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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No. crt.** | **Reference** | **First author, year of publish** | **Study type/**  **number of participants** | **Type of process** | | | | | | | **Assessment model** | |
| **Frailty** | | | | | **Social isolation /loneliness** | | **Frailty** | **Loneliness** |
| **Physical function** | **Cognition** | **Nutrition /ponderal state** | **Comorbidities** | **Marriage status /affective and/or sexual experiences** | **Social isolation** | **Loneliness** |  |  |
| **1.** | 1. | Gale et al, 2018 | Prospective study | x | x |  | x |  | x | x | Fried phenotype model  Frailty index | The UCLA Loneliness Scale |
| **2.** | 2. | Ozic et al, 2020 | Prospective interventional study  410 participants | x | x | x | x | x | x | x | Tilburg Frailty Indicator  Groningen Activity Restriction Scale | Tilburg Frailty Indicator  Groningen Activity Restriction Scale |
| **3.** | 3. | Hanlon et al, 2023 | Longitudinal cohort  502 456 participants (UK Biobank) | x | x | x | x |  | x | x | Frailty phenotype  Frailty index | Self-reported questionnaires |
| **4.** | 7. | Wang et al, 2022 | Systematic Review | x | x | x | x |  |  | x | Fried phenotype model  Frailty index |  |
| **5.** | 9. | Shi et al, 2020 | Prospective study  7033 participants | x | x | x | x |  | x |  | Frailty index  Mortality prediction indexes (Lee, Schonberg) |  |
| **6.** | 12. | Sha et al, 2022 | Prospective study | x | x | x | x |  | x | x | Physical Frailty Phenotype (PFP) scale | Single-question measurement of loneliness |
| **7.** | 13. | Sha et al, 2020 | Prospective study  16 840 participants | x | x | x | x |  | x | x | FRAIL Scale  Frailty Index | Single-question measurement of loneliness |
| **8.** | 16. | Siriwardhana et al, 2018 | Systematic review and meta-analysis | x |  |  | x |  | x |  | Fried phenotype |  |
| **9.** | 20. | Zhao et al, 2021 | Cross-sectional study  740 participants | x | x | x | x | x | x |  | FRAIL scale |  |
| **10.** | 23. | Zhang et al, 2023 | Longitudinal cohort study  634 participants | x | x |  | x |  | x | x |  | De Jong Gierveld Loneliness Scale  Lubben Social Network Scale-6 |
| **11.** | 25. | Ofori-Asenso et al, 2019 | Systematic review and meta-analysis | x | x | x | x |  |  |  | Fried phenotype  Frailty index |  |
| **12.** | 28. | Luo et al, 2023 | Longitudinal study  9450 participants | x | x |  | x | x | x |  | Fried phenotype |  |
| **13.** | 29. | Damluji et al, 2021 | Prospective cohort study  4656 participants | x | x | x | x | x | x |  | Fried phenotype |  |
| **14.** | 33. | Fakoya et al, 2020 | Scoping review | x | x |  | x | x | x | x |  | reported  -as the primary outcome or  -in the context of health outcomes |
| **15.** | 34. | Apostolo et al, 2017 | Scoping review | x | x | x | x | x | x | x | Frailty index  Variants of Frailty index |  |
| **16.** | 35. | Apostolo et al, 2018 | Review | x | x | x | x | x | x | x | Frailty index  Variants of Frailty index |  |
| **17.** | 39. | Souza Junior et al, 2021 | Sectional study  662 participants | x | x | x | x | x | x | x | Self-reported Frailty instrument |  |
| **18.** | 40. | Santos-Orlandi et al, 2017 | Cross-sectional study  40 participants | x | x | x | x | x |  |  | Fried phenotype | Geriatric Depression Scale |

**Table S1.** Summary of included studies