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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