

Title: A social cure for social comparisons

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Abstract:

Social comparisons negatively impact well-being, health and economic decisions. We use data from large, nationally representative surveys to test whether a rich social life makes social comparisons less important for well-being. Results indicate that social comparisons affect less the well-being of people with rich social lives. The same holds for people living in social affluent countries compared to the residents of socially poor countries. This evidence points to social affluence as an antidote to social comparisons. We conclude that implementing policies to enhance social connections moderates the negative impact of social comparisons.

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