

VII. Psychological Examinations

1) Depressive symptoms

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

2) Subjective Well-being

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

3) Personality

1. Rosenberg Self-Esteem Scale
2. Locus of Control
3. The Scale of Attitude toward Death (ATD)

4) Social Relations

1. Social Exchanges

5) Stress-Related Factors

1. Stress Checklist
2. Stress Coping Scale

6) Activities of Daily Living

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

7) Intelligence and Cognitive Function

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

8) Other measures

1. Age awareness
2. Social and Domestic Activities

1) Depression Scales

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 consists of 4 subscales as follows: somatic and retarded activity, depressed affect, positive affect, and interpersonal relations. Higher scores indicate higher depressive symptoms. 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			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	7.4	6.5	265	7.2	6.8	329	6.7	6.7	289	7.8	6.9	261	8.9	7.3	39	7.3	6.7	1183
Female	8.3	7.3	292	7.3	6.5	278	7.7	7.3	284	8.4	7.4	264	10.2	7.7	33	8.0	7.1	1151
Total	7.9	6.9	557	7.3	6.6	607	7.2	7.0	573	8.1	7.1	525	9.5	7.5	72	7.7	6.9	2334

CES-D subscale 1: somatic and retarded activity (7 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	2.3	2.7	265	2.4	2.7	331	2.3	2.7	293	2.8	3.3	267	2.9	3.0	40	2.4	2.9	1196
Female	2.7	2.8	293	2.5	2.7	282	2.7	3.1	285	3.2	3.2	269	4.2	3.9	34	2.8	3.0	1163
Total	2.5	2.8	558	2.4	2.7	613	2.5	2.9	578	3.0	3.3	536	3.5	3.4	74	2.6	2.9	2359

CES-D subscale 2: depressed affect (7 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	1.8	2.4	266	1.7	2.3	330	1.5	2.4	294	1.6	2.1	262	2.0	2.4	40	1.7	2.3	1192
Female	2.1	2.9	294	1.8	2.6	283	1.8	2.6	286	2.2	2.8	270	2.3	2.4	33	2.0	2.7	1166
Total	2.0	2.7	560	1.7	2.4	613	1.7	2.5	580	1.9	2.5	532	2.1	2.4	73	1.8	2.5	2358

CES-D subscale 3: positive affect (4 items. possible range 0-12)

	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	3.0	2.5	266	2.8	2.6	330	2.6	2.6	297	3.1	2.9	267	3.5	2.7	42	2.9	2.6	1202
Female	3.3	2.7	293	2.7	2.5	283	2.9	2.8	286	2.9	2.7	275	3.6	3.2	34	3.0	2.7	1171
Total	3.1	2.6	559	2.8	2.5	613	2.7	2.7	583	3.0	2.8	542	3.5	2.9	76	2.9	2.7	2373

CES-D subscale 4: interpersonal relations (2 items. possible range 0-6)

	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	0.3	0.8	266	0.4	0.9	331	0.3	0.7	296	0.3	0.7	264	0.5	0.8	42	0.3	0.8	1199
Female	0.3	0.7	294	0.2	0.6	285	0.3	0.7	285	0.3	0.9	275	0.3	0.8	34	0.3	0.7	1173
Total	0.3	0.7	560	0.3	0.8	616	0.3	0.7	581	0.3	0.8	539	0.4	0.8	76	0.3	0.8	2372

CES-D: parameter of distribution using cutoff score

		40-49yr		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Under score of 16	Male	246	92.8	291	88.4	261	90.3	226	86.6	31	79.5	1055	89.2
	Female	251	86.0	248	89.2	243	85.6	220	83.3	25	75.8	987	85.8
	Total	497	89.2	539	88.8	504	88.0	446	85.0	56	77.8	2042	87.5
At and above score of 16	Male	19	7.2	38	11.6	28	9.7	35	13.4	8	20.5	128	10.8
	Female	41	14.0	30	10.8	41	14.4	44	16.7	8	24.2	164	14.2
	Total	60	10.8	68	11.2	69	12.0	79	15.0	16	22.2	292	12.5

2. Geriatric Depression Scale (GDS)

GDS is another depression scale adopted in our research.
Each of 15 items has yes/no response keys. Higher score indicates higher depressive symptoms.
Total score of 6 and higher means significant depressive tendency.
Only participants over 60 years old performed the scale in the 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			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	2.5	2.5	292	3.1	2.9	262	4.1	3.5	40	2.9	2.8	594
Female	0	0	0	0	0	0	3.3	2.7	283	3.9	3.0	262	4.0	2.7	32	3.6	2.9	577

Total	0	0	0	0	0	0	2.9	2.6	575	3.5	3.0	524	4.1	3.1	72	3.2	2.9	1171
-------	---	---	---	---	---	---	-----	-----	-----	-----	-----	-----	-----	-----	----	-----	-----	------

GDS parameter of distribution using cutoff score

		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%
Under score of 6	Male	259	88.7	219	83.6	26	65.0	504	84.8
	Female	225	79.5	192	73.3	22	68.8	439	76.1
	Total	484	84.2	411	78.4	48	66.7	943	80.5
At and above score of 6	Male	33	11.3	43	16.4	14	35.0	90	15.2
	Female	58	20.5	70	26.7	10	31.3	138	23.9
	Total	91	15.8	113	21.6	24	33.3	228	19.5

2) Subjective Well-being

1.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			80yr–			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	4.9	1.7	265	5.0	1.9	329	5.0	1.9	296	4.3	2.3	262	4.1	2.3	40	4.8	2.0	1192
Female	4.9	1.9	292	5.2	2.0	280	5.0	2.1	284	4.2	2.2	269	3.9	1.8	32	4.8	2.1	1157
Total	4.9	1.8	557	5.1	2.0	609	5.0	2.0	580	4.2	2.2	531	4.0	2.1	72	4.8	2.0	2349

LSI-K subscale 1: satisfaction with life as a whole (4 items. possible range 0-4)

	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	1.5	1.0	266	1.7	1.1	331	1.8	1.2	297	1.8	1.3	264	1.7	1.2	40	1.7	1.2	1198
Female	1.6	1.1	293	1.9	1.2	281	2.0	1.2	285	1.9	1.3	270	1.8	1.3	32	1.8	1.2	1161
Total	1.6	1.1	559	1.8	1.2	612	1.9	1.2	582	1.8	1.3	534	1.7	1.3	72	1.8	1.2	2359

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

	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	1.8	0.9	265	1.7	0.9	330	1.7	0.9	296	1.5	0.9	265	1.5	0.9	40	1.7	0.9	1196
Female	1.7	0.9	293	1.7	0.9	284	1.7	1.0	285	1.3	1.0	269	1.4	1.0	33	1.6	1.0	1164
Total	1.7	0.9	558	1.7	0.9	614	1.7	0.9	581	1.4	0.9	534	1.4	1.0	73	1.6	0.9	2360

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

	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	1.7	0.5	266	1.5	0.6	330	1.4	0.7	297	1.0	0.8	265	0.9	0.7	40	1.4	0.7	1198
Female	1.6	0.6	294	1.6	0.6	285	1.4	0.7	286	1.0	0.8	270	0.7	0.7	34	1.4	0.7	1169
Total	1.7	0.6	560	1.6	0.6	615	1.4	0.7	583	1.0	0.8	535	0.8	0.7	74	1.4	0.7	2367

3) 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			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.8	4.1	266	29.4	4.3	330	29.5	4.2	295	29.3	5.1	265	28.0	4.6	40	29.2	4.4	1196
Female	27.4	4.4	294	28.2	4.7	285	27.8	4.7	285	27.4	4.5	270	27.8	4.5	31	27.7	4.6	1165
Total	28.0	4.3	560	28.8	4.5	615	28.7	4.6	580	28.3	4.9	535	27.9	4.6	71	28.5	4.6	2361

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	50.0	6.2	259	50.9	6.7	328	50.8	6.6	297	50.3	7.8	260	48.9	7.7	41	50.4	6.9	1185
Female	48.8	6.6	292	48.6	6.6	283	48.9	7.2	283	47.9	7.3	267	47.5	8.2	33	48.5	7.0	1158
Total	49.4	6.5	551	49.8	6.7	611	49.8	7.0	580	49.0	7.7	527	48.2	7.9	74	49.5	7.0	2343

3. The Scale of Attitude toward Death (ATD)

Multidimensional attitudes toward death are measured using 31-item scale (5 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	7.7	261	22.6	7.6	321	20.4	7.5	274	19.3	7.3	248	19.8	6.7	37	21.4	7.7	1141
Female	23.9	7.4	290	21.6	7.2	268	20.4	7.2	273	20.3	6.9	242	19.5	7.7	31	21.6	7.4	1104
Total	23.7	7.6	551	22.1	7.4	589	20.4	7.3	547	19.8	7.1	490	19.7	7.1	68	21.5	7.5	2245

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	20.9	3.0	261	20.9	3.4	320	21.4	3.5	274	21.4	3.4	249	21.1	3.4	37	21.1	3.3	1141
Female	21.0	3.1	288	21.1	3.0	267	21.8	2.8	274	21.7	3.1	247	21.2	3.0	32	21.4	3.0	1108
Total	21.0	3.0	549	21.0	3.2	587	21.6	3.2	548	21.5	3.2	496	21.1	3.2	69	21.3	3.2	2249

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	10.3	3.8	261	9.2	4.0	321	9.0	3.8	275	9.1	4.1	250	8.7	3.6	36	9.4	4.0	1143
Female	11.8	3.5	291	10.6	3.5	270	10.3	3.7	275	10.3	3.9	246	9.8	4.2	31	10.7	3.7	1113
Total	11.1	3.7	552	9.8	3.8	591	9.6	3.8	550	9.7	4.1	496	9.2	3.9	67	10.0	3.9	2256

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	14.5	4.1	260	14.8	4.0	321	15.0	4.0	273	15.7	4.3	249	14.8	4.4	37	15.0	4.1	1140
Female	15.4	3.3	290	15.3	3.6	270	15.8	3.7	272	15.8	3.9	247	17.6	4.2	30	15.6	3.6	1109
Total	15.0	3.7	550	15.0	3.8	591	15.4	3.8	545	15.7	4.1	496	16.1	4.5	67	15.3	3.9	2249

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	2.7	261	15.0	2.4	321	14.8	2.4	275	15.1	2.5	251	14.7	3.3	37	14.9	2.5	1145
Female	15.4	2.5	291	15.7	2.5	270	16.0	2.4	274	15.8	2.7	247	16.0	2.7	31	15.7	2.5	1113
Total	15.1	2.6	552	15.3	2.5	591	15.4	2.5	549	15.4	2.7	498	15.3	3.1	68	15.3	2.6	2258

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	261	2.3	1.1	321	2.3	1.2	275	2.4	1.2	251	2.4	1.2	37	2.4	1.2	1145
Female	2.9	1.2	291	2.6	1.2	271	2.4	1.1	275	2.4	1.3	249	3.1	1.2	32	2.6	1.2	1118
Total	2.8	1.2	552	2.5	1.1	592	2.4	1.1	550	2.4	1.3	500	2.7	1.3	69	2.5	1.2	2263

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	261	1.8	0.8	321	1.8	0.9	273	1.9	1.0	252	1.9	1.0	37	1.8	0.9	1144
Female	2.0	0.9	291	2.1	1.0	271	2.0	0.9	275	2.1	1.2	249	2.5	1.1	32	2.1	1.0	1118
Total	1.9	0.9	552	1.9	0.9	592	1.9	0.9	548	2.0	1.1	501	2.2	1.1	69	1.9	1.0	2262

4) Social Relations

1. Social Exchanges

Social exchanges are measured using 12-item scale (4 options). This scale assesses three functional properties of social exchanges (emotional support, instrumental support, and negative exchanges) 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 exchanges.

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	12.6	2.2	265	12.4	2.2	331	12.7	2.2	296	12.8	2.4	266	12.3	2.1	40	12.6	2.2	1198
Female	12.7	2.3	294	12.7	2.2	285	13.0	2.1	286	12.4	2.7	270	12.9	3.0	34	12.7	2.4	1169
Total	12.7	2.2	559	12.6	2.2	616	12.8	2.1	582	12.6	2.6	536	12.6	2.6	74	12.7	2.3	2367

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	2.0	265	12.2	2.1	331	12.4	2.0	297	12.4	2.4	265	12.0	1.9	40	12.3	2.1	1198
Female	12.0	2.0	294	12.1	2.1	284	12.3	2.1	286	11.8	2.7	270	12.4	2.5	34	12.1	2.3	1168
Total	12.2	2.0	559	12.1	2.1	615	12.4	2.1	583	12.1	2.6	535	12.2	2.2	74	12.2	2.2	2366

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	265	9.5	2.4	331	9.4	2.3	297	8.8	2.4	267	8.4	2.3	40	9.3	2.3	1200
Female	10.2	2.2	292	8.8	2.3	285	8.9	2.4	286	8.3	2.7	269	8.6	2.8	34	9.0	2.5	1166
Total	10.0	2.2	557	9.2	2.4	616	9.1	2.4	583	8.6	2.6	536	8.5	2.5	74	9.2	2.4	2366

Social exchanges with friends and acquaintances, 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	11.1	2.4	265	11.0	2.5	331	11.0	2.5	296	10.6	3.0	263	9.9	3.0	40	10.9	2.6	1195
Female	12.5	2.3	293	12.2	2.2	285	12.3	2.3	283	11.7	2.6	266	11.7	2.9	34	12.2	2.4	1161
Total	11.9	2.5	558	11.6	2.4	616	11.6	2.5	579	11.1	2.9	529	10.7	3.1	74	11.5	2.6	2356

Social exchanges with friends and acquaintances, 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	8.4	2.7	265	8.7	2.7	330	8.8	2.7	294	8.6	3.0	261	8.1	2.8	40	8.6	2.8	1190
Female	9.4	2.7	294	9.5	2.9	284	9.6	2.7	284	9.1	3.1	265	8.6	3.1	34	9.4	2.9	1161
Total	8.9	2.7	559	9.1	2.8	614	9.2	2.7	578	8.8	3.1	526	8.4	2.9	74	9.0	2.8	2351

Social exchanges with friends and acquaintances, 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	9.1	2.2	265	8.5	2.5	331	7.7	2.3	293	6.9	2.1	264	6.4	2.0	40	8.0	2.4	1193
Female	8.2	2.4	292	7.5	2.3	284	7.2	2.1	284	6.4	2.2	263	6.6	2.7	34	7.3	2.4	1157
Total	8.6	2.4	557	8.1	2.5	615	7.5	2.2	577	6.6	2.2	527	6.5	2.4	74	7.7	2.4	2350

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 NILS-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	4.4	3.3	266	4.0	2.9	329	3.7	2.5	295	3.0	2.4	265	3.4	3.1	43	3.7	2.8	1198
Female	4.9	3.9	293	4.1	2.9	284	3.4	2.5	286	2.9	2.3	270	4.4	3.3	33	3.9	3.1	1166
Total	4.6	3.6	559	4.0	2.9	613	3.5	2.5	581	2.9	2.3	535	3.9	3.2	76	3.8	2.9	2364

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 Wave 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	5.6	260	19.1	6.1	320	17.6	6.2	286	17.4	6.4	255	16.5	6.6	37	18.3	6.1	1158
Female	19.3	5.8	290	18.2	5.7	279	17.4	5.9	276	16.7	5.5	252	16.2	5.5	29	17.9	5.8	1126
Total	19.4	5.7	550	18.7	5.9	599	17.5	6.1	562	17.0	6.0	507	16.4	6.1	66	18.1	6.0	2284

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	10.6	3.3	260	10.5	3.4	320	10.0	3.5	286	10.5	3.5	255	9.9	3.8	37	10.4	3.4	1158
Female	11.6	3.0	290	10.8	3.5	279	10.6	3.7	276	10.8	3.5	252	11.0	4.2	29	10.9	3.5	1126
Total	11.1	3.2	550	10.6	3.5	599	10.3	3.6	562	10.6	3.5	507	10.3	4.0	66	10.6	3.5	2284

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	9.5	3.0	260	9.1	3.2	320	8.9	3.4	286	8.5	3.4	255	8.5	2.8	37	9.0	3.2	1158
Female	10.8	3.5	290	9.9	3.4	280	9.6	3.6	276	8.8	3.3	252	8.2	3.3	29	9.8	3.5	1127
Total	10.2	3.4	550	9.5	3.3	600	9.2	3.5	562	8.7	3.3	507	8.4	3.0	66	9.4	3.4	2285

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	9.8	2.7	260	10.5	3.2	320	11.0	3.3	286	11.2	3.3	255	11.3	3.5	37	10.7	3.2	1158
Female	10.4	3.1	290	11.0	3.3	280	11.6	3.7	276	11.5	3.8	252	12.3	4.1	29	11.1	3.5	1127
Total	10.1	2.9	550	10.7	3.3	600	11.3	3.5	562	11.3	3.5	507	11.7	3.8	66	10.9	3.4	2285

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	10.9	3.5	260	11.4	3.6	320	10.9	3.7	286	11.6	3.7	255	12.6	4.4	37	11.2	3.7	1158
Female	11.7	3.5	290	11.8	3.6	279	12.0	4.0	276	12.1	3.8	251	12.5	3.8	29	11.9	3.7	1125
Total	11.3	3.5	550	11.6	3.6	599	11.5	3.9	562	11.8	3.7	506	12.5	4.1	66	11.6	3.7	2283

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	12.1	1.2	265	12.2	1.3	331	12.1	1.3	297	12.0	1.4	267	11.7	1.4	41	12.1	1.3	1201
Female	12.5	0.9	294	12.5	0.9	284	12.4	1.1	286	12.1	1.3	270	11.8	1.3	34	12.4	1.1	1168
Total	12.3	1.0	559	12.3	1.2	615	12.2	1.2	583	12.0	1.4	537	11.7	1.4	75	12.2	1.2	2369

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	266	100.0	324	98.8	294	99.3	256	96.6	41	97.6	1181	98.7
	Female	293	99.7	277	97.5	278	97.2	259	95.2	32	97.0	1139	97.4
	Total	559	99.8	601	98.2	572	98.3	515	95.9	73	97.3	2320	98.1
Level B	Male	0	0.0	3	0.9	2	0.7	9	3.4	1	2.4	15	1.3
	Female	1	0.3	7	2.5	8	2.8	13	4.8	1	3.0	30	2.6
	Total	1	0.2	10	1.6	10	1.7	22	4.1	2	2.7	45	1.9
Level C	Male	0	0.0	1	0.3	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	0.0

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 ($80 \leq EIQ < 120$), 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	266	47.6	7.0	327	46.0	7.4	296	44.7	8.6	263	40.1	8.2	42	45.7	7.8	1194
Female		45.1	7.3	294	46.5	7.3	284	42.9	7.9	285	40.4	8.5	273	41.0	7.8	33	43.7	8.1	1169
Total		45.0	7.3	560	47.1	7.2	611	44.5	7.8	581	42.5	8.8	536	40.5	8.0	75	44.7	8.0	2363

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		108.1	13.8	266	113.0	12.0	327	109.9	12.5	296	107.4	13.7	263	100.2	13.2	42	109.5	13.3	1194
Female		108.6	14.0	294	111.2	12.2	284	104.9	13.0	285	100.7	13.6	273	101.5	12.5	33	106.3	13.7	1169
Total		108.4	13.9	560	112.2	12.1	611	107.5	13.0	581	104.0	14.0	536	100.8	12.9	75	107.9	13.6	2363

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	1.9	2	0.6	1	0.3	5	1.9	1	2.4	14	1.2
	Female	5	1.7	2	0.7	5	1.8	15	5.5	2	6.1	29	2.5
	Total	10	1.8	4	0.7	6	1.0	20	3.7	3	4.0	43	1.8
Middle ($80 \leq EIQ < 120$)	Male	201	75.6	218	66.7	227	76.7	204	77.6	39	92.9	889	74.5
	Female	224	76.2	217	76.4	240	84.2	232	85.0	28	84.8	941	80.5

High (120≤EIQ)	Total	425	75.9	435	71.2	467	80.4	436	81.3	67	89.3	1830	77.4
	Male	60	22.6	107	32.7	68	23.0	54	20.5	2	4.8	291	24.4
	Female	65	22.1	65	22.9	40	14.0	26	9.5	3	9.1	199	17.0
	Total	125	22.3	172	28.2	108	18.6	80	14.9	5	6.7	490	20.7

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	17.3	4.9	266	17.9	5.2	328	16.6	5.3	296	14.6	5.6	267	13.7	5.9	42	16.6	5.4	1199
Female	15.5	5.1	294	15.7	5.5	284	13.6	5.5	285	11.5	5.2	273	12.5	5.1	34	14.0	5.6	1170
Total	16.3	5.1	560	16.9	5.5	612	15.1	5.6	581	13.0	5.6	540	13.2	5.5	76	15.3	5.6	2369

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	17.1	4.1	266	16.0	4.6	328	13.2	5.2	296	11.2	5.6	267	9.8	6.0	42	14.3	5.5	1199
Female	16.9	4.1	294	15.5	4.4	284	12.0	5.0	285	10.2	5.2	273	10.3	5.6	34	13.6	5.4	1170
Total	17.0	4.1	560	15.7	4.5	612	12.6	5.1	581	10.7	5.4	540	10.0	5.8	76	13.9	5.5	2369

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	13.9	2.3	266	13.2	2.6	328	12.0	3.1	296	10.9	3.2	266	9.2	2.8	42	12.4	3.1	1198
Female	14.0	2.5	294	12.8	2.8	284	10.7	3.4	285	8.7	3.9	273	9.4	3.3	33	11.5	3.8	1169
Total	13.9	2.4	560	13.0	2.7	612	11.3	3.3	581	9.8	3.7	539	9.3	3.0	75	12.0	3.5	2367

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	69.4	11.2	266	61.6	11.0	327	50.5	11.2	296	40.0	10.7	263	32.1	9.9	42	54.8	15.9	1194
Female	72.5	10.8	294	63.9	11.3	284	51.1	11.4	285	38.6	9.3	273	34.9	10.1	33	56.2	16.9	1169
Total	71.0	11.1	560	62.7	11.2	611	50.8	11.3	581	39.3	10.0	536	33.3	10.0	75	55.5	16.4	2363

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	15.0	3.6	266	13.2	3.5	326	11.8	3.2	295	10.6	3.0	263	9.6	3.2	41	12.6	3.7	1191
Female	14.5	3.8	294	12.7	3.4	284	11.4	3.2	285	10.0	2.8	273	10.1	3.1	34	12.1	3.7	1170
Total	14.7	3.7	560	13.0	3.5	610	11.6	3.2	580	10.3	2.9	536	9.8	3.1	75	12.3	3.7	2361

8)Other measures

1. Age awareness

Awareness of old age means the subjective self-concept. In the NILS-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	145	55.6	198	60.4	166	55.9	193	73.4	38	92.7	740	62.2
	Female	185	63.4	185	65.1	203	71.2	233	87.3	33	97.1	839	72.2
	Total	330	59.7	383	62.6	369	63.4	426	80.4	71	94.7	1579	67.1
No	Male	116	44.4	130	39.6	131	44.1	70	26.6	3	7.3	450	37.8
	Female	107	36.6	99	34.9	82	28.8	34	12.7	1	2.9	323	27.8
	Total	223	40.3	229	37.4	213	36.6	104	19.6	4	5.3	773	32.9

The greatest cause of age awareness

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Illness	Male	5	3.4	10	5.1	11	6.7	26	13.5	4	10.5	56	7.6
	Female	6	3.2	9	4.9	24	11.8	48	20.6	6	18.8	93	11.1
	Total	11	3.3	19	5.0	35	9.5	74	17.4	10	14.3	149	9.5
Change of physical appearance	Male	70	48.3	67	33.8	50	30.3	34	17.6	10	26.3	231	31.3
	Female	92	49.7	67	36.6	46	22.7	55	23.6	4	12.5	264	31.6
	Total	162	49.1	134	35.2	96	26.1	89	20.9	14	20.0	495	31.4
Change of physical capacity	Male	51	35.2	80	40.4	58	35.2	80	41.5	16	42.1	285	38.6
	Female	52	28.1	46	25.1	65	32.0	61	26.2	17	53.1	241	28.8
	Total	103	31.2	126	33.1	123	33.4	141	33.1	33	47.1	526	33.4
Change of social relationships	Male	1	0.7	2	1.0	6	3.6	7	3.6	0	0.0	16	2.2
	Female	4	2.2	2	1.1	5	2.5	2	0.9	1	3.1	14	1.7
	Total	5	1.5	4	1.0	11	3.0	9	2.1	1	1.4	30	1.9
Change of mental functions	Male	15	10.3	35	17.7	38	23.0	41	21.2	7	18.4	136	18.4
	Female	28	15.1	58	31.7	61	30.0	64	27.5	4	12.5	215	25.7
	Total	43	13.0	93	24.4	99	26.9	105	24.6	11	15.7	351	22.3
Other reasons	Male	3	2.1	4	2.0	2	1.2	5	2.6	1	2.6	15	2.0
	Female	3	1.6	1	0.5	2	1.0	3	1.3	0	0.0	9	1.1
	Total	6	1.8	5	1.3	4	1.1	8	1.9	1	1.4	24	1.5

2. Social and Domestic Activities

To comprehend participants' social and psychological characteristics, the NILS-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	52	20.0	84	25.6	40	13.5	33	12.5	9	22.0	218	18.3
	Female	1	0.3	0	0.0	4	1.4	4	1.5	0	0.0	9	0.8
	Total	53	9.6	84	13.7	44	7.6	37	7.0	9	12.2	227	9.7
A little	Male	171	65.8	201	61.3	201	67.7	165	62.7	20	48.8	758	63.8
	Female	8	2.7	5	1.8	14	4.9	36	13.5	6	18.2	69	5.9
	Total	179	32.4	206	33.7	215	36.9	201	37.9	26	35.1	827	35.2
About a half	Male	25	9.6	24	7.3	44	14.8	45	17.1	9	22.0	147	12.4
	Female	32	11.0	22	7.7	34	11.9	49	18.4	6	18.2	143	12.3
	Total	57	10.3	46	7.5	78	13.4	94	17.7	15	20.3	290	12.3
All or most	Male	12	4.6	19	5.8	12	4.0	20	7.6	3	7.3	66	5.6
	Female	251	86.0	257	90.5	233	81.8	178	66.7	21	63.6	940	81.0
	Total	263	47.6	276	45.1	245	42.1	198	37.4	24	32.4	1006	42.8

Preparation of a meal

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	130	49.8	179	54.6	110	37.0	94	35.5	14	34.1	527	44.2
	Female	2	0.7	3	1.1	6	2.1	13	4.9	3	8.8	27	2.3
	Total	132	23.9	182	29.7	116	19.9	107	20.1	17	22.7	554	23.5
A little	Male	107	41.0	116	35.4	149	50.2	121	45.7	21	51.2	514	43.1
	Female	8	2.7	8	2.8	17	6.0	39	14.6	7	20.6	79	6.8
	Total	115	20.8	124	20.3	166	28.5	160	30.0	28	37.3	593	25.2
About a half	Male	13	5.0	16	4.9	21	7.1	27	10.2	3	7.3	80	6.7
	Female	27	9.2	12	4.2	30	10.5	31	11.6	3	8.8	103	8.9
	Total	40	7.2	28	4.6	51	8.8	58	10.9	6	8.0	183	7.8
All or most	Male	11	4.2	17	5.2	17	5.7	23	8.7	3	7.3	71	6.0
	Female	255	87.3	261	91.9	232	81.4	185	69.0	21	61.8	954	82.0
	Total	266	48.1	278	45.4	249	42.8	208	39.0	24	32.0	1025	43.5

Dishwashing after a meal

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	100	38.3	163	49.7	102	34.3	82	30.9	12	29.3	459	38.5
	Female	1	0.3	4	1.4	5	1.8	11	4.1	2	5.9	23	2.0
	Total	101	18.3	167	27.3	107	18.4	93	17.4	14	18.7	482	20.5

A little	Male	126	48.3	124	37.8	131	44.1	129	48.7	20	48.8	530	44.5
	Female	7	2.4	4	1.4	16	5.6	39	14.6	6	17.6	72	6.2
	Total	133	24.1	128	20.9	147	25.3	168	31.5	26	34.7	602	25.6
About a half	Male	22	8.4	23	7.0	46	15.5	27	10.2	6	14.6	124	10.4
	Female	35	12.0	26	9.2	37	13.0	28	10.4	6	17.6	132	11.3
	Total	57	10.3	49	8.0	83	14.3	55	10.3	12	16.0	256	10.9
All or most	Male	13	5.0	18	5.5	18	6.1	27	10.2	3	7.3	79	6.6
	Female	249	85.3	250	88.0	227	79.6	190	70.9	20	58.8	936	80.5
	Total	262	47.4	268	43.8	245	42.1	217	40.7	23	30.7	1015	43.1

Household shopping

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	38	14.6	62	18.9	42	14.1	43	16.2	11	26.8	196	16.4
	Female	1	0.3	3	1.1	6	2.1	21	7.8	3	8.8	34	2.9
	Total	39	7.1	65	10.6	48	8.2	64	12.0	14	18.7	230	9.8
A little	Male	179	68.6	211	64.3	178	59.9	136	51.3	17	41.5	721	60.5
	Female	11	3.8	6	2.1	30	10.5	43	16.0	8	23.5	98	8.4
	Total	190	34.4	217	35.5	208	35.7	179	33.6	25	33.3	819	34.8
About a half	Male	28	10.7	32	9.8	53	17.8	51	19.2	8	19.5	172	14.4
	Female	13	4.5	14	4.9	31	10.9	34	12.7	4	11.8	96	8.3
	Total	41	7.4	46	7.5	84	14.4	85	15.9	12	16.0	268	11.4
All or most	Male	16	6.1	23	7.0	24	8.1	35	13.2	5	12.2	103	8.6
	Female	267	91.4	261	91.9	218	76.5	170	63.4	19	55.9	935	80.4
	Total	283	51.2	284	46.4	242	41.6	205	38.5	24	32.0	1038	44.1

Cleaning inside and outside the home

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	80	30.7	91	27.7	46	15.5	33	12.5	8	19.5	258	21.6
	Female	3	1.0	2	0.7	1	0.4	6	2.2	2	5.9	14	1.2
	Total	83	15.0	93	15.2	47	8.1	39	7.3	10	13.3	272	11.5
A little	Male	143	54.8	180	54.9	157	52.9	125	47.2	17	41.5	622	52.2
	Female	10	3.4	8	2.8	11	3.9	29	10.8	6	17.6	64	5.5
	Total	153	27.7	188	30.7	168	28.9	154	28.9	23	30.7	686	29.1
About a half	Male	22	8.4	39	11.9	66	22.2	73	27.5	11	26.8	211	17.7
	Female	50	17.1	35	12.3	56	19.6	57	21.3	9	26.5	207	17.8
	Total	72	13.0	74	12.1	122	21.0	130	24.4	20	26.7	418	17.7
All or most	Male	16	6.1	18	5.5	28	9.4	34	12.8	5	12.2	101	8.5
	Female	229	78.4	239	84.2	217	76.1	176	65.7	17	50.0	878	75.5
	Total	245	44.3	257	42.0	245	42.1	210	39.4	22	29.3	979	41.6

Laundry work

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	167	64.0	223	68.0	179	60.3	126	47.5	22	53.7	717	60.2
	Female	3	1.0	2	0.7	2	0.7	8	3.0	1	2.9	16	1.4
	Total	170	30.7	225	36.8	181	31.1	134	25.1	23	30.7	733	31.1
A little	Male	61	23.4	73	22.3	80	26.9	91	34.3	13	31.7	318	26.7
	Female	9	3.1	11	3.9	13	4.6	21	7.8	5	14.7	59	5.1
	Total	70	12.7	84	13.7	93	16.0	112	21.0	18	24.0	377	16.0

About a half	Male	18	6.9	15	4.6	20	6.7	24	9.1	3	7.3	80	6.7
	Female	35	12.0	12	4.2	31	10.9	37	13.8	5	14.7	120	10.3
	Total	53	9.6	27	4.4	51	8.8	61	11.4	8	10.7	200	8.5
All or most	Male	15	5.7	17	5.2	18	6.1	24	9.1	3	7.3	77	6.5
	Female	245	83.9	259	91.2	239	83.9	202	75.4	23	67.6	968	83.2
	Total	260	47.0	276	45.1	257	44.2	226	42.4	26	34.7	1045	44.4

Primary childcare

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	100	38.3	236	72.0	152	51.2	173	65.3	33	80.5	694	58.2
	Female	100	34.4	176	62.0	142	50.2	185	69.5	26	76.5	629	54.3
	Total	200	36.2	412	67.3	294	50.7	358	67.4	59	78.7	1323	56.3
A little	Male	107	41.0	77	23.5	111	37.4	67	25.3	6	14.6	368	30.9
	Female	13	4.5	60	21.1	85	30.0	55	20.7	7	20.6	220	19.0
	Total	120	21.7	137	22.4	196	33.8	122	23.0	13	17.3	588	25.0
About a half	Male	52	19.9	14	4.3	32	10.8	24	9.1	1	2.4	123	10.3
	Female	19	6.5	18	6.3	38	13.4	13	4.9	1	2.9	89	7.7
	Total	71	12.9	32	5.2	70	12.1	37	7.0	2	2.7	212	9.0
All or most	Male	2	0.8	1	0.3	2	0.7	1	0.4	1	2.4	7	0.6
	Female	159	54.6	30	10.6	18	6.4	13	4.9	0	0.0	220	19.0
	Total	161	29.2	31	5.1	20	3.4	14	2.6	1	1.3	227	9.7

Taking out the garbage

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Never	Male	92	35.2	114	34.8	59	19.9	44	16.6	6	14.6	315	26.4
	Female	13	4.5	13	4.6	20	7.0	20	7.5	5	14.7	71	6.1
	Total	105	19.0	127	20.8	79	13.6	64	12.0	11	14.7	386	16.4
A little	Male	93	35.6	130	39.6	118	39.7	87	32.8	17	41.5	445	37.3
	Female	18	6.2	8	2.8	24	8.4	31	11.6	5	14.7	86	7.4
	Total	111	20.1	138	22.5	142	24.4	118	22.1	22	29.3	531	22.5
About a half	Male	33	12.6	32	9.8	58	19.5	54	20.4	8	19.5	185	15.5
	Female	65	22.3	36	12.7	45	15.8	43	16.0	5	14.7	194	16.7
	Total	98	17.7	68	11.1	103	17.7	97	18.2	13	17.3	379	16.1
All or most	Male	43	16.5	52	15.9	62	20.9	80	30.2	10	24.4	247	20.7
	Female	196	67.1	227	79.9	196	68.8	174	64.9	19	55.9	812	69.8
	Total	239	43.2	279	45.6	258	44.3	254	47.7	29	38.7	1059	45.0

Gardening

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	205	78.5	195	59.5	128	43.1	105	39.9	17	41.5	650	54.6
	Female	172	59.1	155	54.6	146	51.2	113	42.2	16	47.1	602	51.8
	Total	377	68.3	350	57.2	274	47.1	218	41.1	33	44.0	1252	53.2
Several times a year	Male	31	11.9	52	15.9	38	12.8	21	8.0	6	14.6	148	12.4
	Female	55	18.9	33	11.6	21	7.4	12	4.5	1	2.9	122	10.5
	Total	86	15.6	85	13.9	59	10.1	33	6.2	7	9.3	270	11.5
2 or 3 times a month	Male	21	8.0	32	9.8	29	9.8	31	11.8	3	7.3	116	9.7
	Female	29	10.0	24	8.5	23	8.1	21	7.8	4	11.8	101	8.7

	Total	50	9.1	56	9.2	52	8.9	52	9.8	7	9.3	217	9.2
Once a week	Male	4	1.5	49	14.9	102	34.3	106	40.3	15	36.6	276	23.2
	Female	35	12.0	72	25.4	95	33.3	122	45.5	13	38.2	337	29.0
	Total	39	7.1	121	19.8	197	33.8	228	42.9	28	37.3	613	26.1

Home maintenance

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	59	22.6	61	18.6	48	16.2	36	13.6	13	31.7	217	18.2
	Female	149	51.0	163	57.4	187	65.6	196	73.4	23	67.6	718	61.8
	Total	208	37.6	224	36.6	235	40.4	232	43.7	36	48.0	935	39.7
Several times a year	Male	166	63.6	178	54.3	145	48.8	132	50.0	18	43.9	639	53.7
	Female	122	41.8	98	34.5	77	27.0	55	20.6	11	32.4	363	31.2
	Total	288	52.1	276	45.1	222	38.1	187	35.2	29	38.7	1002	42.6
2 or 3 times a month	Male	32	12.3	74	22.6	73	24.6	60	22.7	5	12.2	244	20.5
	Female	21	7.2	18	6.3	15	5.3	14	5.2	0	0.0	68	5.9
	Total	53	9.6	92	15.0	88	15.1	74	13.9	5	6.7	312	13.3
Once a week	Male	4	1.5	15	4.6	31	10.4	36	13.6	5	12.2	91	7.6
	Female	0	0.0	5	1.8	6	2.1	2	0.7	0	0.0	13	1.1
	Total	4	0.7	20	3.3	37	6.4	38	7.2	5	6.7	104	4.4

Participation in hobby groups

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	97	37.2	134	40.9	111	37.5	120	45.6	18	43.9	480	40.4
	Female	136	46.7	133	47.0	95	33.3	113	42.8	13	41.9	490	42.5
	Total	233	42.2	267	43.7	206	35.5	233	44.2	31	43.1	970	41.4
Several times a year	Male	63	24.1	83	25.3	50	16.9	32	12.2	5	12.2	233	19.6
	Female	28	9.6	12	4.2	13	4.6	12	4.5	1	3.2	66	5.7
	Total	91	16.5	95	15.5	63	10.8	44	8.3	6	8.3	299	12.8
2 or 3 times a month	Male	41	15.7	54	16.5	67	22.6	30	11.4	6	14.6	198	16.7
	Female	54	18.6	46	16.3	53	18.6	43	16.3	5	16.1	201	17.4
	Total	95	17.2	100	16.4	120	20.7	73	13.9	11	15.3	399	17.0
Once a week	Male	60	23.0	57	17.4	68	23.0	81	30.8	12	29.3	278	23.4
	Female	73	25.1	92	32.5	124	43.5	96	36.4	12	38.7	397	34.4
	Total	133	24.1	149	24.4	192	33.0	177	33.6	24	33.3	675	28.8

Participation in block clubs

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	180	69.2	240	73.4	186	62.6	133	50.4	21	51.2	760	63.9
	Female	173	59.2	178	62.7	186	65.3	162	61.4	15	46.9	714	61.7
	Total	353	63.9	418	68.4	372	63.9	295	55.9	36	49.3	1474	62.8
Several times a year	Male	63	24.2	66	20.2	58	19.5	61	23.1	11	26.8	259	21.8
	Female	79	27.1	73	25.7	60	21.1	60	22.7	12	37.5	284	24.5
	Total	142	25.7	139	22.7	118	20.3	121	22.9	23	31.5	543	23.1
2 or 3 times a month	Male	13	5.0	14	4.3	38	12.8	38	14.4	1	2.4	104	8.7
	Female	32	11.0	16	5.6	32	11.2	33	12.5	4	12.5	117	10.1
	Total	45	8.2	30	4.9	70	12.0	71	13.4	5	6.8	221	9.4
Once a week	Male	4	1.5	7	2.1	15	5.1	32	12.1	8	19.5	66	5.6
	Female	8	2.7	17	6.0	7	2.5	9	3.4	1	3.1	42	3.6

A little	Total	12	2.2	24	3.9	22	3.8	41	7.8	9	12.3	108	4.6
	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

Gardening

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	129	77.2	117	54.9	95	41.9	80	40.6	15	44.1	436	52.0
	Female	116	60.4	100	53.2	96	49.0	83	42.3	11	45.8	406	51.0
	Total	245	68.2	217	54.1	191	45.2	163	41.5	26	44.8	842	51.5
Several times a year	Male	21	12.6	39	18.3	29	12.8	19	9.6	4	11.8	112	13.4
	Female	36	18.8	21	11.2	16	8.2	9	4.6	0	0.0	82	10.3
	Total	57	15.9	60	15.0	45	10.6	28	7.1	4	6.9	194	11.9
2 or 3 times a month	Male	14	8.4	19	8.9	21	9.3	20	10.2	3	8.8	77	9.2
	Female	19	9.9	21	11.2	14	7.1	14	7.1	2	8.3	70	8.8
	Total	33	9.2	40	10.0	35	8.3	34	8.7	5	8.6	147	9.0
Once a week	Male	3	1.8	38	17.8	82	36.1	78	39.6	12	35.3	213	25.4
	Female	21	10.9	46	24.5	70	35.7	90	45.9	11	45.8	238	29.9
	Total	24	6.7	84	20.9	152	35.9	168	42.7	23	39.7	451	27.6

Home maintenance

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	40	24.0	40	18.8	34	15.0	33	16.8	9	26.5	156	18.6
	Female	100	51.8	107	56.9	125	63.8	143	73.0	16	66.7	491	61.6
	Total	140	38.9	147	36.7	159	37.6	176	44.8	25	43.1	647	39.6
Several times a	Male	103	61.7	115	54.0	108	47.6	93	47.2	16	47.1	435	51.9

year	Female	80	41.5	62	33.0	55	28.1	41	20.9	8	33.3	246	30.9
	Total	183	50.8	177	44.1	163	38.5	134	34.1	24	41.4	681	41.7
2 or 3 times a month	Male	21	12.6	45	21.1	58	25.6	39	19.8	4	11.8	167	19.9
	Female	13	6.7	15	8.0	11	5.6	10	5.1	0	0.0	49	6.1
	Total	34	9.4	60	15.0	69	16.3	49	12.5	4	6.9	216	13.2
Once a week	Male	3	1.8	13	6.1	27	11.9	32	16.2	5	14.7	80	9.5
	Female	0	0.0	4	2.1	5	2.6	2	1.0	0	0.0	11	1.4
	Total	3	0.8	17	4.2	32	7.6	34	8.7	5	8.6	91	5.6

Participation in hobby groups

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	65	38.9	83	39.0	88	38.9	91	46.4	15	44.1	342	40.9
	Female	94	49.0	84	44.9	68	34.7	83	43.0	11	47.8	340	43.0
	Total	159	44.3	167	41.8	156	37.0	174	44.7	26	45.6	682	41.9
Several times a year	Male	36	21.6	55	25.8	39	17.3	25	12.8	5	14.7	160	19.1
	Female	20	10.4	7	3.7	8	4.1	8	4.1	1	4.3	44	5.6
	Total	56	15.6	62	15.5	47	11.1	33	8.5	6	10.5	204	12.5
2 or 3 times a month	Male	26	15.6	36	16.9	47	20.8	24	12.2	4	11.8	137	16.4
	Female	33	17.2	26	13.9	36	18.4	32	16.6	3	13.0	130	16.4
	Total	59	16.4	62	15.5	83	19.7	56	14.4	7	12.3	267	16.4
Once a week	Male	40	24.0	39	18.3	52	23.0	56	28.6	10	29.4	197	23.6
	Female	45	23.4	70	37.4	84	42.9	70	36.3	8	34.8	277	35.0
	Total	85	23.7	109	27.3	136	32.2	126	32.4	18	31.6	474	29.1

Participation in block clubs

		40–49yr		50–59yr		60–69yr		70–79yr		80yr–		Total	
		N	%	N	%	N	%	N	%	N	%	N	%
Rarely	Male	119	71.7	155	73.1	141	62.1	103	52.3	16	47.1	534	63.9
	Female	112	58.0	117	62.2	129	65.8	119	61.3	12	50.0	489	61.5
	Total	231	64.3	272	68.0	270	63.8	222	56.8	28	48.3	1023	62.7
Several times a year	Male	35	21.1	43	20.3	47	20.7	42	21.3	10	29.4	177	21.2
	Female	53	27.5	49	26.1	41	20.9	41	21.1	9	37.5	193	24.3
	Total	88	24.5	92	23.0	88	20.8	83	21.2	19	32.8	370	22.7
2 or 3 times a month	Male	10	6.0	10	4.7	27	11.9	29	14.7	1	2.9	77	9.2
	Female	24	12.4	10	5.3	21	10.7	28	14.4	2	8.3	85	10.7
	Total	34	9.5	20	5.0	48	11.3	57	14.6	3	5.2	162	9.9
Once a week	Male	2	1.2	4	1.9	12	5.3	23	11.7	7	20.6	48	5.7
	Female	4	2.1	12	6.4	5	2.6	6	3.1	1	4.2	28	3.5
	Total	6	1.7	16	4.0	17	4.0	29	7.4	8	13.8	76	4.7