

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	4.2	3.1	285	4.0	3.1	294	3.8	2.8	299	3.1	2.6	253	3.2	2.4	51	3.8	2.9	1182
Female	4.9	4.0	294	4.6	3.3	283	3.6	2.6	272	2.8	2.4	282	3.6	2.8	57	4.0	3.2	1188
Total	4.6	3.6	579	4.3	3.2	577	3.7	2.7	571	2.9	2.5	535	3.4	2.6	108	3.9	3.1	2370

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	11.9	1.3	286	12.1	1.1	295	12.1	1.3	300	12.0	1.5	252	11.2	2.1	50	12.0	1.4	1183
Female	12.5	0.9	294	12.5	1.0	280	12.4	0.9	273	12.0	1.5	281	11.6	1.7	56	12.3	1.2	1184
Total	12.2	1.2	580	12.3	1.1	575	12.3	1.2	573	12.0	1.5	533	11.4	1.9	106	12.2	1.3	2367

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.

The Katz index: grade level A to level G

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
level A	Male	285	100.0	294	100.0	295	98.7	248	98.4	52	98.1	1174	99.2
	Female	293	99.7	282	99.6	272	99.6	277	97.5	55	93.2	1179	98.8
	Total	578	99.8	576	99.8	567	99.1	525	97.9	107	95.5	2353	99.0
level B	Male	0	0.0	0	0.0	3	1.0	4	1.6	1	1.9	8	0.7
	Female	1	0.3	1	0.4	1	0.4	7	2.5	3	5.1	13	1.1
	Total	1	0.2	1	0.2	4	0.7	11	2.1	4	3.6	21	0.9
level C	Male	0	0.0	0	0.0	1	0.3	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	0	0.0	1	0.2	0	0.0	0	0.0	1	0.0
level F	Male	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	1	1.7	1	0.1
	Total	0	0.0	0	0.0	0	0.0	0	0.0	1	0.9	1	0.0

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 4-76)

	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	45.8	7.2	284	50.0	6.7	293	47.6	7.8	298	45.4	8.9	251	41.1	9.1	53	47.0	8.0	1179
Female	46.3	7.0	293	49.0	7.1	282	45.7	8.0	270	41.5	8.6	283	41.9	9.0	57	45.4	8.2	1185
Total	46.0	7.1	577	49.5	6.9	575	46.7	7.9	568	43.3	8.9	534	41.5	9.0	110	46.2	8.2	2364

WAIS-R-SF: estimated intelligence quotient (EIQ) with four-subtest full scale (possible range 40-159)

	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	109.5	13.8	284	116.7	11.0	293	112.7	13.0	298	108.6	14.2	251	101.7	14.6	53	111.5	13.6	1179
Female	110.4	13.4	293	115.5	12.2	282	109.4	13.1	270	102.3	13.7	283	102.9	14.3	57	109.1	14.0	1185
Total	109.9	13.6	577	116.1	11.6	575	111.1	13.1	568	105.3	14.3	534	102.4	14.4	110	110.3	13.9	2364

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	5	1.8	0	0.0	1	0.3	5	2.0	3	5.7	14	1.2
	Female	3	1.0	0	0.0	6	2.2	16	5.7	2	3.5	27	2.3
	Total	8	1.4	0	0.0	7	1.2	21	3.9	5	4.5	41	1.7
middle ( $80 \leq EIQ < 120$ )	Male	212	74.6	163	55.6	199	66.8	186	74.1	45	84.9	805	68.3
	Female	213	72.7	179	63.5	201	74.4	232	82.0	47	82.5	872	73.6
	Total	425	73.7	342	59.5	400	70.4	418	78.3	92	83.6	1677	70.9
high ( $120 \leq EIQ$ )	Male	67	23.6	130	44.4	98	32.9	60	23.9	5	9.4	360	30.5
	Female	77	26.3	103	36.5	63	23.3	35	12.4	8	14.0	286	24.1
	Total	144	25.0	233	40.5	161	28.3	95	17.8	13	11.8	646	27.3

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	17.1	5.0	284	18.4	5.1	293	17.1	5.3	299	15.0	5.4	253	13.6	5.6	53	16.8	5.4	1182
Female	15.9	5.3	293	16.6	5.8	282	14.7	5.5	271	12.0	5.3	284	12.0	5.9	58	14.7	5.8	1188
Total	16.5	5.2	577	17.5	5.5	575	15.9	5.5	570	13.4	5.6	537	12.7	5.8	111	15.7	5.7	2370

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	18.0	3.7	284	17.0	4.3	294	14.2	5.4	299	11.5	5.9	253	10.5	5.5	53	15.0	5.6	1183
Female	17.8	3.6	293	16.5	4.4	282	13.6	5.0	271	10.7	5.6	283	11.2	5.8	58	14.5	5.5	1187
Total	17.9	3.7	577	16.8	4.4	576	13.9	5.3	570	11.0	5.7	536	10.9	5.7	111	14.8	5.6	2370

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	14.2	2.1	284	13.9	2.5	294	12.5	2.9	299	11.1	3.5	253	9.7	4.0	53	12.8	3.1	1183
Female	14.3	2.2	293	13.9	2.5	282	11.7	3.5	271	9.1	3.7	284	9.9	3.7	58	12.1	3.7	1188
Total	14.3	2.2	577	13.9	2.5	576	12.1	3.2	570	10.1	3.7	537	9.8	3.8	111	12.5	3.4	2371

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	70.9	10.9	284	64.3	10.6	294	53.3	11.9	298	41.5	11.1	251	32.5	10.7	53	56.8	16.3	1180
Female	75.6	9.7	293	66.7	11.2	282	54.1	11.6	270	39.2	9.9	284	36.5	9.7	57	58.0	17.8	1186
Total	73.3	10.6	577	65.5	11.0	576	53.7	11.7	568	40.3	10.5	535	34.6	10.4	110	57.4	17.1	2366

## 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	15.4	3.8	284	13.3	3.3	292	11.8	3.1	296	10.3	3.0	252	10.4	2.9	51	12.7	3.8	1175
Female	15.0	3.6	293	12.9	3.4	282	11.3	3.1	271	10.0	3.0	282	9.5	3.1	58	12.2	3.8	1186
Total	15.2	3.7	577	13.1	3.4	574	11.6	3.1	567	10.1	3.0	534	9.9	3.0	109	12.4	3.8	2361

## 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	24.2	7.1	284	21.2	6.8	294	18.8	6.8	297	15.3	7.0	252	11.9	6.5	53	19.6	7.7	1180
Female	25.3	6.7	293	21.9	6.4	281	18.5	6.4	271	14.8	6.2	283	14.7	5.8	59	19.9	7.6	1187
Total	24.7	6.9	577	21.5	6.6	575	18.6	6.6	568	15.0	6.6	535	13.4	6.2	112	19.8	7.6	2367

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	20.1	7.1	284	16.8	6.9	294	14.1	6.8	296	10.5	6.5	251	7.9	5.9	53	15.2	7.7	1178
Female	20.5	7.3	293	16.5	7.0	280	12.9	6.5	271	9.4	5.5	283	9.0	5.2	59	14.6	7.8	1186
Total	20.3	7.2	577	16.6	7.0	574	13.6	6.7	567	9.9	6.0	534	8.5	5.6	112	14.9	7.8	2364

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

	60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.2	1.7	296	27.4	2.2	249	26.2	3.0	52	27.7	2.1	597
Female	28.2	1.7	271	27.3	2.2	283	27.7	2.1	56	27.8	2.0	610
Total	28.2	1.7	567	27.4	2.2	532	27.0	2.7	108	27.7	2.1	1207

MMSE: parameter of distribution using cutoff score

		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%
Score of 24 and over	Male	287	97.0	238	95.6	43	82.7	568	95.1
	Female	265	97.8	262	92.6	54	96.4	581	95.2
	Total	552	97.4	500	94.0	97	89.8	1149	95.2
Score of 23 or less	Male	9	3.0	11	4.4	9	17.3	29	4.9
	Female	6	2.2	21	7.4	2	3.6	29	4.8
	Total	15	2.6	32	6.0	11	10.2	58	4.8

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	68	23.9	64	21.7	43	14.4	32	12.7	11	21.6	218	18.4
	Female	2	0.7	4	1.4	2	0.7	8	2.9	1	1.7	17	1.4
	Total	70	12.1	68	11.8	45	7.9	40	7.5	12	10.9	235	9.9
A little	Male	176	61.8	194	65.8	186	62.2	155	61.5	24	47.1	735	62.2
	Female	9	3.1	3	1.1	19	7.0	35	12.5	10	16.9	76	6.4
	Total	185	32.0	197	34.1	205	35.8	190	35.7	34	30.9	811	34.2
About a half	Male	25	8.8	24	8.1	48	16.1	45	17.9	14	27.5	156	13.2
	Female	31	10.5	29	10.2	36	13.2	52	18.6	13	22.0	161	13.5
	Total	56	9.7	53	9.2	84	14.7	97	18.2	27	24.5	317	13.4
All or most	Male	16	5.6	13	4.4	22	7.4	20	7.9	2	3.9	73	6.2
	Female	252	85.7	247	87.3	216	79.1	185	66.1	35	59.3	935	78.6
	Total	268	46.3	260	45.0	238	41.6	205	38.5	37	33.6	1008	42.5

Preparation of a meal

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	141	49.3	153	51.9	142	47.3	86	34.1	24	47.1	546	46.1
	Female	4	1.4	4	1.4	3	1.1	15	5.4	4	6.8	30	2.5
	Total	145	25.0	157	27.2	145	25.3	101	19.0	28	25.5	576	24.3
A little	Male	115	40.2	113	38.3	105	35.0	124	49.2	19	37.3	476	40.2
	Female	10	3.4	5	1.8	20	7.3	31	11.1	8	13.6	74	6.2
	Total	125	21.6	118	20.4	125	21.8	155	29.1	27	24.5	550	23.2
About a half	Male	15	5.2	16	5.4	29	9.7	19	7.5	5	9.8	84	7.1
	Female	17	5.8	20	7.1	29	10.6	35	12.5	5	8.5	106	8.9
	Total	32	5.5	36	6.2	58	10.1	54	10.2	10	9.1	190	8.0
All or most	Male	15	5.2	13	4.4	24	8.0	23	9.1	3	5.9	78	6.6
	Female	263	89.5	254	89.8	221	81.0	199	71.1	42	71.2	979	82.3
	Total	278	47.9	267	46.2	245	42.8	222	41.7	45	40.9	1057	44.5

Dishwashing after a meal

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	97	33.9	130	44.1	114	38.0	76	30.2	17	33.3	434	36.7
	Female	2	0.7	1	0.4	3	1.1	12	4.3	1	1.7	19	1.6
	Total	99	17.1	131	22.7	117	20.4	88	16.5	18	16.5	453	19.1
A little	Male	141	49.3	130	44.1	112	37.3	127	50.4	22	43.1	532	44.9
	Female	7	2.4	6	2.1	21	7.7	29	10.4	12	20.7	75	6.3
	Total	148	25.5	136	23.5	133	23.2	156	29.3	34	31.2	607	25.6
About a half	Male	26	9.1	23	7.8	49	16.3	25	9.9	8	15.7	131	11.1
	Female	27	9.2	21	7.4	30	11.0	31	11.1	5	8.6	114	9.6
	Total	53	9.1	44	7.6	79	13.8	56	10.5	13	11.9	245	10.3
All or most	Male	22	7.7	12	4.1	25	8.3	24	9.5	4	7.8	87	7.3
	Female	258	87.8	255	90.1	219	80.2	208	74.3	40	69.0	980	82.5
	Total	280	48.3	267	46.2	244	42.6	232	43.6	44	40.4	1067	45.0

Household shopping

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	44	15.4	57	19.3	56	18.7	43	17.1	12	24.0	212	17.9
	Female	3	1.0	1	0.4	9	3.3	23	8.2	6	10.2	42	3.5
	Total	47	8.1	58	10.0	65	11.3	66	12.4	18	16.5	254	10.7
A little	Male	189	66.1	184	62.4	162	54.0	121	48.0	23	46.0	679	57.4
	Female	10	3.4	8	2.8	22	8.1	42	15.1	12	20.3	94	7.9
	Total	199	34.3	192	33.2	184	32.1	163	30.7	35	32.1	773	32.6
About a half	Male	36	12.6	35	11.9	54	18.0	54	21.4	11	22.0	190	16.1
	Female	12	4.1	15	5.3	24	8.8	32	11.5	7	11.9	90	7.6
	Total	48	8.3	50	8.7	78	13.6	86	16.2	18	16.5	280	11.8
All or most	Male	17	5.9	19	6.4	28	9.3	34	13.5	4	8.0	102	8.6
	Female	269	91.5	259	91.5	218	79.9	182	65.2	34	57.6	962	81.0
	Total	286	49.3	278	48.1	246	42.9	216	40.7	38	34.9	1064	44.9



Cleaning inside and outside the home

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	86	30.1	84	28.5	52	17.3	30	11.9	7	13.7	259	21.9
	Female	6	2.0	1	0.4	0	0.0	6	2.1	3	5.1	16	1.3
	Total	92	15.9	85	14.7	52	9.1	36	6.8	10	9.1	275	11.6
A little	Male	149	52.1	160	54.2	142	47.3	113	44.8	23	45.1	587	49.6
	Female	14	4.8	9	3.2	12	4.4	25	8.9	9	15.3	69	5.8
	Total	163	28.1	169	29.2	154	26.9	138	25.9	32	29.1	656	27.6
About a half	Male	33	11.5	36	12.2	72	24.0	82	32.5	15	29.4	238	20.1
	Female	36	12.2	44	15.5	63	23.1	65	23.2	21	35.6	229	19.3
	Total	69	11.9	80	13.8	135	23.6	147	27.6	36	32.7	467	19.7
All or most	Male	18	6.3	15	5.1	34	11.3	27	10.7	6	11.8	100	8.4
	Female	238	81.0	229	80.9	198	72.5	184	65.7	26	44.1	875	73.6
	Total	256	44.1	244	42.2	232	40.5	211	39.7	32	29.1	975	41.1

Laundry work

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	175	61.2	199	67.5	175	58.3	147	58.3	28	54.9	724	61.1
	Female	5	1.7	4	1.4	4	1.5	6	2.1	4	6.8	23	1.9
	Total	180	31.0	203	35.1	179	31.2	153	28.8	32	29.1	747	31.5
A little	Male	68	23.8	67	22.7	78	26.0	62	24.6	14	27.5	289	24.4
	Female	14	4.8	10	3.5	14	5.1	27	9.6	5	8.5	70	5.9
	Total	82	14.1	77	13.3	92	16.1	89	16.7	19	17.3	359	15.1
About a half	Male	23	8.0	16	5.4	23	7.7	17	6.7	5	9.8	84	7.1
	Female	20	6.8	17	6.0	21	7.7	28	10.0	9	15.3	95	8.0
	Total	43	7.4	33	5.7	44	7.7	45	8.5	14	12.7	179	7.5
All or most	Male	20	7.0	13	4.4	24	8.0	26	10.3	4	7.8	87	7.3
	Female	255	86.7	252	89.0	234	85.7	219	78.2	41	69.5	1001	84.2
	Total	275	47.4	265	45.8	258	45.0	245	46.1	45	40.9	1088	45.8

Primary childcare

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	117	40.9	200	67.8	155	51.7	165	65.7	41	80.4	678	57.3
	Female	82	27.9	171	60.4	125	45.8	206	74.1	48	84.2	632	53.3
	Total	199	34.3	371	64.2	280	48.9	371	70.1	89	82.4	1310	55.3
A little	Male	94	32.9	75	25.4	109	36.3	73	29.1	10	19.6	361	30.5
	Female	4	1.4	53	18.7	95	34.8	44	15.8	7	12.3	203	17.1
	Total	98	16.9	128	22.1	204	35.6	117	22.1	17	15.7	564	23.8
About a half	Male	73	25.5	19	6.4	33	11.0	12	4.8	0	0.0	137	11.6
	Female	18	6.1	21	7.4	29	10.6	15	5.4	1	1.8	84	7.1
	Total	91	15.7	40	6.9	62	10.8	27	5.1	1	0.9	221	9.3
All or most	Male	2	0.7	1	0.3	3	1.0	1	0.4	0	0.0	7	0.6
	Female	190	64.6	38	13.4	24	8.8	13	4.7	1	1.8	266	22.4
	Total	192	33.1	39	6.7	27	4.7	14	2.6	1	0.9	273	11.5

Taking out the garbage

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	85	29.7	93	31.5	54	18.0	36	14.3	9	18.0	277	23.4
	Female	21	7.1	15	5.3	27	9.9	25	8.9	8	13.6	96	8.1
	Total	106	18.3	108	18.7	81	14.1	61	11.5	17	15.6	373	15.7
A little	Male	98	34.3	110	37.3	120	40.0	78	31.0	17	34.0	423	35.8
	Female	16	5.4	15	5.3	26	9.5	30	10.7	9	15.3	96	8.1
	Total	114	19.7	125	21.6	146	25.5	108	20.3	26	23.9	519	21.9
About a half	Male	45	15.7	47	15.9	58	19.3	62	24.6	11	22.0	223	18.9
	Female	52	17.7	30	10.6	41	15.0	51	18.2	11	18.6	185	15.6
	Total	97	16.7	77	13.3	99	17.3	113	21.2	22	20.2	408	17.2
All or most	Male	58	20.3	45	15.3	68	22.7	76	30.2	13	26.0	260	22.0
	Female	205	69.7	223	78.8	179	65.6	174	62.1	31	52.5	812	68.3
	Total	263	45.3	268	46.4	247	43.1	250	47.0	44	40.4	1072	45.2

Gardening

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	231	80.8	180	61.0	142	47.3	102	40.3	26	51.0	681	57.5
	Female	203	69.0	163	57.6	144	52.9	137	49.1	27	47.4	674	56.9
	Total	434	74.8	343	59.3	286	50.0	239	44.9	53	49.1	1355	57.2
Several times a year	Male	28	9.8	40	13.6	28	9.3	27	10.7	2	3.9	125	10.5
	Female	42	14.3	34	12.0	19	7.0	14	5.0	4	7.0	113	9.5
	Total	70	12.1	74	12.8	47	8.2	41	7.7	6	5.6	238	10.0
2 or 3 times a month	Male	20	7.0	38	12.9	31	10.3	25	9.9	10	19.6	124	10.5
	Female	17	5.8	29	10.2	21	7.7	17	6.1	2	3.5	86	7.3
	Total	37	6.4	67	11.6	52	9.1	42	7.9	12	11.1	210	8.9
Once a week	Male	7	2.4	37	12.5	99	33.0	99	39.1	13	25.5	255	21.5
	Female	32	10.9	57	20.1	88	32.4	111	39.8	24	42.1	312	26.3
	Total	39	6.7	94	16.3	187	32.7	210	39.5	37	34.3	567	23.9

Home maintenance

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	76	26.6	50	16.9	39	13.0	47	18.7	11	21.6	223	18.8
	Female	162	55.1	171	60.4	185	68.0	203	72.8	42	75.0	763	64.4
	Total	238	41.0	221	38.2	224	39.2	250	47.1	53	49.5	986	41.6
Several times a year	Male	172	60.1	186	63.1	156	52.0	117	46.4	29	56.9	660	55.7
	Female	112	38.1	88	31.1	72	26.5	51	18.3	9	16.1	332	28.0
	Total	284	49.0	274	47.4	228	39.9	168	31.6	38	35.5	992	41.9
2 or 3 times a month	Male	35	12.2	47	15.9	67	22.3	57	22.6	7	13.7	213	18.0
	Female	16	5.4	19	6.7	10	3.7	15	5.4	4	7.1	64	5.4
	Total	51	8.8	66	11.4	77	13.5	72	13.6	11	10.3	277	11.7
Once a week	Male	3	1.0	12	4.1	38	12.7	31	12.3	4	7.8	88	7.4
	Female	4	1.4	5	1.8	5	1.8	10	3.6	1	1.8	25	2.1
	Total	7	1.2	17	2.9	43	7.5	41	7.7	5	4.7	113	4.8

Participation in hobby groups

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	101	35.3	114	38.6	117	39.0	108	42.7	24	48.0	464	39.2
	Female	130	44.2	116	41.0	82	30.4	116	41.7	25	43.9	469	39.7
	Total	231	39.8	230	39.8	199	34.9	224	42.2	49	45.8	933	39.4
Several times a year	Male	72	25.2	72	24.4	57	19.0	31	12.3	4	8.0	236	19.9
	Female	38	12.9	18	6.4	13	4.8	13	4.7	2	3.5	84	7.1
	Total	110	19.0	90	15.6	70	12.3	44	8.3	6	5.6	320	13.5
2 or 3 times a month	Male	53	18.5	59	20.0	60	20.0	35	13.8	11	22.0	218	18.4
	Female	49	16.7	53	18.7	44	16.3	45	16.2	10	17.5	201	17.0
	Total	102	17.6	112	19.4	104	18.2	80	15.1	21	19.6	419	17.7
Once a week	Male	60	21.0	50	16.9	66	22.0	79	31.2	11	22.0	266	22.5
	Female	77	26.2	96	33.9	131	48.5	104	37.4	20	35.1	428	36.2
	Total	137	23.6	146	25.3	197	34.6	183	34.5	31	29.0	694	29.3

Participation in block clubs

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	178	62.2	198	67.1	188	62.7	120	47.6	35	68.6	719	60.7
	Female	157	53.4	182	64.3	167	61.9	179	64.2	36	63.2	721	60.9
	Total	335	57.8	380	65.7	355	62.3	299	56.3	71	65.7	1440	60.8
Several times a year	Male	80	28.0	72	24.4	63	21.0	62	24.6	12	23.5	289	24.4
	Female	84	28.6	58	20.5	58	21.5	54	19.4	9	15.8	263	22.2
	Total	164	28.3	130	22.5	121	21.2	116	21.8	21	19.4	552	23.3
2 or 3 times a month	Male	18	6.3	15	5.1	31	10.3	40	15.9	3	5.9	107	9.0
	Female	38	12.9	28	9.9	28	10.4	23	8.2	5	8.8	122	10.3
	Total	56	9.7	43	7.4	59	10.4	63	11.9	8	7.4	229	9.7
Once a week	Male	10	3.5	10	3.4	18	6.0	30	11.9	1	2.0	69	5.8
	Female	15	5.1	15	5.3	17	6.3	23	8.2	7	12.3	77	6.5
	Total	25	4.3	25	4.3	35	6.1	53	10.0	8	7.4	146	6.2

## 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	1.0	0	0.0	4	1.3	3	1.2	3	5.7	13	1.1
	Female	1	0.3	0	0.0	0	0.0	5	1.8	2	3.4	8	0.7
	Total	4	0.7	0	0.0	4	0.7	8	1.5	5	4.5	21	0.9
Rest	Male	78	27.3	76	25.8	38	12.7	44	17.3	10	18.9	246	20.7
	Female	39	13.3	39	13.8	14	5.1	30	10.5	7	11.9	129	10.8
	Total	117	20.2	115	19.9	52	9.1	74	13.7	17	15.2	375	15.7
TV	Male	59	20.6	67	22.7	65	21.7	60	23.5	14	26.4	265	22.3
	Female	34	11.6	40	14.1	44	16.1	61	21.4	15	25.4	194	16.2
	Total	93	16.0	107	18.5	109	19.0	121	22.4	29	25.9	459	19.3
Reading	Male	10	3.5	13	4.4	17	5.7	20	7.8	2	3.8	62	5.2
	Female	9	3.1	11	3.9	7	2.6	11	3.9	3	5.1	41	3.4
	Total	19	3.3	24	4.2	24	4.2	31	5.7	5	4.5	103	4.3
Family talk	Male	37	12.9	16	5.4	16	5.3	11	4.3	2	3.8	82	6.9
	Female	40	13.6	21	7.4	15	5.5	9	3.2	3	5.1	88	7.4
	Total	77	13.3	37	6.4	31	5.4	20	3.7	5	4.5	170	7.1
Housework	Male	17	5.9	11	3.7	14	4.7	16	6.3	1	1.9	59	5.0
	Female	108	36.7	115	40.6	91	33.3	83	29.1	14	23.7	411	34.4
	Total	125	21.6	126	21.8	105	18.3	99	18.3	15	13.4	470	19.7
Shopping	Male	20	7.0	9	3.1	9	3.0	6	2.4	0	0.0	44	3.7
	Female	33	11.2	13	4.6	21	7.7	13	4.6	1	1.7	81	6.8
	Total	53	9.1	22	3.8	30	5.2	19	3.5	1	0.9	125	5.2
Walk	Male	4	1.4	10	3.4	18	6.0	11	4.3	4	7.5	47	4.0
	Female	0	0.0	2	0.7	13	4.8	10	3.5	0	0.0	25	2.1
	Total	4	0.7	12	2.1	31	5.4	21	3.9	4	3.6	72	3.0
Drive	Male	3	1.0	7	2.4	6	2.0	5	2.0	0	0.0	21	1.8

(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	1.4	3	1.1	2	0.7	0	0.0	9	0.8
	Total	3	0.5	11	1.9	9	1.6	7	1.3	0	0.0	30	1.3
Gamble	Male	1	0.3	2	0.7	2	0.7	1	0.4	0	0.0	6	0.5
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	1	0.2	2	0.3	2	0.3	1	0.2	0	0.0	6	0.3
Pachinko	Male	2	0.7	4	1.4	5	1.7	2	0.8	0	0.0	13	1.1
	Female	1	0.3	0	0.0	2	0.7	0	0.0	0	0.0	3	0.3
	Total	3	0.5	4	0.7	7	1.2	2	0.4	0	0.0	16	0.7
Movie	Male	0	0.0	2	0.7	1	0.3	2	0.8	0	0.0	5	0.4
	Female	1	0.3	1	0.4	1	0.4	0	0.0	1	1.7	4	0.3
	Total	1	0.2	3	0.5	2	0.3	2	0.4	1	0.9	9	0.4
Gardening	Male	2	0.7	15	5.1	26	8.7	20	7.8	4	7.5	67	5.6
	Female	2	0.7	6	2.1	11	4.0	10	3.5	5	8.5	34	2.8
	Total	4	0.7	21	3.6	37	6.5	30	5.6	9	8.0	101	4.2
School	Male	0	0.0	0	0.0	1	0.3	1	0.4	1	1.9	3	0.3
	Female	2	0.7	2	0.7	9	3.3	12	4.2	4	6.8	29	2.4
	Total	2	0.3	2	0.3	10	1.7	13	2.4	5	4.5	32	1.3
Social activity	Male	6	2.1	5	1.7	5	1.7	3	1.2	2	3.8	21	1.8
	Female	1	0.3	4	1.4	2	0.7	1	0.4	0	0.0	8	0.7
	Total	7	1.2	9	1.6	7	1.2	4	0.7	2	1.8	29	1.2
Sports	Male	23	8.0	15	5.1	22	7.3	10	3.9	0	0.0	70	5.9
	Female	8	2.7	6	2.1	13	4.8	7	2.5	0	0.0	34	2.8
	Total	31	5.3	21	3.6	35	6.1	17	3.1	0	0.0	104	4.4
Hobby	Male	12	4.2	19	6.4	33	11.0	22	8.6	6	11.3	92	7.7
	Female	6	2.0	10	3.5	17	6.2	23	8.1	3	5.1	59	4.9

(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	18	3.1	29	5.0	50	8.7	45	8.3	9	8.0	151	6.3
Religion	Male	1	0.3	0	0.0	1	0.3	1	0.4	0	0.0	3	0.3
	Female	3	1.0	3	1.1	2	0.7	1	0.4	0	0.0	9	0.8
	Total	4	0.7	3	0.5	3	0.5	2	0.4	0	0.0	12	0.5
Work	Male	6	2.1	20	6.8	10	3.3	14	5.5	4	7.5	54	4.5
	Female	2	0.7	4	1.4	5	1.8	6	2.1	1	1.7	18	1.5
	Total	8	1.4	24	4.2	15	2.6	20	3.7	5	4.5	72	3.0
Others	Male	2	0.7	4	1.4	7	2.3	3	1.2	0	0.0	16	1.3
	Female	4	1.4	2	0.7	3	1.1	1	0.4	0	0.0	10	0.8
	Total	6	1.0	6	1.0	10	1.7	4	0.7	0	0.0	26	1.1

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	1.4	0	0.0	4	1.3	5	2.0	4	7.5	17	1.4
	Female	1	0.3	0	0.0	1	0.4	8	2.8	2	3.4	12	1.0
	Total	5	0.9	0	0.0	5	0.9	13	2.4	6	5.4	29	1.2
Rest	Male	26	9.1	22	7.5	17	5.7	17	6.7	3	5.7	85	7.1
	Female	24	8.2	16	5.7	4	1.5	14	4.9	5	8.5	63	5.3
	Total	50	8.6	38	6.6	21	3.7	31	5.7	8	7.1	148	6.2
TV	Male	58	20.3	66	22.4	63	21.0	48	18.8	11	20.8	246	20.7
	Female	33	11.2	36	12.7	40	14.7	56	19.6	13	22.0	178	14.9
	Total	91	15.7	102	17.6	103	18.0	104	19.3	24	21.4	424	17.8
Reading	Male	15	5.2	24	8.1	24	8.0	21	8.2	7	13.2	91	7.7
	Female	17	5.8	9	3.2	11	4.0	16	5.6	7	11.9	60	5.0
	Total	32	5.5	33	5.7	35	6.1	37	6.9	14	12.5	151	6.3
Family talk	Male	42	14.7	11	3.7	10	3.3	16	6.3	0	0.0	79	6.6
	Female	37	12.6	22	7.8	10	3.7	12	4.2	2	3.4	83	7.0
	Total	79	13.6	33	5.7	20	3.5	28	5.2	2	1.8	162	6.8
Housework	Male	20	7.0	16	5.4	20	6.7	17	6.7	4	7.5	77	6.5
	Female	43	14.6	48	17.0	36	13.2	42	14.7	8	13.6	177	14.8
	Total	63	10.9	64	11.1	56	9.8	59	10.9	12	10.7	254	10.7
Shopping	Male	41	14.3	37	12.5	23	7.7	24	9.4	4	7.5	129	10.8
	Female	89	30.3	73	25.8	49	17.9	31	10.9	4	6.8	246	20.6
	Total	130	22.4	110	19.0	72	12.6	55	10.2	8	7.1	375	15.7
Walk	Male	8	2.8	20	6.8	27	9.0	24	9.4	4	7.5	83	7.0
	Female	2	0.7	7	2.5	11	4.0	9	3.2	1	1.7	30	2.5
	Total	10	1.7	27	4.7	38	6.6	33	6.1	5	4.5	113	4.7
Drive	Male	16	5.6	14	4.7	27	9.0	6	2.4	1	1.9	64	5.4

(Continued)



Life style on holidays (2nd rank in frequency)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Drive	Female	10	3.4	10	3.5	19	7.0	14	4.9	0	0.0	53	4.4
	Total	26	4.5	24	4.2	46	8.0	20	3.7	1	0.9	117	4.9
Gamble	Male	3	1.0	4	1.4	3	1.0	2	0.8	0	0.0	12	1.0
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	3	0.5	4	0.7	3	0.5	2	0.4	0	0.0	12	0.5
Pachinko	Male	10	3.5	11	3.7	3	1.0	2	0.8	0	0.0	26	2.2
	Female	1	0.3	3	1.1	2	0.7	1	0.4	0	0.0	7	0.6
	Total	11	1.9	14	2.4	5	0.9	3	0.6	0	0.0	33	1.4
Movie	Male	4	1.4	3	1.0	3	1.0	0	0.0	0	0.0	10	0.8
	Female	2	0.7	4	1.4	2	0.7	3	1.1	0	0.0	11	0.9
	Total	6	1.0	7	1.2	5	0.9	3	0.6	0	0.0	21	0.9
Gardening	Male	5	1.7	20	6.8	31	10.3	28	11.0	5	9.4	89	7.5
	Female	1	0.3	14	4.9	23	8.4	22	7.7	6	10.2	66	5.5
	Total	6	1.0	34	5.9	54	9.4	50	9.3	11	9.8	155	6.5
School	Male	3	1.0	3	1.0	5	1.7	6	2.4	2	3.8	19	1.6
	Female	3	1.0	8	2.8	13	4.8	17	6.0	1	1.7	42	3.5
	Total	6	1.0	11	1.9	18	3.1	23	4.3	3	2.7	61	2.6
Social activity	Male	2	0.7	5	1.7	7	2.3	7	2.7	1	1.9	22	1.9
	Female	3	1.0	2	0.7	3	1.1	3	1.1	1	1.7	12	1.0
	Total	5	0.9	7	1.2	10	1.7	10	1.9	2	1.8	34	1.4
Sports	Male	11	3.8	18	6.1	11	3.7	10	3.9	1	1.9	51	4.3
	Female	8	2.7	10	3.5	15	5.5	6	2.1	2	3.4	41	3.4
	Total	19	3.3	28	4.8	26	4.5	16	3.0	3	2.7	92	3.9
Hobby	Male	13	4.5	15	5.1	16	5.3	18	7.1	6	11.3	68	5.7
	Female	12	4.1	14	4.9	28	10.3	21	7.4	4	6.8	79	6.6

(Continued)

Life style on holidays (2nd rank in frequency)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Hobby	Total	25	4.3	29	5.0	44	7.7	39	7.2	10	8.9	147	6.2
Religion	Male	0	0.0	2	0.7	3	1.0	2	0.8	0	0.0	7	0.6
	Female	2	0.7	2	0.7	2	0.7	4	1.4	1	1.7	11	0.9
	Total	2	0.3	4	0.7	5	0.9	6	1.1	1	0.9	18	0.8
Work	Male	4	1.4	3	1.0	2	0.7	0	0.0	0	0.0	9	0.8
	Female	6	2.0	1	0.4	4	1.5	4	1.4	1	1.7	16	1.3
	Total	10	1.7	4	0.7	6	1.0	4	0.7	1	0.9	25	1.0
Others	Male	1	0.3	1	0.3	1	0.3	2	0.8	0	0.0	5	0.4
	Female	0	0.0	4	1.4	0	0.0	2	0.7	1	1.7	7	0.6
	Total	1	0.2	5	0.9	1	0.2	4	0.7	1	0.9	12	0.5

Life style on holidays (3rd rank in frequency)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Not recorded	Male	4	1.4	0	0.0	4	1.3	9	3.5	4	7.5	21	1.8
	Female	1	0.3	0	0.0	1	0.4	12	4.2	4	6.8	18	1.5
	Total	5	0.9	0	0.0	5	0.9	21	3.9	8	7.1	39	1.6
Rest	Male	21	7.3	21	7.1	17	5.7	7	2.7	2	3.8	68	5.7
	Female	26	8.8	21	7.4	10	3.7	9	3.2	0	0.0	66	5.5
	Total	47	8.1	42	7.3	27	4.7	16	3.0	2	1.8	134	5.6
TV	Male	23	8.0	16	5.4	24	8.0	27	10.6	6	11.3	96	8.1
	Female	33	11.2	31	11.0	43	15.8	36	12.6	5	8.5	148	12.4
	Total	56	9.7	47	8.1	67	11.7	63	11.7	11	9.8	244	10.2
Reading	Male	11	3.8	10	3.4	24	8.0	15	5.9	4	7.5	64	5.4
	Female	8	2.7	14	4.9	8	2.9	19	6.7	4	6.8	53	4.4
	Total	19	3.3	24	4.2	32	5.6	34	6.3	8	7.1	117	4.9
Family talk	Male	21	7.3	10	3.4	8	2.7	5	2.0	0	0.0	44	3.7
	Female	25	8.5	16	5.7	8	2.9	8	2.8	4	6.8	61	5.1
	Total	46	7.9	26	4.5	16	2.8	13	2.4	4	3.6	105	4.4
Housework	Male	13	4.5	15	5.1	24	8.0	15	5.9	4	7.5	71	6.0
	Female	34	11.6	25	8.8	21	7.7	26	9.1	9	15.3	115	9.6
	Total	47	8.1	40	6.9	45	7.9	41	7.6	13	11.6	186	7.8
Shopping	Male	50	17.5	38	12.9	30	10.0	24	9.4	1	1.9	143	12.0
	Female	55	18.7	45	15.9	38	13.9	54	18.9	10	16.9	202	16.9
	Total	105	18.1	83	14.4	68	11.9	78	14.4	11	9.8	345	14.5
Walk	Male	10	3.5	20	6.8	20	6.7	25	9.8	7	13.2	82	6.9
	Female	5	1.7	10	3.5	19	7.0	22	7.7	2	3.4	58	4.9
	Total	15	2.6	30	5.2	39	6.8	47	8.7	9	8.0	140	5.9
Drive	Male	20	7.0	22	7.5	17	5.7	22	8.6	4	7.5	85	7.1

(Continued)

Life style on holidays (3rd rank in frequency)

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Drive	Female	12	4.1	22	7.8	26	9.5	17	6.0	4	6.8	81	6.8
	Total	32	5.5	44	7.6	43	7.5	39	7.2	8	7.1	166	7.0
Gamble	Male	3	1.0	7	2.4	6	2.0	5	2.0	0	0.0	21	1.8
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	3	0.5	7	1.2	6	1.0	5	0.9	0	0.0	21	0.9
Pachinko	Male	9	3.1	13	4.4	10	3.3	1	0.4	0	0.0	33	2.8
	Female	5	1.7	2	0.7	4	1.5	1	0.4	0	0.0	12	1.0
	Total	14	2.4	15	2.6	14	2.4	2	0.4	0	0.0	45	1.9
Movie	Male	11	3.8	8	2.7	4	1.3	3	1.2	0	0.0	26	2.2
	Female	15	5.1	15	5.3	10	3.7	2	0.7	0	0.0	42	3.5
	Total	26	4.5	23	4.0	14	2.4	5	0.9	0	0.0	68	2.9
Gardening	Male	6	2.1	26	8.8	31	10.3	30	11.8	8	15.1	101	8.5
	Female	15	5.1	30	10.6	26	9.5	27	9.5	6	10.2	104	8.7
	Total	21	3.6	56	9.7	57	9.9	57	10.6	14	12.5	205	8.6
School	Male	3	1.0	1	0.3	0	0.0	2	0.8	0	0.0	6	0.5
	Female	6	2.0	6	2.1	6	2.2	9	3.2	0	0.0	27	2.3
	Total	9	1.6	7	1.2	6	1.0	11	2.0	0	0.0	33	1.4
Social activity	Male	5	1.7	4	1.4	7	2.3	13	5.1	0	0.0	29	2.4
	Female	5	1.7	4	1.4	5	1.8	3	1.1	0	0.0	17	1.4
	Total	10	1.7	8	1.4	12	2.1	16	3.0	0	0.0	46	1.9
Sports	Male	25	8.7	38	12.9	33	11.0	18	7.1	6	11.3	120	10.1
	Female	18	6.1	13	4.6	11	4.0	13	4.6	1	1.7	56	4.7
	Total	43	7.4	51	8.8	44	7.7	31	5.7	7	6.3	176	7.4
Hobby	Male	36	12.6	26	8.8	26	8.7	16	6.3	3	5.7	107	9.0
	Female	13	4.4	19	6.7	28	10.3	17	6.0	8	13.6	85	7.1

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