</b> [25]	Dutch	6 weeks	$n = 239$
<b>Person Centered/One-on-One Intervention</b>			

[13]	Louisville, KY, USA		<i>n</i> = 65, ages 51–90
<b>Peer Telephone Dyads</b> [26]	USA	10 weeks of staff telephone calls then pairing in dyads	<i>n</i> = 265
<b>Individual Visits</b> [11]	Southern Ontario, Canada	6 weeks	<i>n</i> = 26
<b>One-on-One Visits</b> [27]	The Netherlands	3 years	<i>n</i> = 580 1) <i>n</i> = 292: experimental group 2) <i>n</i> = 288: control group
<b>Health-Promoting/Social Support Interventions</b>			
<b>Health-Promoting Interventions</b> [28]	Tehran, Iran	12 months	<i>n</i> = 464 1) <i>n</i> = 232: control group 2) <i>n</i> = 232: experimental group
<b>PRISM System: A Specially Designed Computer System for Older Adults (Randomized Trial)</b> [29]	USA	Collection at 6 and 12 months	<i>n</i> = 300

\*Same reference as the main text.