

VII. Psychological Examinations

1) Depressive symptoms

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

2) Personality

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

3) Social Relations

- 1.Social Support from Friends and Acquaintances
- 2.Social Exchanges

4) Subjective Well-being

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

5) Stress-Related Factors

- 1.Stress Coping Scale
- 2.Life Event Checklist

6) Activities of Daily Living

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

7) Intelligence and Cognitive Function

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

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

The Japanese version of the scale comprises 20 items with 4 options, 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 at and 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	6.7	290	6.4	6.2	279	6.7	6.7	282	8.1	7.2	279	7.1	6.7	1130
Female	7.0	5.6	281	7.4	6.4	275	7.9	7.2	281	8.9	7.3	275	7.8	6.7	1112
Total	7.2	6.2	571	6.9	6.3	554	7.3	7.0	563	8.5	7.2	554	7.5	6.7	2242

CES-D subscale 1: 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	2.3	2.8	290	1.9	2.3	280	2.3	2.8	283	3.1	3.2	281	2.4	2.8	1134
Female	2.5	2.4	282	2.6	2.7	276	2.8	3.0	282	3.4	3.2	280	2.8	2.9	1120
Total	2.4	2.6	572	2.3	2.5	556	2.6	2.9	565	3.2	3.2	561	2.6	2.9	2254

CES-D subscale 2: 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	1.8	2.4	291	1.5	2.2	281	1.4	2.1	283	1.9	2.6	281	1.7	2.3	1136
Female	1.6	2.1	281	1.8	2.5	277	1.9	2.7	284	2.1	2.8	278	1.9	2.5	1120
Total	1.7	2.2	572	1.7	2.4	558	1.7	2.4	567	2.0	2.7	559	1.8	2.4	2256

CES-D subscale 3: 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	2.9	2.5	291	2.6	2.5	282	2.6	2.6	282	2.8	2.8	283	2.7	2.6	1138
Female	2.8	2.5	282	2.7	2.5	279	2.8	2.7	285	3.1	2.7	280	2.9	2.6	1126
Total	2.9	2.5	573	2.7	2.5	561	2.7	2.6	567	3.0	2.7	563	2.8	2.6	2264

CES-D subscale 4: 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	0.8	291	0.4	0.8	282	0.3	0.7	283	0.4	0.8	281	0.3	0.8	1137
Female	0.2	0.5	282	0.2	0.6	279	0.3	0.7	285	0.4	0.8	280	0.3	0.7	1126
Total	0.2	0.7	573	0.3	0.7	561	0.3	0.7	568	0.4	0.8	561	0.3	0.7	2263

CES-D: parameter of distribution using cutoff score

		40-49yr		50-59yr		60-69yr		70-79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Under score of 16	Male	256	88.3	251	90.0	248	87.9	234	83.9	989	87.5
	Female	256	91.1	245	89.1	246	87.5	219	79.6	966	86.9
	Total	512	89.7	496	89.5	494	87.7	453	81.8	1955	87.2
At and above score of 16	Male	34	11.7	28	10.0	34	12.1	45	16.1	141	12.5
	Female	25	8.9	30	10.9	35	12.5	56	20.4	146	13.1
	Total	59	10.3	58	10.5	69	12.3	101	18.2	287	12.8

2. Geriatric Depression Scale (GDS)

The GDS is another depression scale adopted in our research.

Each of 15 items has yes/no response keys.

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 NILS-LSA since this scale is designed specifically for older adults.

GDS (15 items. possible range 0-15. less than 60 years older 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	3.2	3.0	254	3.6	3.1	260	3.4	3.0	514
Female		-	-	0	-	-	0	3.4	2.9	254	3.8	2.9	252	3.6	2.9	506
Total		-	-	0	-	-	0	3.3	3.0	508	3.7	3.0	512	3.5	3.0	1020

GDS parameter of distribution using cutoff score

		60-69yr		70-79yr		Total	
		N	%	N	%	N	%
Under score of 6	Male	214	84.3	202	77.7	416	80.9
	Female	205	80.7	196	77.8	401	79.2
	Total	419	82.5	398	77.7	817	80.1
At and above score of 6	Male	40	15.7	58	22.3	98	19.1
	Female	49	19.3	56	22.2	105	20.8
	Total	89	17.5	114	22.3	203	19.9

2) Personality

1. 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 10-40)

	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	28.8	4.6	291	29.2	4.2	282	28.9	4.8	283	28.5	4.6	281	28.9	4.5	1137
Female	27.6	4.2	281	27.3	4.0	278	27.3	4.7	285	27.1	4.2	277	27.3	4.3	1121
Total	28.2	4.4	572	28.3	4.2	560	28.1	4.8	568	27.8	4.5	558	28.1	4.5	2258

2. Erickson Psychosocial Stage Inventory (EPSI)

The EPSI is a scale to measure psychosocial development. The 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. 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	188.3	23.9	290	194.5	24.0	282	195.3	27.8	282	192.4	25.7	273	192.6	25.5	1127
Female	185.7	24.1	279	187.5	24.2	270	190.5	26.0	281	188.0	26.0	275	187.9	25.1	1105
Total	187.0	24.0	569	191.1	24.3	552	192.9	27.0	563	190.2	25.9	548	190.3	25.4	2232

EPSI subscale 1: 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	22.3	3.2	291	23.2	3.5	282	23.2	3.6	283	23.2	3.4	279	23.0	3.4	1135
Female	23.1	3.5	282	23.1	3.7	276	23.4	3.3	283	23.2	3.8	281	23.2	3.6	1122
Total	22.7	3.4	573	23.1	3.6	558	23.3	3.5	566	23.2	3.6	560	23.1	3.5	2257

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	24.0	3.7	290	24.6	4.0	282	24.5	4.0	282	24.0	4.2	281	24.3	4.0	1135

Female	24.1	4.0	281	24.3	3.9	279	24.2	4.5	284	24.0	4.3	280	24.1	4.2	1124
Total	24.1	3.8	571	24.5	3.9	561	24.3	4.3	566	24.0	4.2	561	24.2	4.1	2259

EPSI subscale 3: 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	23.5	3.9	291	24.4	3.7	282	24.2	4.3	282	24.0	3.7	281	24.0	3.9	1136
Female	22.6	3.5	282	22.8	3.4	278	23.0	4.0	283	22.5	4.2	279	22.7	3.8	1122
Total	23.1	3.7	573	23.6	3.6	560	23.6	4.2	565	23.2	4.1	560	23.4	3.9	2258

EPSI subscale 4: 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	24.6	4.0	291	25.6	3.7	282	24.9	4.6	282	24.0	4.3	281	24.8	4.2	1136
Female	23.3	3.9	282	23.6	4.1	279	23.7	4.7	284	23.2	4.7	281	23.4	4.3	1126
Total	24.0	4.0	573	24.6	4.0	561	24.3	4.7	566	23.6	4.5	562	24.1	4.3	2262

EPSI subscale 5: 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	24.7	4.0	291	25.3	3.8	282	25.4	4.2	282	24.8	4.3	279	25.1	4.1	1134
Female	24.3	4.0	281	24.3	4.1	278	24.3	4.2	284	24.2	4.4	279	24.3	4.2	1122
Total	24.5	4.0	572	24.8	4.0	560	24.9	4.2	566	24.5	4.3	558	24.7	4.1	2256

EPSI subscale 6: 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	291	23.5	3.8	282	23.9	3.9	283	23.3	3.7	282	23.4	3.8	1138
Female	23.5	4.1	282	23.5	4.0	279	23.9	3.8	283	23.2	4.1	280	23.5	4.0	1124
Total	23.3	3.9	573	23.5	3.9	561	23.9	3.9	566	23.2	3.9	562	23.5	3.9	2262

EPSI subscale 7: 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	22.3	3.6	291	23.2	3.8	282	23.5	4.3	283	23.5	3.9	278	23.1	3.9	1134
Female	20.9	3.9	282	21.5	3.8	275	22.3	4.0	284	21.9	4.2	279	21.6	4.0	1120

Total	21.6	3.8	573	22.4	3.9	557	22.9	4.2	567	22.7	4.1	557	22.4	4.0	2254
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EPSI subscale 8: 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	23.8	3.8	291	24.7	3.8	282	25.7	4.1	282	25.8	4.1	281	25.0	4.0	1136
Female	24.0	3.9	281	24.5	4.0	278	25.6	4.2	284	25.9	4.5	280	25.0	4.2	1123
Total	23.9	3.9	572	24.6	3.9	560	25.7	4.2	566	25.8	4.3	561	25.0	4.1	2259

3. The Autonomy Scale

This is the eight-item scale (5 options) to measure the cognitive aspects about the self and the environment.

Persons with higher score of the scale are supposed to believe that the events in their lives are under their own control.

Autonomy (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	27.4	4.5	291	28.1	4.8	282	27.8	4.9	283	26.9	4.4	280	27.5	4.7	1136
Female	25.8	4.8	282	26.2	4.7	279	25.6	4.9	284	24.9	4.9	281	25.6	4.8	1126
Total	26.6	4.7	573	27.1	4.9	561	26.7	5.0	567	25.9	4.8	561	26.6	4.9	2262

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 subscale 1: 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	23.1	7.6	291	22.5	6.8	280	20.6	7.6	275	20.6	7.5	273	21.7	7.5	1119
Female	23.3	8.0	276	21.1	6.8	271	21.0	7.4	272	20.8	7.6	256	21.6	7.5	1075
Total	23.2	7.8	567	21.8	6.9	551	20.8	7.5	547	20.7	7.6	529	21.7	7.5	2194

ATD subscale 2: 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	20.9	3.1	291	21.0	3.4	280	21.2	3.6	278	21.6	3.7	275	21.1	3.5	1124
Female	21.4	2.8	277	21.3	3.1	271	21.8	2.9	275	22.4	3.1	263	21.7	3.0	1086
Total	21.1	3.0	568	21.1	3.2	551	21.5	3.3	553	22.0	3.5	538	21.4	3.3	2210

ATD subscale 3: 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	10.1	3.9	291	9.3	3.9	280	9.0	3.8	276	9.3	4.1	272	9.4	3.9	1119
Female	11.2	3.7	276	10.6	3.7	271	10.7	3.7	274	10.7	4.0	260	10.8	3.8	1081
Total	10.6	3.8	567	10.0	3.8	551	9.9	3.9	550	10.0	4.1	532	10.1	3.9	2200

ATD subscale 4: 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	15.0	3.9	291	15.0	3.8	279	15.6	3.9	275	16.1	3.7	269	15.4	3.9	1114
Female	15.0	3.5	277	15.1	3.7	268	16.2	3.6	271	16.3	3.6	257	15.7	3.6	1073
Total	15.0	3.7	568	15.0	3.8	547	15.9	3.7	546	16.2	3.7	526	15.5	3.8	2187

ATD subscale 5: 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	14.9	2.5	291	14.7	2.7	280	15.3	2.7	276	14.8	2.8	273	14.9	2.7	1120
Female	15.5	2.6	277	15.9	2.6	272	16.3	2.3	274	15.7	2.6	260	15.8	2.5	1083
Total	15.2	2.6	568	15.3	2.7	552	15.8	2.6	550	15.2	2.8	533	15.4	2.7	2203

ATD item 29: 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	2.6	1.1	291	2.4	1.1	280	2.2	1.2	280	2.5	1.3	275	2.4	1.2	1126
Female	2.6	1.1	277	2.5	1.2	272	2.4	1.2	277	2.3	1.3	264	2.5	1.2	1090
Total	2.6	1.1	568	2.4	1.2	552	2.3	1.2	557	2.4	1.3	539	2.4	1.2	2216

ATD item 30: 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

	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	0.9	291	1.8	0.9	280	1.8	1.0	280	2.1	1.1	275	1.9	1.0	1126
Female	2.0	0.9	277	1.9	1.0	272	2.1	1.1	277	2.0	1.1	264	2.0	1.0	1090
Total	1.9	0.9	568	1.9	1.0	552	1.9	1.0	557	2.0	1.1	539	2.0	1.0	2216

3) 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	28.1	5.5	289	29.5	6.1	282	30.0	6.3	283	29.2	5.8	281	29.2	6.0	1135
Female	29.9	5.2	281	31.0	5.4	278	30.9	5.6	281	30.8	6.2	275	30.7	5.6	1115
Total	29.0	5.5	570	30.2	5.8	560	30.5	6.0	564	30.0	6.1	556	29.9	5.9	2250

2. Social Exchange with Family Members

This scale assesses three functional properties of social exchange (emotional support, instrumental support, and negative exchange) using yes/no options. 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 exchange with family members, total score of 3 subscales (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	9.5	2.0	290	9.5	1.9	280	9.4	1.7	281	8.9	1.9	281	9.3	1.9	1132
Female	9.7	1.7	280	9.4	1.9	277	9.2	1.9	280	8.8	2.0	277	9.3	1.9	1114
Total	9.6	1.8	570	9.4	1.9	557	9.3	1.8	561	8.9	2.0	558	9.3	1.9	2246

Social exchange with family members, subscale 1: 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	290	3.7	0.8	280	3.8	0.6	281	3.6	0.8	281	3.7	0.8	1132
Female	3.7	0.7	281	3.8	0.7	279	3.8	0.7	281	3.7	0.8	278	3.7	0.7	1119
Total	3.7	0.8	571	3.7	0.8	559	3.8	0.7	562	3.7	0.8	559	3.7	0.8	2251

Social exchange with family members, subscale 2: 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	0.8	290	3.7	0.7	282	3.7	0.6	283	3.7	0.7	281	3.7	0.7	1136
Female	3.6	0.8	280	3.6	0.8	279	3.7	0.7	281	3.6	0.9	279	3.6	0.8	1119
Total	3.6	0.8	570	3.7	0.8	561	3.7	0.7	564	3.6	0.8	560	3.7	0.7	2255

Social exchange with family members, subscale 3: 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	2.2	1.2	290	2.1	1.3	281	1.9	1.3	283	1.6	1.3	282	2.0	1.3	1136
Female	2.3	1.3	281	2.0	1.3	277	1.7	1.4	282	1.5	1.3	280	1.9	1.4	1120
Total	2.3	1.3	571	2.0	1.3	558	1.8	1.4	565	1.5	1.3	562	1.9	1.3	2256

4) Subjective Well-being

1.The Life Satisfaction Index-K (LSI-K)

The LSI-K has 9 items with 2 or 3 point response format to measure overall subjective well-being. This scale also consists of 3 subscales include: satisfaction with life as a whole, psychological stability, and evaluation of own aging. Response to 3-point scale is dichotomized when calculating total score, so that the possible total score range is 0 to 9. Higher score indicates higher life satisfaction.

LSI-K: total score of 3 subscales (9 items. possible range 0–9)

	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	5.1	1.9	290	5.3	2.0	282	5.1	2.0	279	4.7	2.2	281	5.0	2.0	1132
Female	5.3	1.9	280	5.3	2.0	278	5.2	2.2	282	4.5	2.1	280	5.1	2.1	1120
Total	5.2	1.9	570	5.3	2.0	560	5.2	2.1	561	4.6	2.2	561	5.1	2.0	2252

LSI-K subscale 1: satisfaction with life as a whole (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	1.8	1.1	290	1.9	1.2	282	2.1	1.2	279	2.1	1.2	281	1.9	1.2	1132
Female	1.9	1.2	281	2.1	1.2	278	2.3	1.2	283	2.2	1.2	281	2.1	1.2	1123
Total	1.8	1.1	571	2.0	1.2	560	2.2	1.2	562	2.1	1.2	562	2.0	1.2	2255

LSI-K subscale 2: psychological stability (3 items. possible range 0–3)

	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	1.7	0.9	291	1.7	0.9	282	1.7	0.9	281	1.6	0.9	282	1.7	0.9	1136
Female	1.7	0.9	280	1.7	1.0	279	1.6	0.9	284	1.3	1.0	281	1.6	1.0	1124
Total	1.7	0.9	571	1.7	0.9	561	1.6	0.9	565	1.5	1.0	563	1.6	0.9	2260

LSI-K subscale 3: evaluation of own aging (2 items. possible range 0-2)

	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	1.6	0.6	291	1.6	0.6	282	1.3	0.7	282	1.1	0.7	282	1.4	0.7	1137
Female	1.7	0.6	282	1.6	0.6	279	1.4	0.7	283	1.0	0.7	281	1.4	0.7	1125
Total	1.6	0.6	573	1.6	0.6	561	1.3	0.7	565	1.0	0.7	563	1.4	0.7	2262

2. The Satisfaction with Life Scale (SWLS)

This scale includes 5 items (7 options) to tap global life satisfaction.
People satisfied with their own life are supposed to indicate higher score on the scale.

Satisfaction with life scale (total score of 5 items. possible range 5-35)

	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	20.2	5.1	291	21.3	5.6	282	21.8	5.9	283	21.9	5.5	282	21.3	5.5	1138
Female	20.1	5.3	282	20.6	5.5	279	22.2	5.8	283	22.1	5.8	281	21.3	5.7	1125
Total	20.2	5.2	573	21.0	5.5	561	22.0	5.9	566	22.0	5.6	563	21.3	5.6	2263

5) Stress-Related Factors

1. Stress Coping Scale

This scale includes 30 items (5 options) each of which except two items comes under one of the 7 subscales as follows:
passive, selective ignoring, distancing, help-seeking, avoidance, positive coping, and suppression.
Higher scores of the scale mean frequent use of the coping strategies.

Stress coping scale, total score of 7 subscales: (30 items. possible range 30-150)

	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	72.1	10.3	290	72.6	11.3	281	72.9	11.6	280	72.7	12.1	277	72.6	11.3	1128
Female	74.0	10.7	277	73.6	11.2	273	76.6	11.4	279	75.6	13.3	276	74.9	11.7	1105
Total	73.1	10.5	567	73.1	11.2	554	74.7	11.6	559	74.1	12.8	553	73.7	11.6	2233

Stress coping scale, subscale 1: passive coping (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	15.1	4.3	290	14.3	4.3	282	13.4	4.2	281	13.0	4.0	280	14.0	4.3	1133
Female	16.5	4.6	282	15.4	4.5	279	14.9	5.2	283	13.9	4.5	280	15.2	4.8	1124
Total	15.8	4.5	572	14.9	4.5	561	14.1	4.8	564	13.4	4.3	560	14.6	4.6	2257

Stress coping scale, subscale 2: selective ignoring (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	14.7	3.3	290	15.5	3.7	282	16.3	3.9	283	16.9	4.2	282	15.8	3.9	1137
Female	15.4	3.5	281	15.8	3.5	279	17.4	3.8	284	18.1	4.6	281	16.7	4.0	1125
Total	15.0	3.4	571	15.6	3.6	561	16.9	3.9	567	17.5	4.5	563	16.3	4.0	2262

Stress coping scale, subscale 3: distancing (3 items. possible range 3–15)

	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	7.3	2.4	290	7.8	2.3	282	8.5	2.5	282	8.7	2.6	279	8.1	2.5	1133
Female	7.4	2.5	282	7.8	2.4	277	8.5	2.5	282	8.7	2.7	279	8.1	2.6	1120
Total	7.3	2.5	572	7.8	2.4	559	8.5	2.5	564	8.7	2.7	558	8.1	2.5	2253

Stress coping scale, subscale 4: help-seeking (3 items. possible range 3–15)

	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	7.6	2.1	291	7.4	2.1	282	7.3	2.0	283	7.2	2.1	282	7.4	2.1	1138
Female	8.5	2.1	282	8.3	2.1	278	8.4	2.4	284	7.8	2.6	280	8.2	2.3	1124
Total	8.1	2.2	573	7.8	2.1	560	7.8	2.3	567	7.5	2.4	562	7.8	2.3	2262

Stress coping scale, subscale 5: avoidance (3 items. possible range 3–15)

	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	4.9	1.9	290	4.5	1.7	282	4.0	1.5	283	3.7	1.0	282	4.3	1.6	1137
Female	3.7	1.1	281	3.6	1.0	279	3.4	0.9	283	3.3	0.9	282	3.5	1.0	1125
Total	4.3	1.7	571	4.1	1.5	561	3.7	1.3	566	3.5	1.0	564	3.9	1.4	2262

Stress coping scale, subscale 6: positive coping (3 items. possible range 3–15)

	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	8.9	2.0	290	9.4	2.0	281	9.5	2.3	283	9.7	2.4	281	9.4	2.2	1135
Female	8.7	2.0	280	9.3	2.3	278	9.8	2.4	283	9.6	2.7	281	9.3	2.4	1122
Total	8.8	2.0	570	9.3	2.2	559	9.6	2.4	566	9.7	2.6	562	9.4	2.3	2257

Stress coping scale, subscale 7: suppression (3 items. possible range 3–15)

	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	8.9	2.1	291	8.9	2.2	282	9.1	2.4	283	9.1	2.5	281	9.0	2.3	1137
Female	9.1	2.3	282	8.9	2.3	277	9.3	2.4	284	9.4	3.0	280	9.2	2.5	1123
Total	9.0	2.2	573	8.9	2.2	559	9.2	2.4	567	9.2	2.7	561	9.1	2.4	2260

2. Life Events Checklist

This checklist contains 63 events selected from traditional checklists including Social Readjustment Scale (Holmes and Rahe, 1967). Participants are asked to check off or report the events they experienced in the lifetime and recent past (2 year prior to the assessment time). Total number of experienced events is calculated by summing up the responses to the list.

Total number of life events experienced through the life (possible range 0–63)

	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	19.9	8.3	291	22.2	9.1	282	21.8	9.1	283	21.3	7.5	282	21.3	8.5	1138
Female	16.8	7.6	282	17.7	7.7	279	18.1	6.7	285	17.6	6.4	282	17.5	7.1	1128
Total	18.4	8.1	573	20.0	8.7	561	19.9	8.2	568	19.5	7.2	564	19.4	8.1	2266

Total number of life events experienced during the past two years (possible range 0–63)

	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	5.6	3.9	291	5.7	4.1	282	5.2	3.6	283	3.7	2.6	282	5.0	3.7	1138
Female	5.1	3.7	282	5.1	3.6	279	4.2	2.8	285	3.2	2.3	282	4.4	3.2	1128
Total	5.3	3.8	573	5.4	3.9	561	4.7	3.3	568	3.4	2.5	564	4.7	3.5	2266

6) ADL Scales

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

This scale comprises thirteen items to measure Instrumental Activities of Daily Living (IADL). Each item has Yes (1)/No (0) response options. Higher score indicates higher level of competence in IADL.

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

	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	12.2	1.1	290	12.2	1.3	281	12.2	1.3	281	12.3	1.2	281	12.2	1.2	1133
Female	12.6	0.9	282	12.7	0.7	278	12.4	1.0	284	12.1	1.4	280	12.4	1.0	1124
Total	12.4	1.0	572	12.5	1.1	559	12.3	1.1	565	12.2	1.3	561	12.3	1.1	2257

2. The Katz Index

This scale generates the index of one's ADL level. 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		Total	
		N	%	N	%	N	%	N	%	N	%
Level A	Male	290	100.0	282	100.0	282	99.6	280	99.3	1134	99.7
	Female	282	100.0	277	99.6	282	98.9	277	98.2	1118	99.2
	Total	572	100.0	559	99.8	564	99.3	557	98.8	2252	99.5
Level B	Male	0	0	0	0	1	0.4	2	0.7	3	0.3
	Female	0	0	0	0	3	1.1	5	1.8	8	0.7
	Total	0	0	0	0	4	0.7	7	1.2	11	0.5
Level C	Male	0	0	0	0	0	0	0	0	0	0
	Female	0	0	1	0.4	0	0	0	0	1	0.1
	Total	0	0	1	0.2	0	0	0	0	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 older 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≤EIQ<120), and high (EIQ≥120).

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

	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	43.8	7.1	290	44.6	7.6	281	41.9	8.7	282	42.9	8.6	280	43.3	8.1	1133
Female	43.1	7.7	282	41.1	7.9	278	38.0	8.1	285	38.4	8.7	280	40.1	8.4	1125
Total	43.4	7.4	572	42.8	8.0	559	39.9	8.6	567	40.7	8.9	560	41.7	8.4	2258

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

	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	106.3	13.4	290	107.8	12.8	281	103.3	14.3	282	104.8	13.6	280	105.5	13.6	1133
Female	105.3	13.9	282	101.9	13.7	278	96.9	13.0	285	97.4	14.0	280	100.4	14.1	1125
Total	105.8	13.7	572	104.9	13.5	559	100.1	14.0	567	101.1	14.3	560	103.0	14.1	2258

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

		40–49yr		50–59yr		60–69yr		70–79yr		Total	
		N	%	N	%	N	%	N	%	N	%
Low (EIQ<80)	Male	5	1.7	8	2.8	12	4.3	10	3.6	35	3.1
	Female	14	5.0	15	5.4	26	9.1	30	10.7	85	7.6
	Total	19	3.3	23	4.1	38	6.7	40	7.1	120	5.3
Middle (80<=EIQ<120)	Male	237	81.7	226	80.4	225	79.8	222	79.3	910	80.3
	Female	230	81.6	237	85.3	246	86.3	229	81.8	942	83.7
	Total	467	81.6	463	82.8	471	83.1	451	80.5	1852	82.0
High (120<=EIQ)	Male	48	16.6	47	16.7	45	16.0	48	17.1	188	16.6
	Female	38	13.5	26	9.4	13	4.6	21	7.5	98	8.7
	Total	86	15.0	73	13.1	58	10.2	69	12.3	286	12.7

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

	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	17.0	5.1	291	16.9	4.9	282	14.7	5.6	283	14.0	5.4	282	15.6	5.4	1138
Female	14.8	5.6	282	13.2	5.3	278	11.6	5.2	285	10.5	4.9	281	12.5	5.5	1126
Total	15.9	5.5	573	15.1	5.4	560	13.1	5.6	568	12.3	5.5	563	14.1	5.7	2264

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

	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	16.7	4.7	291	14.9	5.0	282	12.0	5.8	283	11.0	5.8	281	13.7	5.8	1137

Female	16.3	4.4	282	13.2	5.3	278	10.6	5.2	285	9.7	5.7	281	12.5	5.8	1126
Total	16.5	4.6	573	14.0	5.2	560	11.3	5.5	568	10.4	5.8	562	13.1	5.8	2263

WAIS-R-SF subtest 3: picture completion (21 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	13.3	2.6	291	12.2	2.7	281	10.6	3.3	283	10.0	3.4	282	11.6	3.3	1137
Female	12.8	2.8	282	11.0	3.4	278	9.0	3.6	285	7.7	3.9	282	10.2	3.9	1127
Total	13.1	2.7	573	11.6	3.1	559	9.8	3.5	568	8.9	3.8	564	10.9	3.7	2264

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

	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	64.4	10.3	290	55.9	12.2	281	45.4	11.8	282	37.8	10.3	281	51.0	15.1	1134
Female	68.6	11.2	282	56.8	11.5	278	44.0	10.7	285	36.2	9.9	281	51.4	16.5	1126
Total	66.5	10.9	572	56.3	11.9	559	44.7	11.3	567	37.0	10.2	562	51.2	15.8	2260

2. Mini Mental State Examination (MMSE)

The MMSE is a brief, easily-scored test for several cognitive functions. This scale comprises 11 questions concerning orientation in place and time, immediate and delayed recall of three words, attention and calculation, language and praxis, and visual construction.

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			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	–	–	0	–	–	0	27.5	2.4	281	27.0	2.3	281	27.3	2.4	562
Female	–	–	0	–	–	0	27.6	2.1	282	26.8	2.5	282	27.2	2.3	564
Total	–	–	0	–	–	0	27.5	2.2	563	26.9	2.4	563	27.2	2.4	1126