Table S1

*Descriptive Information on the Studies Included in the Meta-Analysis of Family-Related Relationships*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Quality | Sample characteristics |  | Social anxiety |  | Social relationships | Time lag (years) |
| *N* | Male (%) | Country | Mean age (years) | Cohort |  | Facets | Reporter |  | Relationship characteristic | Reporter |
| Booth-LaForce & Oxford, 2008 | 8 | 1,092 | 51  | USA | 2.00  | 1991.00  |  | Behavioral | Teacher |  | Mother attachment | Mother | 10.00  |
| Brurnariu & Kerns, 2008 | 5 | 74 | 53  | USA | 9.10  | 1994.90  |  | Mixed | Self |  | Mother-child attachment | Self | 2.00  |
| Bullock et al., 2022 | 7 | 215 | 49  | China | 10.68  | 2004.15  |  | Shyness | Peer |  | Parent-child relationships | Self | 1.00  |
| Bystritsky, 2000 | 5 | 55 | 57  | USA | 9.00  | 1978.00  |  | General | Self |  | Mother attachment | Observer | 5.00  |
| Calvete et al., 2018 | 10 | 1,328 | 55  | Spain | 15.05  | 2000.45  |  | General | Self |  | Emotional abuse by parents | Self | .50  |
| Carcedo et al., 2023 | 5 | 210 | 33  | Spain | 18.60  | 2002.15  |  | General | Self |  | Parental attachment security | Self | .50  |
| Cavanaugh & Buehler, 2015 | 7 | 416 | 49  | USA | 11.86  | 1989.14  |  | General | Self |  | Parent support | Mixed | 2.00  |
| Chen et al., 2021 | 5 | 150 | 43  | China | 12.84  | 2005.16  |  | Shyness | Peer |  | Warm relationships in family | Self | 1.00  |
| Choi et al., 2020 | 6 | 2,031 | 51  | Korea | 14.00  | 1996.50  |  | Behavioral | Self |  | Negative child-rearing | Self | 2.00  |
| Fransson et al., 2016 | 3 | 69 | 48  | Sweden | 8.50  | 1985.00  |  | General | Self |  | Security-attachment | Observer | 12.50  |
| Gao et al., 2022 | 7 | 1,140 | 51  | China | 10.50  | 2003.42  |  | General | Self |  | Perceived parental autonomy support | Self | 2.00  |
| Gonzalez-Diez et al., 2017 | 7 | 550 | 44  | Spain | 16.97  | 1997.03  |  | General | Self |  | Parents’ emotional abuse | Self | 1.00  |
| Grills, 2003 | 4 | 76 | 49  | USA | 11.64  | 1987.36  |  | General | Self |  | Parent support | Self | 2.00  |
| Hamilton et al., 2013 | 6 | 225 | 41  | USA | 12.84  | 1996.16  |  | General | Self |  | Family abuse & neglect | Self | .75  |
| Hamilton et al., 2016 | 6 | 410 | 47  | USA | 12.84  | 1999.16  |  | General | Self |  | Family emotional abuse and neglect | Self | .75  |
| Kaufman et al., 2020 | 8 | 9,770 | 50  | Netherlands | 9.16  | 2003.26  |  | Emotional | Self |  | Parent-child relationships | Self | .50  |
| Lee et al., 2017 | 6 | 2,280 | 51  | Korea | 14.00  | 1997.00  |  | Behavioral | Self |  | Negative rearing | Self | 2.00  |
| Liu et al., 2018 | 9 | 1,154 | 49  | China | 10.78  | 2003.14  |  | Shyness | Self |  | Harsh parenting | Parent | 1.00  |
| Mak et al., 2018 | 8 | 687 | 48  | USA | 11.27  | 1992.48  |  | General | Self |  | Family climate & parent rejection | Self | 2.50  |
| Rowe et al., 2015 | 7 | 601 | 51  | Australia | 11.00  | 2000.83  |  | General | Self |  | Parent rejection & coercion | Self | 1.17  |
| van Zalk & van Zalk, 2015 | 7 | 2,194 | 52  | Sweden | 13.58  | 1989.92  |  | Emotional | Self |  | Feeling connected to parents | Self | 2.00  |
| Verhagen et al., 2022 | 6 | 128 | 52  | Netherlands | 1.23  | 1997.50  |  | Behavioral | Teacher & parent & peer |  | Quality of parental interactive behavior | Observer | 8.00  |
| Wang et al., 2022 | 7 | 7,434 | 52  | China | 19.67  | 1999.58  |  | Emotional | Self |  | Family conflict | Self | 1.50  |

*Note. N =* sample size.

Table S2

*Descriptive Information on the Studies Included in the Meta-Analysis of School-Related Relationships*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Quality | Sample characteristics |  | Social anxiety |  | Social relationships | Time lag (years) |
| *N* | Male (%) | Country | Mean age (years) | Cohort |  | Facets | Reporter |  | Relationship characteristic | Reporter |
| Acquah et al., 2016 | 3 | 390 | 50  | Finland | 12.50  | 1994.25  |  | General | Self |  | Peer victimization | Self | 1.50  |
| Arango et al., 2022 | 6 | 218 | 34  | USA | 13.50  | 1999.00  |  | General | Self |  | Peer victimization & school connectedness | Self | .50  |
| Asendorpf & Wilpers,1998 | 5 | 132 | 30  | Germany | 20.11  | 1974.72  |  | Shyness | Self |  | Number of peers & support from opposite-sex peers | Self | 1.50  |
| Baardstu et al., 2022 | 5 | 7,343 | 50  | Norway | 1.50  | 2007.50  |  | Shyness | Mother |  | Teacher-child closeness | Teacher | 3.50  |
| Baardstu et al., 2020 | 8 | 939 | 51  | Norway | 1.50  | 1994.50  |  | Shyness | Mother |  | Peer problem | Self | 13.00  |
| Bartlett et al., 2023 | 6 | 528 | 51  | Australia | 11.19  | 2005.81  |  | Emotional | Self |  | Peer victimization | Self | 4.50  |
| Barzeva et al., 2020 | 8 | 2,772 | 53  | Netherlands | 11.11  | 1990.00  |  | General | Self |  | Peer victimization & acceptance | Self | 5.00  |
| Barzeva et al., 2022 | 6 | 1,019 | 39  | Netherlands | 16.20  | 1990.00  |  | Behavioral | Self |  | Friendship network | Peer | 2.20  |
| Biggs et al., 2012 | 6 | 214 | 51  | USA | 13.11  | 1996.64  |  | General | Self |  | Friendship quality | Self | .17  |
| Boivin et al., 1995 | 7 | 567 | 49  | Canada | 10.83  | 1981.17  |  | Behavioral | Peer |  | School lonelness & victimization & peer status | Mixed | 1.00  |
| Borelli & Prinstein, 2006 | 7 | 478 | 49  | USA | 12.70  | 1990.30  |  | General | Self |  | Peer relations | Mixed | .92  |
| Bowker et al., 2020 | 7 | 445 | 56  | India | 13.77  | 2000.48  |  | General | Self |  | Peer relations | Peer | .50  |
| Bullock et al., 2022 | 7 | 215 | 49  | China | 10.68  | 2003.82  |  | Shyness | Peer |  | Peer difficulties | Self | 1.00  |
| Calvete et al., 2018 | 10 | 1,328 | 55  | Spain | 15.05  | 2000.45  |  | General | Self |  | Bullying victimization | Peer | .50  |
| Cavanaugh & Buehler, 2015 | 7 | 416 | 49  | USA | 11.86  | 1999.14  |  | General | Self |  | Peer support | Self | 1.00  |
| Chang et al., 2005 | 5 | 377 | 62  | Hong Kong | 14.86  | 1986.64  |  | Behavioral | Mixed |  | Social acceptance | Peer | 1.50  |
| Chen et al., 2019 | 6 | 1,061 | 51  | China | 11.17  | 2002.33  |  | Shyness | Peer |  | Peer relations | Peer | 3.00  |
| Choi et al., 2020 | 5 | 1,036 | 51  | Korea | 14.00  | 1996.50  |  | Behavioral | Self |  | Peer relations | Self | 2.00  |
| Chu et al., 2019 | 8 | 661 | 61  | China | 12.86  | 2004.06  |  | General | Self |  | Bullying victimization | Self | 1.00  |
| Ding et al., 2022 | 8 | 578 | 54  | China | 11.24  | 1998.51  |  | Mixed | Self |  | Peer problems & acceptance | Peer | .75  |
| Eisenberg et al., 2004 | 7 | 112 | 52  | Indonesia | 9.12  | 1990.00  |  | Shyness | Teacher |  | Peer sociometrics | Peer | 3.00  |
| Fernandez, 2015 | 5 | 89 | 30  | USA | 19.12  | 1993.88  |  | General | Self |  | Friendships | Mixed | .19  |
| Foster, 2021 | 4 | 384 | 44  | USA | 18.78  | 2001.22  |  | General | Self |  | Friend support & negative interactions | Self | .17  |
| Geukens et al., 2022 | 7 | 1,173 | 50  | Netherlands | 12.71  | 1997.29  |  | Cognitive | Self |  | Peer-related loneliness | Self | 3.00  |
| Gonzalez-Diez et al., 2017 | 7 | 550 | 44  | Spain | 16.97  | 1997.03  |  | Emotional | Self |  | Peer victimization | Self | 1.00  |
| Grills, 2003 | 4 | 76 | 49  | USA | 11.64  | 1987.36  |  | Emotional | Self |  | Classmate and teacher support & peer victimization | Self | 2.00  |
| Guimond et al., 2018 | 6 | 1,769 | 49  | Canada | 10.25  | 2004.75  |  | Behavioral | Peer |  | Peer victimization | Peer | .50  |
| Hamilton et al., 2013 | 6 | 225 | 41  | USA | 12.84  | 1996.16  |  | Emotional | Self |  | Peer victimization | Self | .75  |
| Hamilton et al., 2016 | 6 | 410 | 47  | USA | 12.84  | 1999.16  |  | Emotional | Self |  | Peer victimization | Self | .75  |
| Henricks et al., 2021 | 6 | 274 | 50  | Netherlands | 12.55  | 2002.28  |  | General | Self |  | Social status in school | Peer | .50  |
| Henricks et al., 2023 | 7 | 1,741 | 50  | Netherlands | 12.68  | 2000.24  |  | Cognitive | Self |  | Popularity & likeablity | Peer | 2.00  |
| Herge et al., 2016 | 6 | 1,162 | 43  | USA | 15.80  | 1995.45  |  | General | Self |  | Peer victimization | Self | .12  |
| Hymel et al., 1990 | 4 | 87 | 46  | Belgium | 7.70  | 1972.30  |  | Shyness | Teacher |  | Popularity by peers | Peer | 3.00  |
| Irwin et al., 2019 | 7 | 396 | 50  | Canada | 11.80  | 2001.45  |  | General | Self |  | Victimization | Self | 1.00  |
| Kaufman et al., 2020 | 8 | 9,770 | 50  | Netherlands | 9.16  | 2003.26  |  | Emotional | Self |  | Peer victimization | Self | 1.00  |
| Kim et al., 2018 | 6 | 2,028 | 53  | Korea | 11.94  | 2000.06  |  | Behavioral | Self |  | Bullying victimization | Self | 2.00  |
| Landoll, 2012 | 6 | 1,045 | 42  | USA | 15.80  | 1991.20  |  | General | Self |  | Peer victimization | Self | .12  |
| Lessard & Juvonen, 2018 | 6 | 5,991 | 48  | USA | 11.00  | 1998.75  |  | General | Self |  | Friendlessness | Peer | 2.00  |
| Lim, 2023 | 8 | 2,230 | 54  | Korea | 14.00  | 2004.00  |  | Behavioral | Self |  | Negative peer relationships | Self | 2.00  |
| Liu et al., 2018 | 9 | 1,154 | 49  | China | 10.78  | 2003.14  |  | Shyness | Self |  | Teacher-child relationships | Teacher | 1.00  |
| London et al., 2007 | 7 | 150 | 51  | Spain | 11.00  | 1993.00  |  | General | Self |  | School loneliness | Self | .33  |
| Loukas & Pasch, 2012 | 6 | 490 | 47  | USA | 11.69  | 1997.31  |  | General | Self |  | Peer victimization & school connectedness | Self | 1.00  |
| Mak et al., 2018 | 8 | 687 | 48  | USA | 11.27  | 1992.48  |  | General | Self |  | Friendship quality | Self | 2.50  |
| Malamut et al., 2021 | 4 | 4,085 | 44  | Finland | 14.56  | 1994.43  |  | Cognitive | Self |  | Self- and peer-reports of victimization & popularity | Mixed | .38  |
| Markovic & Bowker, 2015 | 6 | 271 | 51  | USA | 11.54  | 2000.63  |  | Behavioral | Peer |  | Victimization & popularity & acceptance | Peer | .25  |
| Menzer et al., 2010-European American | 4 | 396 | 53  | USA | 11.00  | 1996.83  |  | Behavioral | Peer |  | Peer victimization & exclusion | Peer | .58  |
| Menzer et al., 2010-East Asian American | 4 | 120 | 46  | USA | 11.00  | 1996.83  |  | Behavioral | Peer |  | Peer victimization & exclusion | Peer | .58  |
| Morea & Calvete, 2023 | 7 | 680 | 59  | Spain | 14.58  | 2005.92  |  | General | Self |  | Victimization | Self | .46  |
| Morneau-Vaillancourt et al., 2021 | 7 | 1,014 | 49  | Canada | 6.00  | 1996.50  |  | General | Teacher |  | Peer victimization & rejection | Peer | 4.00  |
| Mulder et al., 2017 | 8 | 1,649 | 45  | Netherlands | 12.00  | 1998.92  |  | General | Self |  | Self and peer-reported victimization | Mixed |  .58  |
| Narr et al., 2019 | 7 | 169 | 47  | USA | 15.21  | 1986.21  |  | General | Self |  | Close friendship strength | Self | 10.00  |
| Nishina et al., 2005 | 6 | 1,516 | 45  | USA | 11.00  | 1991.85  |  | General | Self |  | Peer victimization | Self | .50  |
| Oh et al., 2008 | 7 | 392 | 52 | USA | 10.23 | 1993.69 |  | Behavioral | Peer |  | Peer exclusion or victimization | Peer | 1.00 |
| Pabian & Vandebosch, 2016 | 8 | 2,128 | 43  | Belgium | 13.02  | 1998.81  |  | General | Self |  | Bullying victimization | Self | .50  |
| Pickard et al., 2018 | 7 | 8,028 | 51  | UK | 8.00  | 1991.50  |  | Emotional | Parent |  | Peer victimization & friendship quality | Self | 5.00  |
| Rapee et al., 2022 | 7 | 582 | 51  | Australia | 11.20  | 2004.80  |  | Emotional | Mixed |  | Peer group affiliation & school belonging & peer victimization | Self | 2.00  |
| Rodebaugh et al., 2015 | 6 | 67 | 36  | USA | 19.20  | 1986.55  |  | Emotional | Self |  | Friendship closeness | Self | .50  |
| Romera et al., 2022 | 8 | 2,512 | 48  | Spain | 12.81  | 2005.02  |  | General | Self |  | Peer victimization | Self | .50  |
| Ronchi et al., 2020 | 4 | 66 | 55  | Italy | 11.53  | 2004.49  |  | General | Self |  | Peer acceptance & peer rejection | Peer | .83  |
| Rowe et al., 2015 | 7 | 601 | 51  | Australia | 11.00  | 2000.83  |  | General | Self |  | Peer victimization | Self | 1.17  |
| Rudasill, 2011 | 8 | 994 | 50  | USA | 4.50  | 1991.00  |  | Shyness | Mother |  | Teacher-child relationship quality | Teacher | 4.00  |
| Selfhout et al., 2009 | 8 | 307 | 49  | Netherlands | 15.50  | 1988.50  |  | Emotional | Self |  | Perceived friendship quality | Self | 1.00  |
| Siegel et al., 2009 | 6 | 228 | 42  | USA | 16.00  | 1989.92  |  | General | Self |  | Peer victimization | Self | .17  |
| Souma et al., 2008 | 1 | 70 | 49  | Japan | 18.70  | 1986.33  |  | Shyness | Self |  | Quality of relationship & size of whole network | Self | .58  |
| Storch et al., 2005 | 6 | 144 | 35  | USA | 13.90  | 1988.10  |  | General | Self |  | Peer victimization | Self | 1.00  |
| Tillfors et al., 2012 | 6 | 1,528 | 51  | Sweden | 14.69  | 1996.30  |  | Emotional | Self |  | Peer relations | Mixed | 1.00  |
| Troop-Gordon et al., 2021 | 7 | 1,448 | 52  | USA | 10.13  | 2008.62  |  | Behavioral | Teacher |  | Peer victimization | Self | .50  |
| van den Eijnden et al., 2014 | 7 | 831 | 50  | Netherlands | 13.20  | 1992.97  |  | General | Self |  | Victimization | Self | 2.00  |
| van Zalk et al., 2014 | 7 | 389 | 50  | Sweden | 13.29  | 1997.46  |  | Shyness | Self |  | Number of offline-exclusive friends | Peer | 1.33  |
| van Zalk & Tillfors, 2017 | 8 | 526 | 32  | Sweden | 14.05  | 1996.70  |  | Emotional | Self |  | Friendship quality | Self | 1.33  |
| Vanhalst et al., 2013 | 5 | 267 |  | Netherlands | 15.22  | 1987.78  |  | Emotional | Self |  | Peer-related loneliness | Self | 1.00  |
| Vernberg et al., 1992 | 3 | 68 | 56  | USA | 12.90  | 1976.85  |  | General | Self |  | Friendship quality | Self | .17  |
| Wang et al., 2023 | 7 | 274 | 50  | China | 13.56  | 2006.44  |  | General | Self |  | Friendship quality | Self | 1.00  |
| Zhu et al., 2018 | 5 | 360 | 56  | China | 4.72  | 2010.28  |  | Shyness | Mother |  | Peer preference | Peer | 1.00  |
| Zimmer-Gembeck, 2015 | 7 | 711 | 48  | Australia | 11.20  | 2000.72  |  | General | Self |  | Peer victimization & exclusion | Self | 1.17  |
| Zimmer-Gembeck et al., 2021 | 7 | 377 | 45  | Australia | 12.00  | 2003.00  |  | General | Self |  | Peer rejection | Peer | 4.00  |
| Zimmer-Gembeck et al., 2022 | 7 | 329 | 46  | Australia | 13.90  | 2001.10  |  | Behavioral | Self |  | Peer popularity & likeability | Peer | 2.00  |

Table S3

*Descriptive Information on the Studies Included in the Meta-Analysis of Romantic Relationships*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Quality | Sample characteristics |  | Social anxiety |  | Social relationships | Time lag (years) |
| *N* | Male (%) | Country | Mean age (years) | Cohort |  | Facets | Reporter |  | Relationship characteristic | Reporter |
| Asendorpf et al., 1998 | 5 | 132 | 30  | Germany | 20.11  | 1974.72  |  | Shyness | Self |  | In love | Self | 1.50  |
| Baker & McNulty, 2010 | 6 | 84 | 50  | USA | 27.66  | 1976.34  |  | Shyness | Self |  | Marital satisfaction & marital problems | Self | .50  |
| Barzeva et al., 2021 | 7 | 1,710 | 43  | Netherlands | 19.10  | 1990.00  |  | Behavioral | Self |  | Romantic relationships | Self | 7.00  |
| Foster, 2021 | 4 | 384 | 44  | USA | 18.78  | 2001.22  |  | General | Self |  | Partner support & negative interactions | Self | .17  |
| Kashdan et al., 2007 | 6 | 89 | 0  | USA | 24.79  | 1978.21  |  | Emotional | Self |  | Romantic closeness | Self | .25  |
| Kashdan et al., 2013 | 7 | 348 | 50  | USA | 21.50  | 1989.00  |  | Emotional | Self |  | Romantic quality | Self | .50  |
| Möller & Stattin, 2001 | 7 | 131 | 57  | Sweden | 15.00  | 1956.50  |  | Shyness | Mother |  | Partner relationship | Self | 22.00  |
| Porter & Chambless, 2017 | 7 | 686 | 50  | USA | 19.70  | 1994.30  |  | Emotional | Self |  | Relationship status | Self | 1.00  |

Table S4

*Descriptive Information on the Studies Included in the Meta-Analysis of General Relationships*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Study | Quality | Sample characteristics |  | Social anxiety |  | Social relationships | Time lag (years) |
| *N* | Male (%) | Country | Mean age (years) | Cohort |  | Facets | Reporter |  | Relationship characteristic | Reporter |
| Acquah et al., 2016 | 3 | 390 | 50  | Finland | 12.50  | 1994.25  |  | General | Self |  | Loneliness | Self | 2.00  |
| Calsyn et al., 2005 | 3 | 357 |  | USA | 20.00  | 1982.00  |  | Emotional | Self |  | Perceived support | Self | .25  |
| Cavanaugh & Buehler, 2015 | 7 | 416 | 49  | USA | 11.86  | 1999.14  |  | General | Self |  | Loneliness | Self | 2.00  |
| Chu et al., 2019 | 8 | 661 | 61  | China | 12.86  | 2004.06  |  | General | Self |  | Loneliness | Self | 1.00  |
| Danneel et al., 2019-sample 1 | 8 | 1,116 | 51  | Belgium | 13.79  | 1998.38  |  | General | Self |  | Lonelness | Self | 1.00  |
| Danneel et al., 2019-sample 2 | 8 | 1,423 | 48  | Belgium | 13.59  | 2000.58  |  | General | Self |  | Lonelness | Self | 1.00  |
| Danneel et al., 2019-sample 3 | 7 | 549 | 37  | Belgium | 14.82  | 1995.35  |  | General | Self |  | Lonelness | Self | 1.00  |
| DeRosier & Mercer, 2009 | 6 | 1,180 | 49  | USA | 8.00  | 1998.83  |  | General | Self |  | Loneliness | Self | .50  |
| Ding et al., 2022 | 8 | 578 | 54  | China | 11.24  | 2005.51  |  | Mixed | Self |  | Loneliness | Mixed | .75  |
| Grills, 2003 | 4 | 76 | 49  | USA | 11.64  | 1987.36  |  | Emotional | Self |  | Social acceptance | Self | 2.00  |
| Jackson et al., 2000 | 3 | 180 | 32  | USA | 21.22  | 1975.78  |  | Shyness | Self |  | Lonelness | Self | .12  |
| Kirchner et al, 2022 | 5 | 347 | 20  | Germany | 31.81  | 1988.18  |  | General | Self |  | Perceived social support | Self | .17  |
| Li et al., 2022 | 4 | 1,368 | 60  | China | 15.05  |  |  | Behavioral | Self |  | Social rejection | Self |  |
| Lim et al., 2022 | 6 | 1,562 | 14  | Australia & UK & USA | 48.80  | 1971.45  |  | General | Self |  | Loneliness | Self | .50  |
| Lim et al., 2016 | 6 | 1,010 | 24  | USA | 43.90  | 1969.10  |  | Emotional | Self |  | Loneliness | Self | .50  |
| Mak et al., 2018 | 8 | 687 | 48  | USA | 11.27  | 1992.48  |  | General | Self |  | Loneliness | Self | 2.50  |
| Morea & Calvete, 2023 | 7 | 680 | 59  | Spain | 14.58  | 2005.92  |  | General | Self |  | Disconnection & rejection schemas | Self | .46  |
| Narr et al., 2019 | 7 | 169 | 47  | USA | 15.21  | 1986.21  |  | General | Self |  | Social acceptance | Self | 10.00  |
| Prinstein & La Greca, 2002 | 5 | 246 | 40  | USA | 10.77  | 1983.23  |  | General | Self |  | Loneliness | Self | 6.00  |
| Rowe et al., 2015 | 7 | 601 | 51  | Australia | 11.00  | 2000.83  |  | General | Self |  | Loneliness | Self | 1.17  |
| Rubin et al., 1995 | 4 | 60 | 50  | Belgium | 7.50  | 1972.50  |  | Behavioral | Peer |  | Loneliness | Self | 7.00  |
| Segrin & Flora, 2000 | 7 | 118 | 35  | USA | 17.96  | 1979.79  |  | Emotional | Self |  | Loneliness | Self | .30  |
| Tian et al., 2017 | 8 | 361 | 38  | China | 18.57  | 1995.93  |  | Shyness | Self |  | Interpersonal relationships & loneliness | Self | .50  |
| Tian et al., 2018 | 8 | 291 | 49  | China | 19.07  | 1995.93  |  | Shyness | Self |  | Loneliness | Self | 1.00  |
| Troop-Gordon et al., 2021 | 7 | 1,448 | 52  | USA | 10.13  | 2008.62  |  | Behavioral | Teacher |  | Loneliness | Teacher | .50  |
| van den Eijnden et al., 2014 | 7 | 831 | 50  | Netherlands | 13.20  | 1992.97  |  | General | Self |  | Loneliness | Self | 2.00  |
| Verhagen et al., 2019 | 6 | 128 | 52  | Netherlands | 5.32  | 1997.50  |  | Behavioral | Teacher & parent |  | Loneliness | Self | 16.00  |
| Wang et al., 2023 | 7 | 7,434 | 52  | China | 19.67  | 1999.58  |  | Emotional | Self |  | Loneliness | Self | 1.50  |
| Yang et al., 2021 | 8 | 1,254 | 52  | China | 13.20  | 1999.30  |  | Shyness | Peer |  | Loneliness | Self | 2.00  |

**Studies included in this meta-analysis**

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