



## SEMINARIO

# **“Unravelling the Paradox of Solitude in Childhood and Adolescence”**



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Never has it been more important to consider the causes and consequences of solitude for well-being and mental health. This presentation will describe a program of research that has explored the complex links between experiences of solitude and socio-emotional functioning from early childhood to emerging adulthood. This will include an examination of: (1) both the potential costs and benefits of solitude; (2) the different ‘reasons’ why children and adolescents seek solitude; (3) the implications of spending too much versus not enough time alone; and (4) how these processes play out at different stages of development.

**Martedì 11 giugno 2024**  
**ore 14:30, Aula 3**

***Dipartimento di Psicologia dei processi di sviluppo e socializzazione***  
***Facoltà di Medicina e Psicologia - 00185 Roma***