

2. The World Health Organization Quality of Life Assessment (WHO/QOL-BREF)

This scale produces scores for four domains related to quality of life: physical health, psychological well-being, social relationships and environment. It also includes one facet on overall quality of life. All 26 items are rated on a 5-point scale with higher score indicating a higher quality of life.

WHO/QOL-BREF subscale 1: physical health (7 items, possible range 7-35)

	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	26.2	3.5	128	26.1	3.4	103	26.8	3.7	147	26.0	4.3	125	23.9	3.7	24	26.2	3.8	527
Female	26.1	3.5	136	26.2	3.6	131	26.0	4.0	135	25.5	4.1	107	23.3	4.7	19	25.9	3.8	528
Total	26.1	3.5	264	26.2	3.5	234	26.4	3.9	282	25.8	4.2	232	23.6	4.1	43	26.0	3.8	1055

WHO/QOL-BREF subscale 2: psychological well-being (6 items, possible range 6-30)

	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	21.5	3.0	129	21.1	3.3	103	22.0	3.4	148	21.8	4.1	123	20.1	3.2	23	21.5	3.5	526
Female	20.6	3.4	136	21.2	3.2	131	21.2	3.6	133	20.6	3.6	108	20.5	4.0	19	20.9	3.5	527
Total	21.0	3.2	265	21.1	3.2	234	21.6	3.5	281	21.2	3.9	231	20.3	3.5	42	21.2	3.5	1053

WHO/QOL-BREF subscale 3: social relationships (3 items, possible range 3-15)

	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	10.0	1.7	128	10.0	1.6	102	10.2	1.7	145	10.0	2.0	114	10.4	1.3	20	10.0	1.7	509
Female	10.3	1.5	136	10.4	1.5	127	10.5	1.5	115	10.5	1.4	71	9.9	1.1	8	10.4	1.5	457
Total	10.2	1.6	264	10.2	1.6	229	10.3	1.6	260	10.2	1.8	185	10.2	1.3	28	10.2	1.6	966

WHO/QOL-BREF subscale 4: environment (8 items, possible range 8-40)

	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	27.2	3.7	128	27.7	4.1	103	28.0	4.3	147	27.9	4.7	125	28.8	3.7	24	27.7	4.2	527
Female	27.2	4.0	136	28.1	3.6	126	28.1	4.0	135	27.7	3.8	107	29.0	4.2	18	27.8	3.9	522
Total	27.2	3.8	264	27.9	3.8	229	28.0	4.2	282	27.8	4.3	232	28.9	3.9	42	27.8	4.0	1049

WHO/QOL-BREF: Overall Quality of Life (2 items, possible range 2-10)

	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	6.4	1.2	129	6.4	1.3	103	6.8	1.2	148	6.7	1.4	126	6.1	1.4	25	6.6	1.3	531
Female	6.6	1.2	136	6.5	1.3	131	6.6	1.3	135	6.5	1.3	111	6.7	1.3	19	6.6	1.3	532
Total	6.5	1.2	265	6.5	1.3	234	6.7	1.3	283	6.6	1.4	237	6.4	1.4	44	6.6	1.3	1063

3) Personality

I. The Rosenberg Self-Esteem Scale

This scale comprises 10 items (4 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	28.7	4.1	132	28.3	3.9	102	29.3	4.0	150	28.5	4.7	124	28.1	4.7	23	28.7	4.2	531
Female	27.0	4.2	136	28.0	3.9	131	27.8	4.6	135	26.7	4.1	107	25.5	5.7	20	27.4	4.3	529
Total	27.9	4.2	268	28.1	3.9	233	28.6	4.4	285	27.7	4.5	231	26.9	5.3	43	28.0	4.3	1060

4) Social Relations

1. Interpersonal Relationship Index (IPRI)

Interpersonal relationships are measured using 39-item scale (5 options). This scale assesses three aspects of social relationships: reciprocity, conflict, and support. Higher score of the scale indicate higher perception of each relationship.

IPRI subscale 1: reciprocity (13 items. possible range 13-65)

	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	44.1	7.4	128	43.3	8.0	103	43.9	9.6	148	44.1	11.4	123	43.8	9.1	24	43.9	9.2	526
Female	48.0	7.6	136	46.8	8.1	131	48.3	8.0	134	49.7	9.3	108	50.1	10.2	18	48.2	8.3	527
Total	46.1	7.8	264	45.3	8.2	234	46.0	9.1	282	46.7	10.8	231	46.5	9.9	42	46.0	9.0	1053

IPRI subscale 2: conflict (13 items. possible range 13-65)

	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	31.3	9.6	129	32.3	9.1	103	31.4	10.3	148	31.5	10.4	122	28.8	9.1	24	31.5	9.9	526
Female	33.8	12.3	136	30.5	11.1	131	30.1	11.3	134	30.1	10.0	105	33.7	11.6	18	31.3	11.4	524
Total	32.6	11.1	265	31.3	10.3	234	30.8	10.8	282	30.9	10.2	227	30.9	10.4	42	31.4	10.6	1050

IPRI subscale 3: support (13 items. possible range 13-65)

	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	48.7	8.6	129	47.4	8.7	103	47.4	9.6	147	47.0	11.7	123	47.4	10.0	24	47.6	9.7	526
Female	52.4	8.2	136	52.1	8.7	131	53.1	8.7	135	52.7	10.0	106	53.3	12.0	18	52.6	9.0	526
Total	50.6	8.6	265	50.0	9.0	234	50.1	9.6	282	49.7	11.3	229	50.0	11.2	42	50.1	9.7	1052

5) Stress-Related Factors

1. 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 second and third 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 0-60)

	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	4.1	2.7	131	4.0	3.1	103	3.8	3.1	151	3.0	2.6	125	3.0	2.0	24	3.7	2.9	534
Female	5.2	4.4	137	4.5	3.3	131	3.8	3.0	135	2.7	2.4	110	3.4	2.9	19	4.1	3.5	532
Total	4.7	3.7	268	4.3	3.2	234	3.8	3.0	286	2.8	2.5	235	3.2	2.4	43	3.9	3.2	1066

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	1.3	132	12.2	1.1	103	12.0	1.5	151	11.9	1.8	123	11.4	1.8	24	12.0	1.5	533
Female	12.4	0.9	137	12.5	1.0	129	12.4	1.0	135	11.9	1.7	108	11.4	2.2	20	12.3	1.2	529
Total	12.2	1.1	269	12.3	1.0	232	12.2	1.3	286	11.9	1.8	231	11.4	1.9	44	12.1	1.4	1062

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 third-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	131	100.0	103	100.0	148	98.0	121	97.6	26	100.0	529	98.9
	Female	136	99.3	130	99.2	134	99.3	108	97.3	19	95.0	527	98.7
	Total	267	99.6	233	99.6	282	98.6	229	97.4	45	97.8	1056	98.8
level B	Male	0	0.0	0	0.0	2	1.3	3	2.4	0	0.0	5	0.9
	Female	1	0.7	1	0.8	1	0.7	3	2.7	1	5.0	7	1.3
	Total	1	0.4	1	0.4	3	1.0	6	2.6	1	2.2	12	1.1
level C	Male	0	0.0	0	0.0	1	0.7	0	0.0	0	0.0	1	0.2
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	1	0.3	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	45.0	7.3	130	49.9	6.8	103	47.5	8.5	151	44.6	9.5	124	40.0	9.5	26	46.3	8.5	534
Female	44.8	6.8	137	48.9	7.0	131	44.4	8.0	133	39.9	8.7	111	40.7	7.8	20	44.5	8.2	532
Total	44.9	7.1	267	49.4	6.9	234	46.1	8.4	284	42.4	9.4	235	40.3	8.7	46	45.4	8.4	1066

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	107.9	13.7	130	116.8	11.5	103	112.6	14.3	151	107.6	15.3	124	99.9	15.3	26	110.5	14.6	534
Female	107.2	12.8	137	115.1	11.8	131	107.3	13.1	133	99.9	13.9	111	101.0	12.6	20	107.4	13.9	532
Total	107.5	13.3	267	115.9	11.7	234	110.1	14.0	284	104.0	15.1	235	100.4	14.1	46	109.0	14.3	1066

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	2.3	0	0.0	1	0.7	4	3.2	2	7.7	10	1.9
	Female	1	0.7	0	0.0	5	3.8	9	8.1	0	0.0	15	2.8
	Total	4	1.5	0	0.0	6	2.1	13	5.5	2	4.3	25	2.3
middle ($80 \leq EIQ < 120$)	Male	100	76.9	56	54.4	97	64.2	89	71.8	22	84.6	364	68.2
	Female	112	81.8	85	64.9	106	79.7	89	80.2	18	90.0	410	77.1
	Total	212	79.4	141	60.3	203	71.5	178	75.7	40	87.0	774	72.6
high ($120 \leq EIQ$)	Male	27	20.8	47	45.6	53	35.1	31	25.0	2	7.7	160	30.0
	Female	24	17.5	46	35.1	22	16.5	13	11.7	2	10.0	107	20.1
	Total	51	19.1	93	39.7	75	26.4	44	18.7	4	8.7	267	25.0

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	17.0	5.4	130	18.6	5.0	103	17.1	5.7	151	14.6	5.5	125	12.3	5.5	26	16.6	5.7	535
Female	15.7	5.0	137	16.5	5.9	131	14.4	5.2	133	11.1	5.0	111	11.4	5.4	20	14.4	5.7	532
Total	16.4	5.2	267	17.4	5.6	234	15.8	5.6	284	12.9	5.5	236	11.9	5.5	46	15.5	5.8	1067

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	17.7	3.6	130	17.0	4.1	103	13.9	6.0	151	10.9	5.9	125	10.6	5.4	26	14.6	5.8	535
Female	17.9	3.3	137	16.6	4.5	131	13.1	4.8	133	9.8	5.5	111	11.1	5.7	20	14.4	5.5	532
Total	17.8	3.5	267	16.8	4.4	234	13.5	5.4	284	10.4	5.8	236	10.8	5.5	46	14.5	5.7	1067

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	14.1	2.3	130	13.9	2.3	103	12.4	3.1	151	11.0	3.7	125	9.1	4.2	26	12.6	3.3	535
Female	14.0	2.2	137	13.7	2.5	131	11.3	3.8	133	8.6	3.7	111	9.8	3.5	20	12.0	3.7	532
Total	14.1	2.2	267	13.8	2.4	234	11.9	3.5	284	9.9	3.8	236	9.4	3.9	46	12.3	3.5	1067

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	70.7	11.4	130	63.8	11.2	103	53.0	12.2	151	41.2	11.3	124	32.0	11.5	26	55.6	16.7	534
Female	73.9	10.1	137	66.0	11.3	131	51.5	11.2	133	38.3	9.9	111	33.7	7.9	20	57.4	17.5	532
Total	72.4	10.9	267	65.1	11.3	234	52.3	11.8	284	39.8	10.8	235	32.7	10.1	46	56.5	17.1	1066

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	15.1	3.7	130	13.7	3.4	103	12.1	3.3	149	10.3	3.2	125	10.6	2.8	24	12.6	3.8	531
Female	15.3	3.6	137	13.2	3.2	131	11.1	2.8	133	9.7	2.6	110	9.7	2.9	20	12.3	3.7	531
Total	15.2	3.7	267	13.4	3.3	234	11.6	3.1	282	10.0	2.9	235	10.2	2.8	44	12.5	3.8	1062

3. Verbal Memory Function

As measures of verbal memory function, we used logical memory I and II, the subtests of Wechsler Memory Scale-Revised (WMS-R). Logical memory I consists of immediate recall of two stories. After a 30-minute delay, participants are asked to recall the same stories as Logical memory II.

Verbal memory function: WMS-R logical memory I (possible range 0-50)

	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	23.3	6.5	130	21.0	6.3	103	18.7	6.7	149	14.6	6.8	124	10.7	6.6	26	18.9	7.5	532
Female	24.4	6.6	137	22.1	5.9	131	18.1	6.4	133	13.8	6.3	111	15.3	5.7	20	19.7	7.4	532
Total	23.8	6.6	267	21.6	6.1	234	18.4	6.6	282	14.3	6.5	235	12.7	6.6	46	19.3	7.5	1064

Verbal memory function: WMS-R logical memory II (possible range 0-50)

	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	19.6	6.7	130	16.8	6.2	103	14.0	6.8	148	10.1	5.9	123	7.0	6.1	26	14.7	7.5	530
Female	19.6	7.1	137	16.7	6.5	130	13.0	6.3	133	8.8	5.6	111	8.7	5.5	20	14.6	7.6	531
Total	19.6	6.9	267	16.8	6.4	233	13.6	6.5	281	9.5	5.8	234	7.7	5.9	46	14.6	7.5	1061

4. 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: parameter of distribution using cutoff score

		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%
Score of 24 and over	Male	141	94.0	105	85.4	15	60.0	261	87.6
	Female	127	94.8	96	86.5	18	94.7	241	91.3
	Total	268	94.4	201	85.9	33	75.0	502	89.3
Score of 23 or less	Male	9	6.0	18	14.6	10	40.0	37	12.4
	Female	7	5.2	15	13.5	1	5.3	23	8.7
	Total	16	5.6	33	14.1	11	25.0	60	10.7

MMSE: parameter of distribution using cutoff score

		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%
Score of 24 and over	Male	282	95.6	234	90.0	33	78.6	549	92.0
	Female	273	96.1	246	90.4	28	84.8	547	92.9
	Total	555	95.9	480	90.2	61	81.3	1096	92.4
Score of 23 or less	Male	13	4.4	26	10.0	9	21.4	48	8.0
	Female	11	3.9	26	9.6	5	15.2	42	7.1
	Total	24	4.1	52	9.8	14	18.7	90	7.6

8) Other measures

1. 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	28	21.2	20	19.4	24	15.9	12	9.6	3	12.0	87	16.2
	Female	1	0.7	1	0.8	2	1.5	4	3.7	0	0.0	8	1.5
	Total	29	10.8	21	9.0	26	9.1	16	6.9	3	6.7	95	8.9
A little	Male	81	61.4	72	69.9	96	63.6	81	64.8	14	56.0	344	64.2
	Female	6	4.4	1	0.8	11	8.1	19	17.6	5	25.0	42	7.9
	Total	87	32.3	73	31.2	107	37.4	100	42.9	19	42.2	386	36.2
About a half	Male	15	11.4	8	7.8	24	15.9	23	18.4	8	32.0	78	14.6
	Female	13	9.5	8	6.1	18	13.3	12	11.1	6	30.0	57	10.7
	Total	28	10.4	16	6.8	42	14.7	35	15.0	14	31.1	135	12.7
All or most	Male	8	6.1	3	2.9	7	4.6	9	7.2	0	0.0	27	5.0
	Female	117	85.4	121	92.4	104	77.0	73	67.6	9	45.0	424	79.8
	Total	125	46.5	124	53.0	111	38.8	82	35.2	9	20.0	451	42.3

Preparation of a meal

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	61	46.2	52	50.5	77	51.0	38	30.4	12	48.0	240	44.8
	Female	2	1.5	1	0.8	3	2.2	6	5.6	2	10.0	14	2.6
	Total	63	23.4	53	22.6	80	28.0	44	18.9	14	31.1	254	23.8
A little	Male	54	40.9	43	41.7	48	31.8	64	51.2	11	44.0	220	41.0
	Female	5	3.6	1	0.8	12	8.9	12	11.1	4	20.0	34	6.4
	Total	59	21.9	44	18.8	60	21.0	76	32.6	15	33.3	254	23.8
About a half	Male	10	7.6	5	4.9	14	9.3	10	8.0	2	8.0	41	7.6
	Female	6	4.4	4	3.1	11	8.1	12	11.1	4	20.0	37	7.0
	Total	16	5.9	9	3.8	25	8.7	22	9.4	6	13.3	78	7.3
All or most	Male	7	5.3	3	2.9	12	7.9	13	10.4	0	0.0	35	6.5
	Female	124	90.5	125	95.4	109	80.7	78	72.2	10	50.0	446	84.0
	Total	131	48.7	128	54.7	121	42.3	91	39.1	10	22.2	481	45.1

Dishwashing after a meal

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	41	31.1	48	46.6	64	42.4	37	29.6	6	24.0	196	36.6
	Female	1	0.7	1	0.8	2	1.5	5	4.6	1	5.0	10	1.9
	Total	42	15.6	49	20.9	66	23.1	42	18.0	7	15.6	206	19.3
A little	Male	65	49.2	44	42.7	53	35.1	63	50.4	14	56.0	239	44.6
	Female	5	3.6	2	1.5	12	8.9	12	11.1	6	30.0	37	7.0
	Total	70	26.0	46	19.7	65	22.7	75	32.2	20	44.4	276	25.9
About a half	Male	17	12.9	8	7.8	23	15.2	12	9.6	3	12.0	63	11.8
	Female	13	9.5	6	4.6	14	10.4	10	9.3	1	5.0	44	8.3
	Total	30	11.2	14	6.0	37	12.9	22	9.4	4	8.9	107	10.0
All or most	Male	9	6.8	3	2.9	11	7.3	13	10.4	2	8.0	38	7.1
	Female	118	86.1	122	93.1	107	79.3	81	75.0	12	60.0	440	82.9
	Total	127	47.2	125	53.4	118	41.3	94	40.3	14	31.1	478	44.8

Household shopping

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	22	16.7	20	19.4	24	15.9	26	20.8	5	20.8	97	18.1
	Female	1	0.7	1	0.8	4	3.0	9	8.4	1	5.0	16	3.0
	Total	23	8.6	21	9.0	28	9.8	35	15.1	6	13.6	113	10.6
A little	Male	84	63.6	64	62.1	87	57.6	52	41.6	11	45.8	298	55.7
	Female	5	3.6	2	1.5	15	11.1	18	16.8	9	45.0	49	9.2
	Total	89	33.1	66	28.2	102	35.7	70	30.2	20	45.5	347	32.6
About a half	Male	19	14.4	12	11.7	26	17.2	30	24.0	7	29.2	94	17.6
	Female	2	1.5	4	3.1	10	7.4	10	9.3	2	10.0	28	5.3
	Total	21	7.8	16	6.8	36	12.6	40	17.2	9	20.5	122	11.5
All or most	Male	7	5.3	7	6.8	14	9.3	17	13.6	1	4.2	46	8.6
	Female	129	94.2	124	94.7	106	78.5	70	65.4	8	40.0	437	82.5
	Total	136	50.6	131	56.0	120	42.0	87	37.5	9	20.5	483	45.4

Cleaning inside and outside the home

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	37	28.0	26	25.2	26	17.2	17	13.6	3	12.0	109	20.3
	Female	4	2.9	1	0.8	0	0.0	2	1.9	1	5.0	8	1.5
	Total	41	15.2	27	11.5	26	9.1	19	8.2	4	8.9	117	11.0
A little	Male	64	48.5	61	59.2	79	52.3	54	43.2	13	52.0	271	50.6
	Female	7	5.1	2	1.5	9	6.7	9	8.3	3	15.0	30	5.6
	Total	71	26.4	63	26.9	88	30.8	63	27.0	16	35.6	301	28.2
About a half	Male	22	16.7	12	11.7	32	21.2	43	34.4	7	28.0	116	21.6
	Female	16	11.7	20	15.3	28	20.7	20	18.5	9	45.0	93	17.5
	Total	38	14.1	32	13.7	60	21.0	63	27.0	16	35.6	209	19.6
All or most	Male	9	6.8	4	3.9	14	9.3	11	8.8	2	8.0	40	7.5
	Female	110	80.3	108	82.4	98	72.6	77	71.3	7	35.0	400	75.3
	Total	119	44.2	112	47.9	112	39.2	88	37.8	9	20.0	440	41.2

Laundry work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	77	58.3	73	70.9	95	62.9	72	57.6	13	52.0	330	61.6
	Female	2	1.5	1	0.8	2	1.5	1	0.9	2	10.0	8	1.5
	Total	79	29.4	74	31.6	97	33.9	73	31.3	15	33.3	338	31.7
A little	Male	30	22.7	20	19.4	38	25.2	30	24.0	9	36.0	127	23.7
	Female	6	4.4	3	2.3	9	6.7	8	7.4	3	15.0	29	5.5
	Total	36	13.4	23	9.8	47	16.4	38	16.3	12	26.7	156	14.6
About a half	Male	16	12.1	6	5.8	9	6.0	10	8.0	1	4.0	42	7.8
	Female	9	6.6	5	3.8	10	7.4	13	12.0	3	15.0	40	7.5
	Total	25	9.3	11	4.7	19	6.6	23	9.9	4	8.9	82	7.7
All or most	Male	9	6.8	4	3.9	9	6.0	13	10.4	2	8.0	37	6.9
	Female	120	87.6	122	93.1	114	84.4	86	79.6	12	60.0	454	85.5
	Total	129	48.0	126	53.8	123	43.0	99	42.5	14	31.1	491	46.0

Primary childcare

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	60	45.5	75	72.8	83	55.0	80	64.0	19	76.0	317	59.1
	Female	30	21.9	79	60.3	61	45.2	85	80.2	17	85.0	272	51.4
	Total	90	33.5	154	65.8	144	50.3	165	71.4	36	80.0	589	55.3
A little	Male	34	25.8	20	19.4	49	32.5	38	30.4	6	24.0	147	27.4
	Female	1	0.7	25	19.1	51	37.8	11	10.4	3	15.0	91	17.2
	Total	35	13.0	45	19.2	100	35.0	49	21.2	9	20.0	238	22.3
About a half	Male	38	28.8	8	7.8	17	11.3	6	4.8	0	0.0	69	12.9
	Female	11	8.0	10	7.6	11	8.1	7	6.6	0	0.0	39	7.4
	Total	49	18.2	18	7.7	28	9.8	13	5.6	0	0.0	108	10.1
All or most	Male	0	0.0	0	0.0	2	1.3	1	0.8	0	0.0	3	0.6
	Female	95	69.3	17	13.0	12	8.9	3	2.8	0	0.0	127	24.0
	Total	95	35.3	17	7.3	14	4.9	4	1.7	0	0.0	130	12.2

Taking out the garbage

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	37	28.0	30	29.1	29	19.2	16	12.8	2	8.3	114	21.3
	Female	12	8.8	5	3.8	17	12.6	8	7.4	3	15.0	45	8.5
	Total	49	18.2	35	15.0	46	16.1	24	10.3	5	11.4	159	14.9
A little	Male	44	33.3	42	40.8	65	43.0	45	36.0	9	37.5	205	38.3
	Female	6	4.4	8	6.1	12	8.9	11	10.2	5	25.0	42	7.9
	Total	50	18.6	50	21.4	77	26.9	56	24.0	14	31.8	247	23.2
About a half	Male	22	16.7	20	19.4	28	18.5	32	25.6	5	20.8	107	20.0
	Female	26	19.0	15	11.5	22	16.3	22	20.4	3	15.0	88	16.6
	Total	48	17.8	35	15.0	50	17.5	54	23.2	8	18.2	195	18.3
All or most	Male	29	22.0	11	10.7	29	19.2	32	25.6	8	33.3	109	20.4
	Female	93	67.9	103	78.6	84	62.2	67	62.0	9	45.0	356	67.0
	Total	122	45.4	114	48.7	113	39.5	99	42.5	17	38.6	465	43.6

Gardening

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	108	81.8	58	56.3	69	45.7	51	41.1	10	40.0	296	55.3
	Female	92	67.2	71	54.2	71	53.0	58	54.2	7	35.0	299	56.5
	Total	200	74.3	129	55.1	140	49.1	109	47.2	17	37.8	595	55.9
Several times a year	Male	12	9.1	19	18.4	15	9.9	13	10.5	2	8.0	61	11.4
	Female	20	14.6	14	10.7	9	6.7	2	1.9	2	10.0	47	8.9
	Total	32	11.9	33	14.1	24	8.4	15	6.5	4	8.9	108	10.2
2 or 3 times a month	Male	8	6.1	18	17.5	16	10.6	12	9.7	5	20.0	59	11.0
	Female	9	6.6	11	8.4	14	10.4	8	7.5	0	0.0	42	7.9
	Total	17	6.3	29	12.4	30	10.5	20	8.7	5	11.1	101	9.5
Once a week	Male	4	3.0	8	7.8	51	33.8	48	38.7	8	32.0	119	22.2
	Female	16	11.7	35	26.7	40	29.9	39	36.4	11	55.0	141	26.7
	Total	20	7.4	43	18.4	91	31.9	87	37.7	19	42.2	260	24.4

Home maintenance

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	33	25.0	17	16.5	20	13.2	23	18.7	5	20.0	98	18.4
	Female	78	56.9	87	66.4	93	69.4	77	72.0	12	63.2	347	65.7
	Total	111	41.3	104	44.4	113	39.6	100	43.5	17	38.6	445	41.9
Several times a year	Male	83	62.9	66	64.1	76	50.3	48	39.0	14	56.0	287	53.7
	Female	50	36.5	33	25.2	33	24.6	18	16.8	5	26.3	139	26.3
	Total	133	49.4	99	42.3	109	38.2	66	28.7	19	43.2	426	40.1
2 or 3 times a month	Male	14	10.6	16	15.5	35	23.2	33	26.8	6	24.0	104	19.5
	Female	7	5.1	7	5.3	5	3.7	7	6.5	2	10.5	28	5.3
	Total	21	7.8	23	9.8	40	14.0	40	17.4	8	18.2	132	12.4
Once a week	Male	2	1.5	4	3.9	20	13.2	19	15.4	0	0.0	45	8.4
	Female	2	1.5	4	3.1	3	2.2	5	4.7	0	0.0	14	2.7
	Total	4	1.5	8	3.4	23	8.1	24	10.4	0	0.0	59	5.6

Participation in hobby groups

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	40	30.3	41	39.8	56	37.1	55	44.4	9	37.5	201	37.6
	Female	57	41.6	52	39.7	40	30.1	43	40.6	4	20.0	196	37.2
	Total	97	36.1	93	39.7	96	33.8	98	42.6	13	29.5	397	37.4
Several times a year	Male	33	25.0	29	28.2	30	19.9	14	11.3	2	8.3	108	20.2
	Female	18	13.1	7	5.3	7	5.3	3	2.8	2	10.0	37	7.0
	Total	51	19.0	36	15.4	37	13.0	17	7.4	4	9.1	145	13.7
2 or 3 times a month	Male	25	18.9	18	17.5	30	19.9	17	13.7	8	33.3	98	18.4
	Female	26	19.0	22	16.8	21	15.8	18	17.0	6	30.0	93	17.6
	Total	51	19.0	40	17.1	51	18.0	35	15.2	14	31.8	191	18.0
Once a week	Male	34	25.8	15	14.6	35	23.2	38	30.6	5	20.8	127	23.8
	Female	36	26.3	50	38.2	65	48.9	42	39.6	8	40.0	201	38.1
	Total	70	26.0	65	27.8	100	35.2	80	34.8	13	29.5	328	30.9

Participation in block clubs

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	76	57.6	66	64.1	94	62.3	57	46.0	16	64.0	309	57.8
	Female	71	51.8	88	67.2	89	66.4	65	60.2	9	47.4	322	60.9
	Total	147	54.6	154	65.8	183	64.2	122	52.6	25	56.8	631	59.3
Several times a year	Male	41	31.1	32	31.1	35	23.2	27	21.8	5	20.0	140	26.2
	Female	38	27.7	25	19.1	22	16.4	21	19.4	3	15.8	109	20.6
	Total	79	29.4	57	24.4	57	20.0	48	20.7	8	18.2	249	23.4
2 or 3 times a month	Male	9	6.8	2	1.9	13	8.6	21	16.9	3	12.0	48	9.0
	Female	22	16.1	11	8.4	13	9.7	11	10.2	3	15.8	60	11.3
	Total	31	11.5	13	5.6	26	9.1	32	13.8	6	13.6	108	10.2
Once a week	Male	6	4.5	3	2.9	9	6.0	19	15.3	1	4.0	38	7.1
	Female	6	4.4	7	5.3	10	7.5	11	10.2	4	21.1	38	7.2
	Total	12	4.5	10	4.3	19	6.7	30	12.9	5	11.4	76	7.1

9) Background examinations

Life style on holidays (1st rank in frequency)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not recorded	Male	3	2.3	0	0.0	4	2.6	2	1.6	1	3.8	10	1.9
	Female	1	0.7	0	0.0	0	0.0	4	3.6	1	5.0	6	1.1
	Total	4	1.5	0	0.0	4	1.4	6	2.5	2	4.3	16	1.5
Rest	Male	34	25.8	31	30.1	22	14.6	28	22.2	5	19.2	120	22.3
	Female	20	14.6	12	9.2	10	7.4	14	12.5	2	10.0	58	10.8
	Total	54	20.1	43	18.4	32	11.2	42	17.6	7	15.2	178	16.6
TV	Male	26	19.7	20	19.4	33	21.9	26	20.6	7	26.9	112	20.8
	Female	15	10.9	16	12.2	22	16.3	28	25.0	4	20.0	85	15.9
	Total	41	15.2	36	15.4	55	19.2	54	22.7	11	23.9	197	18.4
Reading	Male	5	3.8	5	4.9	9	6.0	6	4.8	0	0.0	25	4.6
	Female	5	3.6	7	5.3	1	0.7	4	3.6	2	10.0	19	3.6
	Total	10	3.7	12	5.1	10	3.5	10	4.2	2	4.3	44	4.1
Family talk	Male	17	12.9	4	3.9	7	4.6	6	4.8	2	7.7	36	6.7
	Female	18	13.1	9	6.9	3	2.2	5	4.5	1	5.0	36	6.7
	Total	35	13.0	13	5.6	10	3.5	11	4.6	3	6.5	72	6.7
Housework	Male	5	3.8	4	3.9	8	5.3	9	7.1	0	0.0	26	4.8
	Female	54	39.4	57	43.5	37	27.4	31	27.7	4	20.0	183	34.2
	Total	59	21.9	61	26.1	45	15.7	40	16.8	4	8.7	209	19.5
Shopping	Male	5	3.8	4	3.9	4	2.6	3	2.4	0	0.0	16	3.0
	Female	11	8.0	6	4.6	12	8.9	6	5.4	0	0.0	35	6.5
	Total	16	5.9	10	4.3	16	5.6	9	3.8	0	0.0	51	4.8
Walk	Male	2	1.5	5	4.9	9	6.0	6	4.8	2	7.7	24	4.5
	Female	0	0.0	0	0.0	8	5.9	3	2.7	0	0.0	11	2.1
	Total	2	0.7	5	2.1	17	5.9	9	3.8	2	4.3	35	3.3
Drive	Male	2	1.5	2	1.9	1	0.7	2	1.6	0	0.0	7	1.3

(Continued)

Life style on holidays (1st rank in frequency)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Drive	Female	0	0.0	4	3.1	2	1.5	1	0.9	0	0.0	7	1.3
	Total	2	0.7	6	2.6	3	1.0	3	1.3	0	0.0	14	1.3
Gamble	Male	0	0.0	1	1.0	0	0.0	1	0.8	0	0.0	2	0.4
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	1	0.4	0	0.0	1	0.4	0	0.0	2	0.2
Pachinko	Male	1	0.8	1	1.0	3	2.0	2	1.6	0	0.0	7	1.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.4	1	0.4	3	1.0	2	0.8	0	0.0	7	0.7
Movie	Male	0	0.0	1	1.0	0	0.0	1	0.8	0	0.0	2	0.4
	Female	1	0.7	0	0.0	0	0.0	0	0.0	0	0.0	1	0.2
	Total	1	0.4	1	0.4	0	0.0	1	0.4	0	0.0	3	0.3
Gardening	Male	1	0.8	8	7.8	12	7.9	8	6.3	1	3.8	30	5.6
	Female	0	0.0	4	3.1	6	4.4	3	2.7	2	10.0	15	2.8
	Total	1	0.4	12	5.1	18	6.3	11	4.6	3	6.5	45	4.2
School	Male	0	0.0	0	0.0	1	0.7	1	0.8	0	0.0	2	0.4
	Female	0	0.0	1	0.8	5	3.7	4	3.6	2	10.0	12	2.2
	Total	0	0.0	1	0.4	6	2.1	5	2.1	2	4.3	14	1.3
Social activity	Male	4	3.0	1	1.0	1	0.7	1	0.8	2	7.7	9	1.7
	Female	1	0.7	2	1.5	1	0.7	0	0.0	0	0.0	4	0.7
	Total	5	1.9	3	1.3	2	0.7	1	0.4	2	4.3	13	1.2
Sports	Male	16	12.1	6	5.8	11	7.3	4	3.2	0	0.0	37	6.9
	Female	3	2.2	4	3.1	10	7.4	0	0.0	0	0.0	17	3.2
	Total	19	7.1	10	4.3	21	7.3	4	1.7	0	0.0	54	5.0
Hobby	Male	6	4.5	4	3.9	20	13.2	11	8.7	4	15.4	45	8.4
	Female	3	2.2	5	3.8	12	8.9	7	6.3	1	5.0	28	5.2

(Continued)

Life style on holidays (1st rank in frequency)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Hobby	Total	9	3.3	9	3.8	32	11.2	18	7.6	5	10.9	73	6.8
Religion	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	2	1.5	1	0.8	0	0.0	0	0.0	0	0.0	3	0.6
	Total	2	0.7	1	0.4	0	0.0	0	0.0	0	0.0	3	0.3
Work	Male	4	3.0	4	3.9	5	3.3	9	7.1	2	7.7	24	4.5
	Female	1	0.7	2	1.5	4	3.0	2	1.8	1	5.0	10	1.9
	Total	5	1.9	6	2.6	9	3.1	11	4.6	3	6.5	34	3.2
Others	Male	1	0.8	2	1.9	1	0.7	0	0.0	0	0.0	4	0.7
	Female	2	1.5	1	0.8	2	1.5	0	0.0	0	0.0	5	0.9
	Total	3	1.1	3	1.3	3	1.0	0	0.0	0	0.0	9	0.8

Life style on holidays (2nd rank in frequency)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not recorded	Male	4	3.0	0	0.0	4	2.6	4	3.2	2	7.7	14	2.6
	Female	1	0.7	0	0.0	1	0.7	6	5.4	1	5.0	9	1.7
	Total	5	1.9	0	0.0	5	1.7	10	4.2	3	6.5	23	2.1
Rest	Male	12	9.1	2	1.9	10	6.6	10	7.9	0	0.0	34	6.3
	Female	9	6.6	10	7.6	3	2.2	3	2.7	2	10.0	27	5.0
	Total	21	7.8	12	5.1	13	4.5	13	5.5	2	4.3	61	5.7
TV	Male	24	18.2	29	28.2	35	23.2	25	19.8	6	23.1	119	22.1
	Female	16	11.7	8	6.1	26	19.3	22	19.6	4	20.0	76	14.2
	Total	40	14.9	37	15.8	61	21.3	47	19.7	10	21.7	195	18.2
Reading	Male	6	4.5	4	3.9	15	9.9	8	6.3	4	15.4	37	6.9
	Female	7	5.1	3	2.3	3	2.2	4	3.6	3	15.0	20	3.7
	Total	13	4.8	7	3.0	18	6.3	12	5.0	7	15.2	57	5.3
Family talk	Male	19	14.4	2	1.9	7	4.6	6	4.8	0	0.0	34	6.3
	Female	18	13.1	10	7.6	6	4.4	3	2.7	1	5.0	38	7.1
	Total	37	13.8	12	5.1	13	4.5	9	3.8	1	2.2	72	6.7
Housework	Male	11	8.3	5	4.9	8	5.3	8	6.3	1	3.8	33	6.1
	Female	22	16.1	21	16.0	18	13.3	13	11.6	2	10.0	76	14.2
	Total	33	12.3	26	11.1	26	9.1	21	8.8	3	6.5	109	10.2
Shopping	Male	17	12.9	12	11.7	10	6.6	11	8.7	1	3.8	51	9.5
	Female	41	29.9	37	28.2	17	12.6	11	9.8	2	10.0	108	20.2
	Total	58	21.6	49	20.9	27	9.4	22	9.2	3	6.5	159	14.8
Walk	Male	4	3.0	9	8.7	15	9.9	9	7.1	2	7.7	39	7.2
	Female	0	0.0	4	3.1	6	4.4	6	5.4	0	0.0	16	3.0
	Total	4	1.5	13	5.6	21	7.3	15	6.3	2	4.3	55	5.1
Drive	Male	9	6.8	3	2.9	12	7.9	4	3.2	0	0.0	28	5.2

(Continued)