

3) Personality

1. The Rosenberg Self-Esteem Scale

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

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

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.4	4.2	172	29.0	4.2	216	29.7	4.2	225	29.3	5.1	198	27.9	4.7	33	29.1	4.5	844
Female	27.1	4.4	195	28.7	4.3	189	28.2	4.8	197	27.6	4.6	199	27.9	4.7	23	27.9	4.6	803
Total	27.7	4.3	367	28.9	4.3	405	29.0	4.6	422	28.4	5.0	397	27.9	4.6	56	28.5	4.6	1647

## 2. Locus of Control

This scale has 18 items (4 options) to measure cognitive aspects about the self and the environment. Persons with higher score in the scale are supposed to consider themselves to be in control of what happens in life.

Locus of control (total score of 18 items, possible range 18-72)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	44.0	5.2	166	44.4	5.1	213	43.3	5.6	227	44.5	5.8	193	45.7	7.1	34	44.1	5.5	833
Female	43.5	4.9	193	43.5	5.7	187	43.9	6.5	194	45.0	7.4	196	45.4	6.5	24	44.0	6.2	794
Total	43.8	5.1	359	44.0	5.4	400	43.6	6.1	421	44.8	6.6	389	45.6	6.8	58	44.1	5.9	1627

### 3. The Scale of Attitude toward Death (ATD)

Multidimensional attitudes toward death are measured using 31-item scale (5-point options). Five subscales and extra two indices of the scale are the following: fear of death, intention to live out own life, belief in existence of afterlife, meaning of death for life, 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 subscale 1: fear of death (9 items, possible range 9-45)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.4	7.9	167	22.2	7.5	207	20.2	7.6	209	19.3	7.8	182	19.2	6.3	31	21.2	7.8	796
Female	23.5	7.3	191	21.8	7.4	179	19.7	6.9	185	20.0	6.7	175	19.8	8.0	22	21.2	7.3	752
Total	23.5	7.6	358	22.0	7.5	386	20.0	7.3	394	19.6	7.3	357	19.5	7.0	53	21.2	7.5	1548

ATD subscale 2: intention to live out own life (5 items, possible range 5-25)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.7	3.0	167	20.8	3.4	207	21.3	3.5	209	21.2	3.5	184	21.0	3.4	31	21.0	3.4	798
Female	21.0	3.2	190	21.1	2.9	177	21.8	2.8	186	21.7	3.2	180	20.7	3.3	23	21.4	3.0	756
Total	20.8	3.1	357	21.0	3.2	384	21.5	3.2	395	21.5	3.3	364	20.9	3.3	54	21.2	3.2	1554

ATD subscale 3: belief in existence of afterlife (4 items, possible range 4-20)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.4	3.7	167	9.0	4.0	207	9.2	3.8	209	9.2	4.3	184	8.2	3.6	30	9.4	4.0	797
Female	11.8	3.6	192	10.4	3.5	180	10.1	3.7	187	10.3	4.0	179	10.0	4.5	22	10.6	3.8	760
Total	11.2	3.7	359	9.6	3.8	387	9.6	3.8	396	9.7	4.2	363	9.0	4.0	52	10.0	3.9	1557

ATD subscale 4: meaning of death for life (5 items, possible range 5-25)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.6	4.2	167	14.7	4.0	207	15.4	4.0	207	15.5	4.4	183	14.6	4.4	31	15.0	4.2	795
Female	15.4	3.4	191	15.1	3.7	180	15.5	3.7	187	15.7	4.0	180	16.9	4.4	21	15.5	3.7	759
Total	15.0	3.8	358	14.9	3.9	387	15.4	3.9	394	15.6	4.2	363	15.5	4.5	52	15.2	4.0	1554

ATD subscale 5: approval of death with dignity (4 items, possible range 4-20)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.7	2.6	167	15.1	2.4	207	14.8	2.5	209	14.8	2.6	185	14.7	3.5	31	14.8	2.5	799
Female	15.6	2.4	192	15.7	2.4	180	16.1	2.4	186	15.9	2.7	180	16.1	2.8	22	15.8	2.5	760
Total	15.2	2.5	359	15.3	2.4	387	15.4	2.6	395	15.4	2.7	365	15.3	3.3	53	15.3	2.6	1559

ATD item 29: experience of thinking over death (1 item, possible range 1-5)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.7	1.2	167	2.3	1.0	207	2.3	1.2	209	2.4	1.2	185	2.4	1.3	31	2.4	1.2	799
Female	2.9	1.2	192	2.6	1.2	181	2.4	1.1	187	2.4	1.3	182	2.9	1.0	23	2.6	1.2	765
Total	2.8	1.2	359	2.4	1.1	388	2.4	1.1	396	2.4	1.2	367	2.6	1.2	54	2.5	1.2	1564

ATD item 30: frequency of thinking about death (1 item, possible range 1-5)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	0.9	167	1.8	0.8	207	1.8	0.9	207	1.9	1.0	186	1.9	1.0	31	1.8	0.9	798
Female	2.0	0.9	192	2.1	1.1	181	2.0	0.9	187	2.1	1.2	182	2.3	1.0	23	2.1	1.0	765
Total	2.0	0.9	359	1.9	1.0	388	1.9	0.9	394	2.0	1.1	368	2.1	1.0	54	2.0	1.0	1563

4) Social Relations

1. Social Exchanges

Social exchanges are measured using 12-item scale (4 options). This scale assesses three functional properties of social exchange (emotional support, instrumental support, and negative exchange) with two specific social domains (family members/friends and acquaintances) are separately probed in the scale. Higher scores of the scale means higher perception of each exchange.

Social exchanges with family members, subscale 1: emotional support (4 items. possible range 4-16)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.5	2.3	171	12.5	2.2	216	12.7	2.3	226	12.7	2.4	199	12.6	1.7	33	12.6	2.3	845
Female	12.7	2.3	195	12.9	2.3	189	13.0	2.1	197	12.4	2.7	198	12.3	3.2	24	12.7	2.4	803
Total	12.6	2.3	366	12.7	2.2	405	12.9	2.2	423	12.6	2.5	397	12.5	2.4	57	12.7	2.3	1648

Social exchanges with family members, subscale 2: instrumental support (4 items. possible range 4-16)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.4	2.1	171	12.2	2.3	216	12.4	2.1	227	12.5	2.4	198	12.2	1.7	33	12.4	2.2	845
Female	12.0	2.0	195	12.3	2.0	188	12.4	2.2	197	11.8	2.6	198	12.3	2.7	24	12.1	2.2	802
Total	12.2	2.1	366	12.2	2.2	404	12.4	2.1	424	12.2	2.5	396	12.2	2.2	57	12.2	2.2	1647

Social exchanges with family members, subscale 3: negative exchanges (4 items. possible range 4-16)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.8	2.2	171	9.6	2.4	216	9.4	2.4	227	8.9	2.4	200	8.4	2.2	33	9.3	2.4	847
Female	10.0	2.3	193	8.7	2.2	189	8.9	2.5	197	8.3	2.8	198	8.9	2.4	24	9.0	2.5	801
Total	9.9	2.2	364	9.2	2.4	405	9.1	2.4	424	8.6	2.6	398	8.6	2.3	57	9.2	2.5	1648

Social exchanges with family members, subscale 1: emotional support (4 items. possible range 4-16)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.0	2.5	171	11.0	2.6	216	11.0	2.6	226	10.6	2.9	197	9.8	3.2	33	10.9	2.7	843
Female	12.5	2.3	195	12.4	2.2	189	12.3	2.4	195	11.8	2.7	195	11.2	2.9	24	12.2	2.4	798
Total	11.8	2.5	366	11.6	2.5	405	11.6	2.6	421	11.2	2.8	392	10.4	3.1	57	11.5	2.6	1641

Social exchanges with family members, subscale 2: instrumental support (4 items, possible range 4-16)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.3	2.7	171	8.8	2.7	215	8.8	2.8	224	8.7	3.0	195	7.9	2.9	33	8.7	2.8	838
Female	9.4	2.7	195	9.7	2.9	188	9.8	2.7	195	9.1	3.2	194	8.3	3.1	24	9.5	2.9	796
Total	8.9	2.8	366	9.2	2.8	403	9.3	2.8	419	8.9	3.1	389	8.1	3.0	57	9.1	2.9	1634

Social exchanges with family members, subscale 3: negative exchanges (4 items, possible range 4-16)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.0	2.3	171	8.5	2.5	216	7.7	2.4	223	7.0	2.1	198	6.5	2.1	33	8.0	2.5	841
Female	8.0	2.4	193	7.4	2.2	189	7.1	2.1	195	6.4	2.2	195	6.6	2.7	24	7.2	2.3	796
Total	8.5	2.4	364	8.0	2.4	405	7.4	2.3	418	6.7	2.2	393	6.5	2.3	57	7.6	2.4	1637

5) Stress-Related Factors

i. Stress Checklist

Fifty-eight items are picked up from some traditional checklists and scales to estimate stressful life-events and daily hassles. Participants are asked to check off the items they confronted in recent past (between first and second examinations in the NLS-LSA). Total number of experienced events is calculated by summing up the responses to the list.

Total number of life events and daily hassles experienced between the surveys (possible range 0-58)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.6	3.2	172	4.1	2.9	216	3.6	2.5	225	2.9	2.4	198	3.0	2.5	35	3.7	2.8	846
Female	5.0	3.7	195	4.1	2.9	189	3.3	2.6	197	2.9	2.4	200	4.2	2.9	24	3.8	3.0	805
Total	4.8	3.5	367	4.1	2.9	405	3.5	2.5	422	2.9	2.4	398	3.5	2.7	59	3.8	2.9	1651

## 2. Stress Coping Scale

This scale includes 31 items (4 options) each of which comes under one of the 5 subscales as follows;

active problem solving, distancing, support seeking, escape/avoidance, and Resignation. Higher score means frequent use of each coping strategy. Participants were asked to respond to the scale thinking of the most stressful life-event or daily hassle they had experienced between the NILS-LSA Wave 2 and 3.

Stress coping scale, subscale 1: active problem solving (9 items, possible range 9-36)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.4	5.4	168	19.1	6.1	210	18.0	6.5	221	17.4	6.4	190	17.1	6.8	32	18.4	6.2	821
Female	19.1	6.1	195	18.6	5.8	187	17.6	6.0	194	16.7	5.8	194	15.8	4.8	21	17.9	6.0	791
Total	19.2	5.8	363	18.8	6.0	397	17.8	6.3	415	17.1	6.1	384	16.5	6.1	53	18.2	6.1	1612

Stress coping scale, subscale 2: distancing (5 items, possible range 5-20)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.8	3.2	168	10.4	3.5	210	10.0	3.5	221	10.4	3.5	190	10.3	3.9	32	10.4	3.5	821
Female	11.5	3.1	195	10.7	3.7	187	10.6	3.7	194	10.7	3.6	194	10.5	4.0	21	10.9	3.5	791
Total	11.1	3.2	363	10.6	3.6	397	10.3	3.6	415	10.6	3.6	384	10.4	3.9	53	10.6	3.5	1612

Stress coping scale, subscale 3: support seeking (5 items, possible range 5-20)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.4	3.0	168	9.1	3.1	210	9.1	3.5	221	8.6	3.4	190	8.8	2.9	32	9.0	3.3	821
Female	10.6	3.6	195	10.0	3.4	188	9.6	3.6	194	8.9	3.3	194	8.4	2.9	21	9.7	3.5	792
Total	10.0	3.4	363	9.5	3.3	398	9.3	3.6	415	8.7	3.4	384	8.7	2.9	53	9.4	3.4	1613

Stress coping scale, subscale 4: escape/avoidance (7 items, possible range 7-28)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.9	2.8	168	10.5	3.2	210	11.1	3.4	221	11.2	3.4	190	11.5	3.6	32	10.7	3.3	821
Female	10.4	3.1	195	10.9	3.6	188	11.8	3.9	194	11.4	3.7	194	12.3	3.9	21	11.2	3.6	792
Total	10.2	3.0	363	10.7	3.4	398	11.4	3.6	415	11.3	3.5	384	11.8	3.7	53	10.9	3.4	1613



Stress coping scale, subscale 5: resignation (5 items, possible range 5-20)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.1	3.6	168	11.2	3.6	210	11.0	3.7	221	11.6	3.6	190	12.9	4.3	32	11.3	3.7	821
Female	11.6	3.6	195	11.6	3.5	187	12.0	4.1	194	12.2	3.9	193	12.0	3.9	21	11.8	3.8	790
Total	11.4	3.6	363	11.4	3.6	397	11.5	3.9	415	11.9	3.8	383	12.6	4.1	53	11.6	3.7	1611

6) ADL Scales

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

This scale comprises thirteen items to measure higher physical and social functions such as instrumental activities of daily living (IADL). Each item has Yes (1)/No (0) response options. Higher score indicates higher competence level.

TMIG index of competence: total score of 13 items (possible range 0-13)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.0	1.2	171	12.1	1.4	216	12.0	1.3	227	12.0	1.4	200	11.7	1.5	34	12.0	1.3	848
Female	12.5	0.9	195	12.5	0.8	188	12.4	1.0	197	12.0	1.4	198	11.7	1.2	24	12.3	1.1	802
Total	12.3	1.1	366	12.3	1.2	404	12.2	1.2	424	12.0	1.4	398	11.7	1.4	58	12.2	1.2	1650

## 2. The Katz Index

This scale generates the index of basic ADLs. The index permits ranking of individuals according to adequacy of performance in six functions (bathing, dressing, going to toilet, transferring, continence, and feeding). Adequacy is expressed as a grade (A to G). Level A means overall independence in the functions, and the opposite pole is level G, which means general dependence in ADL. None of the participants in the first-wave sample were graded as level D to G.

### Katz index

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
level A	Male	172	100.0	212	98.6	224	99.1	189	95.5	33	97.1	830	98.2
	Female	194	99.5	183	96.8	189	95.9	189	94.5	24	100.0	779	96.8
	Total	366	99.7	395	97.8	413	97.6	378	95.0	57	98.3	1609	97.5
level B	Male	0	0.0	2	0.9	2	0.9	9	4.5	1	2.9	14	1.7
	Female	1	0.5	6	3.2	8	4.1	11	5.5	0	0.0	26	3.2
	Total	1	0.3	8	2.0	10	2.4	20	5.0	1	1.7	40	2.4
level C	Male	0	0.0	1	0.5	0	0.0	0	0.0	0	0.0	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	1	0.2	0	0.0	0	0.0	0	0.0	1	0.1

7) Intelligence and Cognitive Function Scales

1. Wechsler Adult Intelligence Scale-Revised Short Forms (WAIS-R-SF)

This short form of WAIS-R provides cost-effective and useful estimates of intelligence particularly for elderly participants since their attention and motivation could diminish easily if testing becomes prolonged. WAIS-R-SF has the following four subtests: information, similarities, picture completion, and digit symbol. Estimated intelligence quotient (EIQ) is derived from all four subtests. Intelligence level of individuals are ranked according to EIQ scores as low ( $EIQ < 80$ ), middle ( $80 \leq EIQ < 120$ ), and high ( $120 \leq EIQ$ ).

WAIS-R-SF: estimated total score with four-subtest full scale (possible range 6-76)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	44.6	7.5	172	47.4	6.7	214	45.8	7.7	226	44.5	8.8	196	40.1	8.0	35	45.4	7.8	843
Female	44.2	7.3	195	46.9	7.3	189	42.2	7.7	196	39.9	8.4	201	40.8	7.5	23	43.2	8.1	804
Total	44.4	7.4	367	47.2	7.0	403	44.1	7.9	422	42.1	8.9	397	40.4	7.7	58	44.3	8.1	1647

WAIS-R-SF: estimated intelligence quotient (EIQ) with four-subtest full scale

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	107.5	14.0	172	112.7	11.4	214	109.6	12.8	226	107.2	14.1	196	100.1	12.8	35	109.0	13.3	843
Female	106.9	13.9	195	111.8	12.2	189	103.8	12.7	196	99.8	13.5	201	101.2	12.0	23	105.4	13.8	804
Total	107.1	13.9	367	112.3	11.8	403	106.9	13.1	422	103.4	14.3	397	100.5	12.4	58	107.2	13.6	1647

WAIS-R-SF: parameter of distribution by EIQ level

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
low ( $EIQ < 80$ )	Male	3	1.7	1	0.5	1	0.4	4	2.0	1	2.9	10	1.2
	Female	4	2.1	1	0.5	3	1.5	11	5.5	2	8.7	21	2.6
	Total	7	1.9	2	0.5	4	0.9	15	3.8	3	5.2	31	1.9
middle ( $80 \leq EIQ < 120$ )	Male	129	75.0	146	68.2	174	77.0	152	77.6	33	94.3	634	75.2
	Female	156	80.0	142	75.1	170	86.7	171	85.1	20	87.0	659	82.0
	Total	285	77.7	288	71.5	344	81.5	323	81.4	53	91.4	1293	78.5
high ( $120 \leq EIQ$ )	Male	40	23.3	67	31.3	51	22.6	40	20.4	1	2.9	199	23.6
	Female	35	17.9	46	24.3	23	11.7	19	9.5	1	4.3	124	15.4
	Total	75	20.4	113	28.0	74	17.5	59	14.9	2	3.4	323	19.6

WAIS-R-SF subtest 1: information (29 items. possible range 0-29)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.4	5.0	172	17.9	5.1	215	16.6	5.4	226	14.7	5.6	200	13.3	5.7	35	16.5	5.5	848
Female	15.3	5.0	195	15.9	5.7	189	13.3	5.4	196	11.3	5.1	201	12.3	5.2	24	13.9	5.6	805
Total	16.3	5.1	367	17.0	5.5	404	15.1	5.6	422	13.0	5.6	401	12.9	5.5	59	15.2	5.7	1653

WAIS-R-SF subtest 2: similarities (14 items. possible range 0-28)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	16.8	4.2	172	15.8	4.5	215	13.2	5.4	226	11.1	5.6	200	9.1	5.8	35	13.9	5.5	848
Female	16.8	4.2	195	15.6	4.3	189	11.9	5.0	196	10.0	5.2	201	10.2	5.8	24	13.5	5.5	805
Total	16.8	4.2	367	15.7	4.4	404	12.6	5.2	422	10.6	5.4	401	9.6	5.7	59	13.7	5.5	1653

WAIS-R-SF subtest 3: picture completion (21 items. possible range 0-21)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	13.7	2.3	172	13.2	2.7	215	11.7	3.2	226	10.7	3.2	199	9.7	2.2	35	12.2	3.1	847
Female	13.8	2.5	195	12.9	2.9	189	10.4	3.3	196	8.4	3.9	201	9.0	3.3	23	11.3	3.8	804
Total	13.7	2.4	367	13.0	2.8	404	11.1	3.3	422	9.6	3.7	400	9.5	2.7	58	11.7	3.5	1651

WAIS-R-SF subtest 4: digit symbol (possible range 0-93)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	69.3	11.6	172	61.0	11.1	214	50.2	11.5	226	39.9	10.8	196	32.4	9.7	35	53.7	15.9	843
Female	71.4	10.9	195	64.3	10.9	189	49.9	10.5	196	37.7	8.8	201	35.6	8.3	23	55.0	16.8	804
Total	70.4	11.3	367	62.6	11.1	403	50.1	11.0	422	38.8	9.9	397	33.7	9.2	58	54.4	16.4	1647

## 2. Short-term Memory Function

We also assessed the WAIS-R digit span test (forwards and backwards) for estimating participants' short-term memory function.

Short-term memory function: WAIS-R digit span (possible range 0-28)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	14.8	3.5	172	13.2	3.5	213	11.8	3.3	225	10.6	3.0	196	9.2	3.0	33	12.4	3.7	839
Female	14.3	3.6	195	12.8	3.5	189	11.4	3.0	196	10.1	2.8	201	10.3	3.4	24	12.0	3.6	805
Total	14.5	3.6	367	13.0	3.5	402	11.6	3.2	421	10.3	2.9	397	9.7	3.2	57	12.2	3.6	1644

### 3. Mini Mental State Examination (MMSE)

MMSE is a brief, easily-scored test of several cognitive functions. This scale comprises questions concerning orientation in place and time, immediate and delayed recall of three words, attention and calculation, language and praxis, and visual construction. Cognitive impaired person might fall in the total score of 23 or less in the scale. Only participants over 60 years old administer this scale because of the characteristic of the scale as a screening test for dementia.

MMSE: total score of 30 items (possible range 0-30. less than 60 years older unperformed)

	40-49yr			50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0	0	0	0	0	0	28.1	1.7	225	27.2	2.1	193	26.4	2.3	34	27.6	2.0	452
Female	0	0	0	0	0	0	28.2	1.7	195	27.4	2.1	200	27.7	2.2	23	27.8	1.9	418
Total	0	0	0	0	0	0	28.1	1.7	420	27.3	2.1	393	26.9	2.4	57	27.7	2.0	870

MMSE: parameter of distribution using cutoff score

		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%
Score of 24 and over	Male	214	95.1	173	89.6	26	76.5	413	91.4
	Female	188	96.4	180	90.0	20	87.0	388	92.8
	Total	402	95.7	353	89.8	46	80.7	801	92.1
Score of 23 or less	Male	11	4.9	20	10.4	8	23.5	39	8.6
	Female	7	3.6	20	10.0	3	13.0	30	7.2
	Total	18	4.3	40	10.2	11	19.3	69	7.9

8) Other measures

1. Age awareness

Awareness of old age means the subjective self-concept. In the NLS-LSA Wave 3, participants were asked about the existence of age awareness and the background by which they were aware of old age.

Awareness of old age during the last six months

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Yes	Male	98	58.7	133	62.4	129	56.8	143	73.0	31	91.2	534	63.8
	Female	120	62.2	121	64.4	136	69.4	169	86.7	23	95.8	569	71.5
	Total	218	60.6	254	63.3	265	62.6	312	79.8	54	93.1	1103	67.5
No	Male	69	41.3	80	37.6	98	43.2	53	27.0	3	8.8	303	36.2
	Female	73	37.8	67	35.6	60	30.6	26	13.3	1	4.2	227	28.5
	Total	142	39.4	147	36.7	158	37.4	79	20.2	4	6.9	530	32.5

The greatest cause of age awareness

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Illness	Male	3	3.1	5	3.8	9	7.0	21	14.7	3	9.7	41	7.7
	Female	3	2.5	6	5.0	13	9.6	32	18.9	5	21.7	59	10.4
	Total	6	2.8	11	4.4	22	8.3	53	17.0	8	14.8	100	9.1
Change of physical appearance	Male	45	45.9	40	30.1	39	30.5	22	15.4	8	25.8	154	28.9
	Female	66	55.0	44	37.0	30	22.1	38	22.5	1	4.3	179	31.6
	Total	111	50.9	84	33.3	69	26.1	60	19.2	9	16.7	333	30.3
Change of physical capacity	Male	35	35.7	59	44.4	46	35.9	57	39.9	14	45.2	211	39.6
	Female	31	25.8	31	26.1	50	36.8	46	27.2	13	56.5	171	30.2
	Total	66	30.3	90	35.7	96	36.4	103	33.0	27	50.0	382	34.7
Change of social relationships	Male	0	0.0	2	1.5	5	3.9	4	2.8	0	0.0	11	2.1
	Female	3	2.5	1	0.8	4	2.9	2	1.2	1	4.3	11	1.9
	Total	3	1.4	3	1.2	9	3.4	6	1.9	1	1.9	22	2.0
Change of mental functions	Male	13	13.3	24	18.0	27	21.1	34	23.8	5	16.1	103	19.3
	Female	15	12.5	37	31.1	37	27.2	49	29.0	3	13.0	141	24.9
	Total	28	12.8	61	24.2	64	24.2	83	26.6	8	14.8	244	22.2
Other reasons	Male	2	2.0	3	2.3	2	1.6	5	3.5	1	3.2	13	2.4
	Female	2	1.7	0	0.0	2	1.5	2	1.2	0	0.0	6	1.1
	Total	4	1.8	3	1.2	4	1.5	7	2.2	1	1.9	19	1.7



## 2. Social and Domestic Activities

To comprehend participants' social and psychological characteristics, the NLS-LSA 3rd Wave asked participants to report the extent of the following unpaid activities they were doing in their home and community.

### Overall household duties

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	35	21.0	54	25.4	31	13.7	29	14.8	6	17.6	155	18.5
	Female	1	0.5	0	0.0	3	1.5	2	1.0	0	0.0	6	0.8
	Total	36	10.0	54	13.5	34	8.0	31	7.9	6	10.3	161	9.9
A little	Male	109	65.3	131	61.5	149	65.6	125	63.8	17	50.0	531	63.4
	Female	3	1.6	3	1.6	11	5.6	29	14.8	5	20.8	51	6.4
	Total	112	31.1	134	33.4	160	37.8	154	39.3	22	37.9	582	35.6
About a half	Male	17	10.2	14	6.6	40	17.6	30	15.3	8	23.5	109	13.0
	Female	22	11.4	13	6.9	23	11.7	37	18.9	6	25.0	101	12.7
	Total	39	10.8	27	6.7	63	14.9	67	17.1	14	24.1	210	12.9
All or most	Male	6	3.6	14	6.6	7	3.1	12	6.1	3	8.8	42	5.0
	Female	167	86.5	172	91.5	159	81.1	128	65.3	13	54.2	639	80.2
	Total	173	48.1	186	46.4	166	39.2	140	35.7	16	27.6	681	41.7

### Preparation of a meal

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	81	48.5	112	52.6	83	36.6	74	37.4	10	29.4	360	42.9
	Female	1	0.5	3	1.6	5	2.6	9	4.6	3	12.5	21	2.6
	Total	82	22.8	115	28.7	88	20.8	83	21.1	13	22.4	381	23.3
A little	Male	70	41.9	80	37.6	114	50.2	92	46.5	19	55.9	375	44.7
	Female	4	2.1	2	1.1	14	7.1	32	16.3	5	20.8	57	7.2
	Total	74	20.6	82	20.4	128	30.3	124	31.5	24	41.4	432	26.4
About a half	Male	9	5.4	10	4.7	18	7.9	16	8.1	2	5.9	55	6.6
	Female	20	10.4	9	4.8	17	8.7	23	11.7	3	12.5	72	9.0
	Total	29	8.1	19	4.7	35	8.3	39	9.9	5	8.6	127	7.8
All or most	Male	7	4.2	11	5.2	12	5.3	16	8.1	3	8.8	49	5.8
	Female	168	87.0	174	92.6	160	81.6	132	67.3	13	54.2	647	81.2
	Total	175	48.6	185	46.1	172	40.7	148	37.6	16	27.6	696	42.5

Dishwashing after a meal

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	62	37.1	100	46.9	76	33.5	62	31.3	7	20.6	307	36.6
	Female	1	0.5	2	1.1	3	1.5	8	4.1	2	8.3	16	2.0
	Total	63	17.5	102	25.4	79	18.7	70	17.8	9	15.5	323	19.7
A little	Male	81	48.5	88	41.3	99	43.6	102	51.5	19	55.9	389	46.4
	Female	3	1.6	3	1.6	11	5.6	30	15.3	5	20.8	52	6.5
	Total	84	23.3	91	22.7	110	26.0	132	33.5	24	41.4	441	27.0
About a half	Male	16	9.6	14	6.6	39	17.2	17	8.6	5	14.7	91	10.8
	Female	22	11.4	17	9.0	24	12.2	19	9.7	6	25.0	88	11.0
	Total	38	10.6	31	7.7	63	14.9	36	9.1	11	19.0	179	10.9
All or most	Male	8	4.8	11	5.2	13	5.7	17	8.6	3	8.8	52	6.2
	Female	167	86.5	166	88.3	158	80.6	139	70.9	11	45.8	641	80.4
	Total	175	48.6	177	44.1	171	40.4	156	39.6	14	24.1	693	42.4

Household shopping

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	26	15.6	44	20.7	33	14.5	32	16.2	9	26.5	144	17.2
	Female	1	0.5	1	0.5	4	2.0	17	8.7	3	12.5	26	3.3
	Total	27	7.5	45	11.2	37	8.7	49	12.4	12	20.7	170	10.4
A little	Male	112	67.1	134	62.9	132	58.1	110	55.6	14	41.2	502	59.8
	Female	4	2.1	4	2.1	20	10.2	32	16.3	6	25.0	66	8.3
	Total	116	32.2	138	34.4	152	35.9	142	36.0	20	34.5	568	34.7
About a half	Male	20	12.0	18	8.5	44	19.4	32	16.2	7	20.6	121	14.4
	Female	11	5.7	8	4.3	21	10.7	25	12.8	4	16.7	69	8.7
	Total	31	8.6	26	6.5	65	15.4	57	14.5	11	19.0	190	11.6
All or most	Male	9	5.4	17	8.0	18	7.9	24	12.1	4	11.8	72	8.6
	Female	177	91.7	175	93.1	151	77.0	122	62.2	11	45.8	636	79.8
	Total	186	51.7	192	47.9	169	40.0	146	37.1	15	25.9	708	43.3

Cleaning inside and outside the home

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	50	29.9	56	26.3	31	13.7	24	12.1	4	11.8	165	19.7
	Female	3	1.6	1	0.5	0	0.0	5	2.6	1	4.2	10	1.3
	Total	53	14.7	57	14.2	31	7.3	29	7.4	5	8.6	175	10.7
A little	Male	91	54.5	119	55.9	119	52.4	99	50.0	15	44.1	443	52.8
	Female	5	2.6	6	3.2	8	4.1	19	9.7	5	20.8	43	5.4
	Total	96	26.7	125	31.2	127	30.0	118	29.9	20	34.5	486	29.7
About a half	Male	17	10.2	26	12.2	56	24.7	53	26.8	10	29.4	162	19.3
	Female	35	18.1	22	11.7	39	19.9	44	22.4	8	33.3	148	18.6
	Total	52	14.4	48	12.0	95	22.5	97	24.6	18	31.0	310	18.9
All or most	Male	9	5.4	12	5.6	21	9.3	22	11.1	5	14.7	69	8.2
	Female	150	77.7	159	84.6	149	76.0	128	65.3	10	41.7	596	74.8
	Total	159	44.2	171	42.6	170	40.2	150	38.1	15	25.9	665	40.6

Laundry work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	103	61.7	146	68.5	129	56.8	96	48.5	17	50.0	491	58.5
	Female	1	0.5	1	0.5	0	0.0	5	2.6	1	4.2	8	1.0
	Total	104	28.9	147	36.7	129	30.5	101	25.6	18	31.0	499	30.5
A little	Male	43	25.7	44	20.7	67	29.5	70	35.4	12	35.3	236	28.1
	Female	4	2.1	6	3.2	10	5.1	15	7.7	5	20.8	40	5.0
	Total	47	13.1	50	12.5	77	18.2	85	21.6	17	29.3	276	16.9
About a half	Male	14	8.4	10	4.7	18	7.9	17	8.6	2	5.9	61	7.3
	Female	22	11.4	8	4.3	23	11.7	29	14.8	4	16.7	86	10.8
	Total	36	10.0	18	4.5	41	9.7	46	11.7	6	10.3	147	9.0
All or most	Male	7	4.2	13	6.1	13	5.7	15	7.6	3	8.8	51	6.1
	Female	166	86.0	173	92.0	163	83.2	147	75.0	14	58.3	663	83.2
	Total	173	48.1	186	46.4	176	41.6	162	41.1	17	29.3	714	43.6

Primary childcare

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	65	38.9	147	69.0	116	51.1	128	64.6	26	76.5	482	57.4
	Female	60	31.3	118	62.8	102	52.6	134	68.7	18	75.0	432	54.5
	Total	125	34.8	265	66.1	218	51.8	262	66.7	44	75.9	914	56.0
A little	Male	63	37.7	56	26.3	86	37.9	53	26.8	6	17.6	264	31.5
	Female	7	3.6	44	23.4	54	27.8	43	22.1	5	20.8	153	19.3
	Total	70	19.5	100	24.9	140	33.3	96	24.4	11	19.0	417	25.6
About a half	Male	37	22.2	9	4.2	23	10.1	16	8.1	1	2.9	86	10.3
	Female	12	6.3	9	4.8	25	12.9	10	5.1	1	4.2	57	7.2
	Total	49	13.6	18	4.5	48	11.4	26	6.6	2	3.4	143	8.8
All or most	Male	2	1.2	1	0.5	2	0.9	1	0.5	1	2.9	7	0.8
	Female	113	58.9	17	9.0	13	6.7	8	4.1	0	0.0	151	19.0
	Total	115	32.0	18	4.5	15	3.6	9	2.3	1	1.7	158	9.7

Taking out the garbage

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	60	35.9	71	33.3	47	20.7	34	17.2	5	14.7	217	25.9
	Female	8	4.1	9	4.8	13	6.6	14	7.1	4	16.7	48	6.0
	Total	68	18.9	80	20.0	60	14.2	48	12.2	9	15.5	265	16.2
A little	Male	56	33.5	89	41.8	85	37.4	70	35.4	14	41.2	314	37.4
	Female	13	6.7	7	3.7	15	7.7	26	13.3	4	16.7	65	8.2
	Total	69	19.2	96	23.9	100	23.6	96	24.4	18	31.0	379	23.2
About a half	Male	22	13.2	24	11.3	48	21.1	39	19.7	7	20.6	140	16.7
	Female	44	22.8	21	11.2	27	13.8	29	14.8	5	20.8	126	15.8
	Total	66	18.3	45	11.2	75	17.7	68	17.3	12	20.7	266	16.3
All or most	Male	29	17.4	29	13.6	47	20.7	55	27.8	8	23.5	168	20.0
	Female	128	66.3	151	80.3	141	71.9	127	64.8	11	45.8	558	70.0
	Total	157	43.6	180	44.9	188	44.4	182	46.2	19	32.8	726	44.4