

EPA/AA ratio

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.4	0.2	155	0.6	0.3	149	0.5	0.2	134	0.5	0.3	138	0.5	0.3	576
Female	0.4	0.2	144	0.5	0.2	134	0.5	0.2	139	0.5	0.2	135	0.4	0.2	552
Total	0.4	0.2	299	0.5	0.3	283	0.5	0.2	273	0.5	0.3	273	0.5	0.3	1128

Estradiol (pg/ml)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.5	11.0	142	28.7	8.8	135	30.8	10.8	129	30.7	13.2	135	30.4	11.1	541
Female	85.1	81.2	129	20.2	41.4	125	7.2	7.9	128	6.9	8.1	129	30.0	56.2	511
Total	57.0	62.5	271	24.6	29.6	260	19.1	15.1	257	19.1	16.2	264	30.2	40.0	1052

Total testosterone (ng/dl)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	511.0	154.3	142	524.6	183.9	135	512.1	167.5	129	566.5	184.4	135	528.5	173.8	541
Female	24.8	49.9	129	18.5	10.7	125	21.4	12.5	128	26.0	37.8	129	22.7	32.5	511
Total	279.6	269.8	271	281.3	285.9	260	267.7	273.0	257	302.4	302.2	264	282.8	282.8	1052

Free testosterone (pg/dl)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.0	4.9	142	14.5	3.9	135	11.9	3.5	129	11.3	3.7	135	13.5	4.5	541
Female	0.6	1.9	129	0.3	0.4	125	0.4	0.5	128	0.5	1.0	129	0.4	1.1	511
Total	8.6	8.6	271	7.7	7.6	260	6.1	6.3	257	6.0	6.1	264	7.1	7.3	1052

Sex hormone binding globulin (nmol/l)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	44.3	17.4	142	51.7	25.4	135	62.3	24.3	129	76.8	26.1	135	58.5	26.5	541
Female	82.5	33.4	129	77.8	34.4	125	80.6	31.9	128	91.6	41.0	129	83.2	35.6	511
Total	62.5	32.5	271	64.2	32.7	260	71.4	29.8	257	84.0	34.9	264	70.5	33.6	1052

White blood cell count (/μl)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6276.1	2072.0	155	6018.8	1740.4	149	5848.9	1537.7	133	5695.7	1703.8	138	5971.3	1793.6	575
Female	5263.9	1377.5	144	4947.0	1277.5	134	5423.0	1322.3	139	5348.1	1646.7	135	5247.6	1419.9	552
Total	5788.6	1840.0	299	5511.3	1626.9	283	5631.3	1444.9	272	5523.8	1681.8	273	5616.9	1660.5	1127

Red blood cell count (x10000/μl)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	511.5	38.3	155	499.2	40.4	149	494.0	41.1	133	479.8	43.1	138	496.7	42.2	575
Female	453.5	31.0	144	458.7	34.7	134	459.7	39.1	139	455.1	42.4	135	456.7	37.0	552
Total	483.6	45.4	299	480.1	42.9	283	476.4	43.6	272	467.5	44.4	273	477.1	44.4	1127

Hemoglobin (g/dl)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.8	1.0	155	15.7	1.2	149	15.4	1.2	133	15.0	1.3	138	15.5	1.2	575
Female	13.2	1.5	144	13.7	1.1	134	13.9	1.1	139	13.7	1.2	135	13.6	1.3	552
Total	14.5	1.8	299	14.8	1.5	283	14.6	1.4	272	14.3	1.4	273	14.6	1.6	1127

Hematocrit (%)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	48.2	3.1	155	47.6	3.2	149	46.8	3.5	133	45.7	3.7	138	47.1	3.5	575
Female	41.2	3.7	144	42.5	3.1	134	43.0	3.4	139	42.7	3.6	135	42.3	3.5	552
Total	44.8	4.9	299	45.2	4.1	283	44.9	3.9	272	44.2	4.0	273	44.8	4.2	1127

MCV (fl)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	94.3	4.1	155	95.5	4.4	149	95.0	4.5	133	95.5	4.6	138	95.1	4.4	575
Female	90.9	6.9	144	92.8	4.1	134	93.6	4.0	139	94.0	3.8	135	92.8	5.0	552
Total	92.6	5.9	299	94.2	4.5	283	94.3	4.3	272	94.8	4.3	273	94.0	4.9	1127

MCH (pg)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	31.0	1.5	155	31.5	1.5	149	31.2	1.8	133	31.2	1.8	138	31.2	1.6	575
Female	29.0	2.9	144	30.0	1.7	134	30.3	1.4	139	30.2	1.5	135	29.8	2.1	552
Total	30.1	2.5	299	30.8	1.8	283	30.7	1.7	272	30.7	1.7	273	30.6	2.0	1127

MCHC (%)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	32.9	0.9	155	33.0	0.9	149	32.9	0.9	133	32.7	0.9	138	32.9	0.9	575
Female	31.9	1.5	144	32.3	1.0	134	32.3	0.8	139	32.1	0.8	135	32.1	1.1	552
Total	32.4	1.3	299	32.6	1.0	283	32.6	0.9	272	32.4	0.9	273	32.5	1.1	1127

Platelet count (x10000/ μ l)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.3	5.3	155	22.3	5.6	149	22.4	6.5	133	20.3	6.1	138	22.1	5.9	575
Female	24.6	6.9	144	22.7	5.3	134	24.1	9.2	139	22.9	6.2	135	23.6	7.1	552
Total	24.0	6.2	299	22.5	5.5	283	23.3	8.0	272	21.6	6.3	273	22.9	6.6	1127

2)Urine analysis

Urine analysis (Semiquantitative urine test tape, Uriace,Termo,Inc.,)

Urinary hemoglobin

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
negative	Male	147	94.8	141	94.6	119	88.8	129	92.8	536	92.9
	Female	116	86.6	108	81.2	106	76.3	116	85.9	446	82.4
	Total	263	91.0	249	88.3	225	82.4	245	89.4	982	87.8
10/ μ l	Male	7	4.5	6	4.0	10	7.5	7	5.0	30	5.2
	Female	10	7.5	17	12.8	21	15.1	13	9.6	61	11.3
	Total	17	5.9	23	8.2	31	11.4	20	7.3	91	8.1
50/ μ l	Male	1	0.6	2	1.3	5	3.7	3	2.2	11	1.9
	Female	6	4.5	6	4.5	11	7.9	6	4.4	29	5.4
	Total	7	2.4	8	2.8	16	5.9	9	3.3	40	3.6
250/ μ l	Male	0	0	0	0	0	0	0	0	0	0
	Female	2	1.5	2	1.5	1	0.7	0	0	5	0.9
	Total	2	0.7	2	0.7	1	0.4	0	0	5	0.4

Hematuria

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
negative	Male	140	90.3	134	90.5	119	88.8	125	89.9	518	89.9
	Female	115	85.8	113	85.0	118	84.9	101	74.8	447	82.6
	Total	255	88.2	247	87.9	237	86.8	226	82.5	965	86.4
10/ μ l	Male	14	9.0	11	7.4	10	7.5	13	9.4	48	8.3
	Female	17	12.7	18	13.5	16	11.5	29	21.5	80	14.8
	Total	31	10.7	29	10.3	26	9.5	42	15.3	128	11.5
50/ μ l	Male	0	0	2	1.4	3	2.2	1	0.7	6	1.0
	Female	0	0	2	1.5	5	3.6	3	2.2	10	1.8
	Total	0	0	4	1.4	8	2.9	4	1.5	16	1.4
250/ μ l	Male	1	0.6	1	0.7	2	1.5	0	0	4	0.7
	Female	2	1.5	0	0	0	0	2	1.5	4	0.7
	Total	3	1.0	1	0.4	2	0.7	2	0.7	8	0.7

Ketone

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
negative	Male	155	100.0	147	98.7	134	100.0	135	97.1	571	99.0
	Female	131	98.5	133	99.3	138	99.3	132	97.8	534	98.7
	Total	286	99.3	280	98.9	272	99.6	267	97.4	1105	98.8
10mg/dl	Male	0	0	1	0.7	0	0	4	2.9	5	0.9
	Female	1	0.8	1	0.7	1	0.7	3	2.2	6	1.1
	Total	1	0.3	2	0.7	1	0.4	7	2.6	11	1.0
50mg/dl	Male	0	0	1	0.7	0	0	0	0	1	0.2
	Female	1	0.8	0	0	0	0	0	0	1	0.2
	Total	1	0.3	1	0.4	0	0	0	0	2	0.2

Bilirubin

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
negative	Male	155	100.0	149	100.0	134	100.0	139	100.0	577	100.0
	Female	134	100.0	134	100.0	139	100.0	135	100.0	542	100.0
	Total	289	100.0	283	100.0	273	100.0	274	100.0	1119	100.0

Urobilinogen

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
0,5mg/dl	Male	146	94.2	144	96.6	130	97.0	126	90.6	546	94.6
	Female	134	100.0	133	99.3	134	96.4	133	98.5	534	98.5
	Total	280	96.9	277	97.9	264	96.7	259	94.5	1080	96.5
2mg/dl	Male	7	4.5	4	2.7	3	2.2	13	9.4	27	4.7
	Female	0	0	1	0.7	5	3.6	2	1.5	8	1.5
	Total	7	2.4	5	1.8	8	2.9	15	5.5	35	3.1
4mg/dl	Male	2	1.3	1	0.7	1	0.7	0	0	4	0.7
	Female	0	0	0	0	0	0	0	0	0	0
	Total	2	0.7	1	0.4	1	0.4	0	0	4	0.4

Urinary protein

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
negative	Male	133	85.8	134	89.9	117	87.3	111	79.9	495	85.8
	Female	113	84.3	123	91.8	120	86.3	110	81.5	466	86.0
	Total	246	85.1	257	90.8	237	86.8	221	80.7	961	85.9
±	Male	21	13.5	11	7.4	11	8.2	22	15.8	65	11.3
	Female	17	12.7	10	7.5	15	10.8	23	17.0	65	12.0
	Total	38	13.1	21	7.4	26	9.5	45	16.4	130	11.6
30mg/dl	Male	1	0.6	4	2.7	6	4.5	4	2.9	15	2.6
	Female	4	3.0	1	0.7	3	2.2	1	0.7	9	1.7
	Total	5	1.7	5	1.8	9	3.3	5	1.8	24	2.1
100mg/dl	Male	0	0	0	0	0	0	2	1.4	2	0.3
	Female	0	0	0	0	1	0.7	1	0.7	2	0.4
	Total	0	0	0	0	1	0.4	3	1.1	4	0.4

Urinary sugar

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
negative	Male	152	98.1	146	98.0	130	97.0	132	95.0	560	97.1
	Female	134	100.0	132	98.5	135	97.1	130	96.3	531	98.0
	Total	286	99.0	278	98.2	265	97.1	262	95.6	1091	97.5
±	Male	1	0.6	1	0.7	1	0.7	1	0.7	4	0.7
	Female	0	0	1	0.7	1	0.7	0	0	2	0.4
	Total	1	0.3	2	0.7	2	0.7	1	0.4	6	0.5
150mg/dl	Male	1	0.6	1	0.7	1	0.7	4	2.9	7	1.2
	Female	0	0	0	0	1	0.7	2	1.5	3	0.6
	Total	1	0.3	1	0.4	2	0.7	6	2.2	10	0.9
500mg/dl	Male	1	0.6	1	0.7	1	0.7	1	0.7	4	0.7
	Female	0	0	1	0.7	1	0.7	3	2.2	5	0.9
	Total	1	0.3	2	0.7	2	0.7	4	1.5	9	0.8
2000mg/dl	Male	0	0	0	0	1	0.7	1	0.7	2	0.3
	Female	0	0	0	0	1	0.7	0	0	1	0.2
	Total	0	0	0	0	2	0.7	1	0.4	3	0.3

Urinary pH

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
pH5	Male	75	48.4	65	43.6	73	54.5	69	49.6	282	48.9
	Female	70	52.2	72	53.7	65	46.8	61	45.2	268	49.4
	Total	145	50.2	137	48.4	138	50.5	130	47.4	550	49.2
pH6	Male	41	26.5	47	31.5	33	24.6	28	20.1	149	25.8
	Female	34	25.4	37	27.6	38	27.3	36	26.7	145	26.8
	Total	75	26.0	84	29.7	71	26.0	64	23.4	294	26.3
pH7	Male	35	22.6	32	21.5	25	18.7	36	25.9	128	22.2
	Female	25	18.7	21	15.7	33	23.7	30	22.2	109	20.1
	Total	60	20.8	53	18.7	58	21.2	66	24.1	237	21.2
pH8	Male	4	2.6	5	3.4	3	2.2	6	4.3	18	3.1
	Female	4	3.0	4	3.0	3	2.2	8	5.9	19	3.5
	Total	8	2.8	9	3.2	6	2.2	14	5.1	37	3.3
pH9	Male	0	0	0	0	0	0	0	0	0	0
	Female	1	0.7	0	0	0	0	0	0	1	0.2
	Total	1	0.3	0	0	0	0	0	0	1	0.1

Nitrite

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
negative	Male	155	100.0	149	100.0	134	100.0	138	99.3	576	99.8
	Female	134	100.0	134	100.0	138	100.0	132	97.8	538	99.4
	Total	289	100.0	283	100.0	272	100.0	270	98.5	1114	99.6
positive	Male	0	0	0	0	0	0	1	0.7	1	0.2
	Female	0	0	0	0	0	0	3	2.2	3	0.6
	Total	0	0	0	0	0	0	4	1.5	4	0.4

VII. Psychological Examinations

VII. Psychological Examinations

1) Depression Scales

1. The Center for Epidemiological Studies Depression Scale (CES-D)
2. Geriatric Depression Scale (GDS)

2) Personality Scales

1. The Rosenberg Self-Esteem Scale
2. Erickson Psychosocial Stage Inventory (EPSI)
3. The Locus of Control scale
4. The Scale of Attitude toward Death (ATD)

3) Scales for Social Relations

1. Social Support from Friends and Acquaintances
2. Social Exchange with Family Members

4) Scales for Subjective Well-being

1. Life Satisfaction Index-K (LSI-K)
2. The Satisfaction with Life Scale (SWLS)

5) Scales for Stress-Related Factors

1. Stress Coping Scale
2. Life Events Checklist

6) ADL Scales

1. Tokyo Metropolitan Institute of Gerontology (TMIG) Index of Competence
2. The Katz Index

7) Intelligence and Cognitive Function Scales

1. Wechsler Adult Intelligence Scale-Revised Short Forms (WAIS-R-SF)
2. Mini Mental State Examination (MMSE)

1) Depression Scales

1. The Center for Epidemiologic Studies Depression Scale (CES-D)

Japanese version of the scale comprises 20 items with 4 options (possible range 0-3), the same as the original. This scale also consists of 4 subscales as follows: somatic and retarded activity, depressed affect, positive affect, and interpersonal relations. Higher scores indicate higher depressive symptomatology. A person with total score above 16 is supposed to have clinically significant depressive tendency.

CES-D: total score of 4 subscales (20 items, possible range 0-60)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.4	7.0	155	7.4	6.3	147	7.5	7.1	133	8.4	7.4	137	7.6	6.9	572
Female	6.7	5.4	145	8.0	7.0	135	7.7	6.1	138	9.6	7.6	130	8.0	6.6	548
Total	7.1	6.3	300	7.7	6.6	282	7.6	6.6	271	9.0	7.5	267	7.8	6.8	1120

CES-D subscale1: somatic and retarded activity (6 items, possible range 0-18)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.1	2.4	155	2.0	2.0	148	2.2	2.6	134	2.9	3.1	138	2.3	2.6	575
Female	2.1	2.0	145	2.5	2.7	135	2.4	2.4	138	3.5	3.1	135	2.6	2.6	553
Total	2.1	2.2	300	2.2	2.3	283	2.3	2.5	272	3.2	3.1	273	2.4	2.6	1128

CES-D subscale2: depressed affect (7 items, possible range 0-21)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	2.6	155	1.7	2.1	148	1.5	2.1	134	1.9	2.5	138	1.7	2.3	575
Female	1.5	2.0	145	2.2	2.9	135	1.7	2.3	139	2.1	2.9	131	1.9	2.5	550
Total	1.7	2.3	300	2.0	2.5	283	1.6	2.2	273	2.0	2.7	269	1.8	2.4	1125

CES-D subscale3: positive affect (4 items, possible range 0-12)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.0	2.6	155	3.0	2.7	149	3.1	2.7	133	3.0	2.8	138	3.0	2.7	575
Female	2.7	2.5	145	2.9	2.5	135	3.1	2.8	139	3.5	2.7	134	3.0	2.6	553
Total	2.9	2.6	300	2.9	2.6	284	3.1	2.8	272	3.2	2.8	272	3.0	2.7	1128

CES-D subscale4: interpersonal relations (2 items, possible range 0-6)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.3	0.7	155	0.5	0.9	149	0.4	0.8	134	0.3	0.8	137	0.4	0.8	575
Female	0.2	0.5	145	0.2	0.6	135	0.3	0.7	139	0.4	0.8	133	0.3	0.6	552
Total	0.2	0.6	300	0.4	0.8	284	0.3	0.7	273	0.4	0.8	270	0.3	0.7	1127

CES-D: parameter of distribution by cutoff score (15/16)

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
under score of 16	Male	136	87.7	127	86.4	112	84.2	110	80.3	485	84.8
	Female	132	91.0	115	85.2	123	89.1	97	74.6	467	85.2
	Total	268	89.3	242	85.8	235	86.7	207	77.5	952	85.0
above score of 16	Male	19	12.3	20	13.6	21	15.8	27	19.7	87	15.2
	Female	13	9.0	20	14.8	15	10.9	33	25.4	81	14.8
	Total	32	10.7	40	14.2	36	13.3	60	22.5	168	15.0

2. Geriatric Depression Scale (GDS)

GDS is another depression scale adopted in our research. Each of 15 items has yes/no response keys so that the possible score range is 0-15. Higher score indicates higher level of the symptoms. Total score of 6 and higher means significant depressive tendency. Only participants over 60 years old perform the scale in NLS-LSA since this scale is designed specifically for elderly people.

GDS (15 items, possible range 0-15, less than 60 years old unperformed)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0	0	0	0	0	0	3.1	3.0	109	3.3	2.8	118	3.2	2.9	227
Female	0	0	0	0	0	0	3.2	2.8	112	3.6	2.8	112	3.4	2.8	224
Total	0	0	0	0	0	0	3.2	2.9	221	3.4	2.8	230	3.3	2.8	451

GDS parameter of distribution by cutoff score (5/6)

		60-69yr		70-79yr		Total	
		N	%	N	%	N	%
not depressed	Male	92	84.4	93	78.8	185	81.5
	Female	93	83.0	90	80.4	183	81.7
	Total	185	83.7	183	79.6	368	81.6
depressed	Male	17	15.6	25	21.2	42	18.5
	Female	19	17.0	22	19.6	41	18.3
	Total	36	16.3	47	20.4	83	18.4

2) Personality Scales

1. The Rosenberg Self-Esteem Scale

This scale comprises 10 items (5 options, possible range 10-50) to measure self-regard, an evaluation of one's worthiness. Higher score indicates higher self-esteem.

The Rosenberg self-esteem scale: total score of 10 items (possible range 10-50)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	29.0	4.7	155	29.2	4.2	149	28.9	5.0	134	28.4	5.0	138	28.9	4.7	576
Female	27.5	4.1	144	27.4	4.2	135	27.5	4.5	139	27.4	4.5	134	27.4	4.3	552
Total	28.3	4.5	299	28.4	4.3	284	28.2	4.8	273	27.9	4.8	272	28.2	4.6	1128

2. Erickson Psychosocial Stage Inventory (EPSI)

EPSI is a scale to measure psychosocial development. Japanese version of the scale comprises eight subscales (trust, autonomy, initiative, industry, identity, intimacy, generativity, and ego integrity) each of which has 7 items with 5 options (possible range 7-35). Higher scores indicate higher levels of development.

EPSI: total score of 8 subscales (56 items, possible range 56-280)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	188.5	24.6	155	196.1	24.9	149	194.5	29.5	134	193.2	26.3	137	193.0	26.4	575
Female	186.6	24.6	144	188.9	25.5	133	192.3	26.2	137	189.8	28.0	133	189.4	26.1	547
Total	187.6	24.6	299	192.7	25.4	282	193.4	27.8	271	191.5	27.1	270	191.2	26.3	1122

EPSI subscale1: trust (7 items, possible range 7-35)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.5	3.2	155	23.2	3.6	149	23.2	3.8	134	23.3	3.4	137	23.0	3.5	575
Female	23.3	3.7	145	23.1	3.9	134	23.6	3.2	138	23.2	4.0	135	23.3	3.7	552
Total	22.9	3.5	300	23.2	3.7	283	23.4	3.5	272	23.2	3.7	272	23.2	3.6	1127

EPSI subscale2: autonomy (7 items, possible range 7-35)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.1	3.7	155	24.9	4.3	149	24.2	4.0	134	24.1	4.2	138	24.3	4.1	576
Female	24.2	4.0	145	24.5	4.1	135	24.4	4.8	138	24.2	4.3	135	24.3	4.3	553
Total	24.1	3.8	300	24.8	4.2	284	24.3	4.4	272	24.1	4.3	273	24.3	4.2	1129

EPSI subscale3: initiative (7 items, possible range 7-35)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.3	3.8	155	24.6	3.9	149	24.4	4.5	134	24.3	3.9	138	24.1	4.0	576
Female	22.7	3.6	145	22.8	3.6	134	23.3	4.0	137	22.7	4.5	135	22.9	3.9	551
Total	23.0	3.7	300	23.7	3.8	283	23.8	4.3	271	23.5	4.3	273	23.5	4.0	1127

EPSI subscale4: industry (7 items, possible range 7-35)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.5	4.0	155	25.7	3.7	149	25.0	5.0	134	24.1	4.3	138	24.8	4.3	576
Female	23.3	3.8	145	24.1	4.3	135	24.0	4.9	138	23.5	4.8	135	23.7	4.5	553
Total	23.9	3.9	300	24.9	4.1	284	24.5	5.0	272	23.8	4.6	273	24.3	4.4	1129

EPSI subscale5: identity (7 items, possible range 7-35)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.6	4.1	155	25.6	3.9	149	25.5	4.4	134	24.8	4.2	137	25.1	4.2	575
Female	24.4	4.1	145	24.4	4.5	135	24.5	4.2	138	24.3	4.5	133	24.4	4.3	551
Total	24.5	4.1	300	25.0	4.2	284	25.0	4.3	272	24.6	4.3	270	24.8	4.2	1126

EPSI subscale6: intimacy (7 items, possible range 7-35)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.1	3.6	155	23.8	3.7	149	23.4	4.1	134	23.2	3.7	138	23.4	3.8	576
Female	23.7	4.3	145	23.5	4.1	135	24.1	3.8	138	23.4	4.3	134	23.7	4.1	552
Total	23.4	4.0	300	23.7	3.9	284	23.8	4.0	272	23.3	4.0	272	23.5	4.0	1128

EPSI subscale7: generativity (7 items, possible range 7-35)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.2	3.7	155	23.4	3.7	149	23.1	4.7	134	23.7	4.1	138	23.1	4.1	576
Female	20.9	4.0	145	21.6	4.0	134	22.7	4.1	138	22.2	4.5	134	21.9	4.2	551
Total	21.6	3.9	300	22.6	3.9	283	22.9	4.4	272	23.0	4.4	272	22.5	4.2	1127

EPSI subscale8: ego integrity (7 items, possible range 7-35)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.2	4.1	155	24.8	4.0	149	25.6	4.2	134	25.9	3.9	138	25.1	4.1	576
Female	24.2	4.0	144	24.8	4.3	135	25.8	4.1	138	26.0	4.3	134	25.2	4.2	551
Total	24.2	4.1	299	24.8	4.1	284	25.7	4.1	272	25.9	4.1	272	25.1	4.2	1127

3. The Locus of Control scale

This is the eight-item scale (5 options, possible range 8-40) to measure the cognitive aspects about the self and the environment. Persons with higher score of the scale are supposed to consider themselves to be in control of what happens in life.

The locus of control scale (total score of 8 items, possible range 8-40)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	27.1	4.6	155	28.1	4.9	149	27.6	5.1	134	26.8	4.3	138	27.4	4.8	576
Female	25.8	4.8	145	26.6	4.7	135	25.7	5.1	138	25.1	4.8	135	25.8	4.9	553
Total	26.5	4.8	300	27.4	4.8	284	26.6	5.2	272	26.0	4.6	273	26.6	4.9	1129

4. The Scale of Attitude toward Death (ATD)

This 31-item scale measures multidimensional attitude toward death using 5-point options. Five subscales and extra 2 indices of the scale are the following: fear of death, intention to live out own life, meaning of death for life, belief in existence of afterlife, approval of death with dignity, experience of thinking over death, and frequency of thinking about death. Higher scores indicate stronger tendency of each subscale or index.

ATD subscale1: fear of death (9 items, possible range 9-45)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	22.1	7.7	155	22.3	6.6	148	20.3	7.4	128	20.4	7.5	132	21.3	7.3	563
Female	23.4	8.3	139	21.4	7.3	130	19.8	6.9	131	20.5	7.1	120	21.3	7.5	520
Total	22.7	8.0	294	21.9	6.9	278	20.0	7.1	259	20.4	7.3	252	21.3	7.4	1083

ATD subscale2: intention to live out own life (5 items possible range 5-25)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.8	3.2	155	21.2	3.4	148	21.1	3.7	131	21.6	3.4	133	21.1	3.4	567
Female	21.6	2.6	141	21.3	3.2	131	21.9	2.9	133	22.5	2.7	123	21.8	2.9	528
Total	21.2	3.0	296	21.2	3.3	279	21.5	3.3	264	22.0	3.1	256	21.5	3.2	1095

ATD subscale3: belief in existence of afterlife (4 items possible range 4-20)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.9	4.0	155	9.0	4.1	148	9.4	4.2	129	9.5	4.0	132	9.4	4.1	564
Female	11.0	3.7	141	10.2	3.4	130	10.8	4.0	131	10.8	3.9	122	10.7	3.8	524
Total	10.4	3.9	296	9.6	3.8	278	10.1	4.1	260	10.1	4.0	254	10.0	4.0	1088

ATD subscale4: meaning of death for life (5 items possible range 5-25)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.8	3.8	155	14.9	4.0	147	16.0	3.8	128	16.0	3.5	132	15.4	3.8	562
Female	15.3	3.4	141	14.9	3.8	129	16.3	3.8	130	16.4	3.8	120	15.7	3.7	520
Total	15.0	3.6	296	14.9	3.9	276	16.2	3.8	258	16.2	3.7	252	15.5	3.8	1082

ATD subscale5: approval of death with dignity (4 items possible range 4-20)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.0	2.6	155	14.7	2.7	148	15.3	2.7	129	14.9	2.5	132	14.9	2.6	564
Female	15.6	2.8	141	16.1	2.6	131	16.3	2.3	131	16.0	2.3	122	16.0	2.5	525
Total	15.3	2.7	296	15.3	2.7	279	15.8	2.6	260	15.4	2.5	254	15.4	2.6	1089

ATD item29: experience of thinking over death (1 item, possible range 1-5)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.5	1.1	155	2.3	1.1	148	2.3	1.2	132	2.5	1.2	133	2.4	1.2	568
Female	2.7	1.1	141	2.6	1.2	131	2.4	1.2	134	2.3	1.3	124	2.5	1.2	530
Total	2.6	1.1	296	2.4	1.2	279	2.3	1.2	266	2.4	1.3	257	2.5	1.2	1098

ATD item30: frequency of thinking about death (1 item, possible range 1-5)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.8	0.9	155	1.8	0.9	148	1.9	1.0	132	2.1	1.1	133	1.9	1.0	568
Female	2.0	0.9	141	2.0	1.1	131	2.0	1.1	134	2.0	1.1	124	2.0	1.1	530
Total	1.9	0.9	296	1.9	1.0	279	2.0	1.1	266	2.1	1.1	257	2.0	1.0	1098

3) Scales for Social Relations

1. Social support from friends and acquaintances

Social support from friends and acquaintances is measured using 10-item scale (5 options, possible range 10-50). Higher score of the scale indicates higher perception of support from his/her social network excluding family.

Social support from friends and acquaintances (total score of 10 items, possible range 10-50)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.4	5.8	155	29.8	6.1	149	29.7	6.6	134	29.8	6.1	137	29.4	6.2	575
Female	30.0	6.0	144	30.9	5.9	135	31.2	5.2	136	31.1	5.7	134	30.8	5.7	549
Total	29.2	5.9	299	30.4	6.0	284	30.4	6.0	270	30.4	5.9	271	30.1	6.0	1124

2. Social Exchange with Family Members is measured using 12-item scale (yes/no options).

This scale assesses three functional properties of social exchange (emotional support, instrumental support, and negative exchange). Items for negative exchange measure the interference and criticism dimensions of social interactions. Higher scores of the scale means higher perception of each property.

Social support from family members (total score of 3 subscales or 12 items, possible range 0-12)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.6	1.9	154	9.7	1.8	148	9.5	1.8	132	8.8	2.0	138	9.4	1.9	572
Female	9.6	1.6	143	9.3	2.0	135	9.4	1.7	137	9.0	1.9	133	9.3	1.8	548
Total	9.6	1.8	297	9.5	1.9	283	9.4	1.7	269	8.9	1.9	271	9.4	1.8	1120

Social exchange with family members, subscale1: emotional support (4 items, possible range 0-4)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.6	0.9	154	3.8	0.6	148	3.8	0.6	132	3.7	0.8	138	3.7	0.8	572
Female	3.8	0.6	144	3.7	0.8	135	3.8	0.6	137	3.8	0.7	134	3.8	0.7	550
Total	3.7	0.7	298	3.8	0.7	283	3.8	0.6	269	3.7	0.8	272	3.7	0.7	1122

Social exchange with family members, subscale2: instrumental support (4 items, possible range 0-4)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	3.7	0.7	154	3.7	0.7	149	3.7	0.6	134	3.6	0.8	138	3.7	0.7	575
Female	3.6	0.8	143	3.7	0.8	135	3.7	0.6	137	3.7	0.7	134	3.7	0.7	549
Total	3.6	0.7	297	3.7	0.7	284	3.7	0.6	271	3.7	0.8	272	3.7	0.7	1124

Social exchange with family members, subscale3: negative exchange (4 items, possible range 0-4)

	40-49yr			50-59yr			60-69yr			70-79yr			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.3	1.2	154	2.2	1.3	149	2.0	1.3	134	1.5	1.3	138	2.0	1.3	575
Female	2.1	1.2	144	1.9	1.4	135	1.8	1.4	137	1.5	1.4	135	1.9	1.4	551
Total	2.2	1.2	298	2.0	1.4	284	1.9	1.4	271	1.5	1.3	273	1.9	1.3	1126