

III. Psychology Examinations

1. Depression

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

The Japanese version of the scale, same as the original, comprises 20 items with 4 options. 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 considered to have clinically significant depressive tendency.

CES-D: total score of Center for Epidemiologic Studies Depression Scale (20 items. possible range 0-60)

CES-D subscale 1: somatic and retarded activity (7 items. possible range 0-21)

CES-D subscale 2: depressed affect (7 items. possible range 0-21)

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

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

CES-D: parameter of distribution using cutoff score (cutoff score=15/16)

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 including: 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 scores indicate higher life satisfaction.

LSI-K: total score of Life Satisfaction Index-K (9 items. possible range 0-9)

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

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

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

3. Personality

1) Japanese Version of Ten Item Personality Inventory (TIPI-J)

This scale comprises 10 items (7 options) measuring "Extraversion," "Agreeableness," "Conscientiousness," "Neuroticism," and "Openness" based on the Big Five personality theory.

TIPI-J subscale 1: Extraversion (2 item, possible range 2-14)

TIPI-J subscale 2: Agreeableness (2 item, possible range 2-14)

TIPI-J subscale 3: Conscientiousness (2 item, possible range 2-14)

TIPI-J subscale 4: Neuroticism (2 item, possible range 2-14)

TIPI-J subscale 5: Openness (2 item, possible range 2-14)

2) Psychological Well-Being Scale (PWB)

This scale comprises 43 items (6 options) to measure psychological well-being. This scale consists of 6 dimensions: personal growth, purpose in life, autonomy, self-acceptance, environmental mastery, and positive relations with others. Higher scores indicate higher well-being.

PWB subscale 1: personal growth (8 items. possible range 8-48)

PWB subscale 2: purpose in life (8 items. possible range 8-48)

PWB subscale 3: autonomy (8 items. possible range 8-48)

PWB subscale 4: self-acceptance (7 items. possible range 7-42)

PWB subscale 5: environmental mastery (6 items. possible range 6-36)

PWB subscale 6: positive relations with others (6 items. possible range 6-36)

3) Attitude toward Death Scale for the middle-aged and older Adults (ATDS-A)

Multidimensional attitudes toward death are measured using 31-item scale (5 options). Five subscales and an extra two indices of the scale are as follows: fear of death, belief in existence of afterlife, intention to live out own life, 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.

NOTE: Construction of this scale was partially revised from the seventh wave.

ATDS-A subscale 1: fear of death (9 items. possible range 9-45)

ATDS-A subscale 2: belief in existence of afterlife (4 items. possible range 4-20)

- ATDS-A subscale 3: intention to live out own life (4 items. possible range 4-20)
- ATDS-A subscale 4: meaning of death for life (5 items. possible range 5-25)
- ATDS-A subscale 5: approval of death with dignity (3 items. possible range 3-15)
- ATDS-A item 29: experience of thinking over death (1 item. possible range 1-5)
- ATDS-A item 30: frequency of thinking about death (1 item. possible range 1-5)

[4. Activities of Daily Living \(ADL\)](#)

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

This scale comprises 13 items (2 options) to measure the higher-level competence (instrumental self-maintenance, intellectual activity, and social role) needed by older adults to live independently in the community. Higher scores indicate higher-level competence.

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

2) Japan Science and Technology Agency Index of Competence (JST-IC)

This scale comprises 16 items (2 options) to measure their competence at a higher level (technology usage, information practice, life management, and social engagement) necessary for independent and active living for older adults who live alone. JST-IC items have properties that require higher functioning to execute compared with the TMIG-IC. Higher scores indicate higher-level competence.

JST index of competence: total score of 16 items (possible range 0-16)

[5. Intelligence and Cognitive Function](#)

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 intelligence quotient (EIQ)

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

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

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

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

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

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)

3) Mini-Mental State Examination (MMSE)

MMSE is a brief, easily scored test of several cognitive functions. This scale comprises questions concerning orientation in place and time, immediate and delayed recall of three words, attention and calculation, language and praxis, and visual construction. Cognitive impaired person might fall in the total score of 23 or less in the scale.

MMSE: total score of 30 items (possible range 0-30)

MMSE: parameter of distribution using cutoff score (cutoff score=23/24)

4) Episodic memory

As measures of episodic memory, 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.

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

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

[6. Other measures](#)

1) Life-events Checklist

By using a life event checklist (9 items), participants are asked to report the occurrence of each event between the 8th and 9th examinations in the NILS-LSA. Total number of events experienced is calculated by summing up the responses to the list.

Total number of life events experienced between 8th and 9th examinations (possible range 0-9)

2) Leisure Activities

- Leisure activities: Reading newspapers
- Leisure activities: Reading books
- Leisure activities: Writing
- Leisure activities: Answering quizzes or solving crossword puzzles
- Leisure activities: Playing board games or cards
- Leisure activities: Participating in organized group discussion
- Leisure activities: Playing musical instruments or singing in chorus
- Leisure activities: Creative activity
- Leisure activities: Art appreciation
- Leisure activities: Using computers for communication
- Leisure activities: Playing individual sports
- Leisure activities: Participating in team games
- Leisure activities: Performing exercise
- Leisure activities: Swimming
- Leisure activities: Walking
- Leisure activities: Jogging
- Leisure activities: Hiking or climbing
- Leisure activities: Fishing
- Leisure activities: Gardening
- Leisure activities: Traveling
- Leisure activities: Intellectual learning
- Leisure activities: Physical learning
- Leisure activities: Volunteer

3) Work Family Balance Scale (WFB)

The WFB scale has 16 items (5 options) to measure conflict and facilitation between work and family life bidirectionally (work-to-family, family-to-work). This scale consists of 4 subscales: work-to-family conflict, family-to-work conflict, work-to-family facilitation, and family-to-work facilitation. Higher score of Work-Family conflict means higher interrole conflict. And higher score of Work-family facilitation means more positive facilitation. Only participants who have job respond to this scale.

- WFB subscale 1: work-to-family conflict (5 items, possible range 5-25/ only employed person)
- WFB subscale 2: family-to-work conflict (5 items, possible range 5-25/ only employed person)
- WFB subscale 3: work-to-family facilitation (3 items, possible range 3-15/ only employed person)
- WFB subscale 4: family-to-work facilitation (3 items, possible range 3-15/ only employed person)

7. Background examinations

- State of employment
- Present job (only employed person)
- Working hours per one week (only employed person)
- Experience of retirement
- Retirement age (only retired person)
- Marital status
- State of habitation
- Sum of family annual income
- Level of satisfaction in annual income

1. Depression

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

The Japanese version of the scale, same as the original, comprises 20 items with 4 options. 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 considered to have clinically significant depressive tendency.

CES-D: total score of Center for Epidemiologic Studies Depression Scale (20 items. possible range 0-60)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.8	6.6	221	5.1	5.3	256	4.7	5.7	240	7.4	6.9	129	5.5	6.1	846
Female	6.5	6.5	259	7.0	6.5	253	6.7	5.8	200	7.8	6.9	128	6.9	6.4	840
Total	6.2	6.6	480	6.1	6.0	509	5.6	5.8	440	7.6	6.9	257	6.2	6.3	1686

CES-D subscale 1: somatic and retarded activity (7 items. possible range 0-21)

	50-59yr	60-69yr	70-79yr	80yr-	Total
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	Mean	SD	N												
Male	1.5	2.5	221	1.4	2.3	256	1.2	2.3	240	2.3	3.4	129	1.5	2.6	846
Female	1.8	2.5	260	2.0	2.5	253	1.9	2.3	200	2.6	2.9	128	2.0	2.5	841
Total	1.6	2.5	481	1.7	2.4	509	1.5	2.3	440	2.5	3.1	257	1.8	2.5	1687

CES-D subscale 2: depressed affect (7 items. possible range 0-21)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.3	2.5	221	0.9	1.6	256	0.9	1.9	240	1.6	2.2	129	1.1	2.1	846
Female	1.5	2.3	259	1.6	2.5	254	1.3	2.1	200	1.7	2.6	128	1.5	2.4	841
Total	1.4	2.4	480	1.3	2.1	510	1.1	2.0	440	1.6	2.4	257	1.3	2.2	1687

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.8	2.6	221	2.7	2.5	256	2.6	2.5	240	3.4	2.7	129	2.8	2.6	846
Female	3.1	2.6	260	3.1	2.7	254	3.3	2.7	200	3.2	2.6	128	3.2	2.6	842
Total	3.0	2.6	481	2.9	2.6	510	2.9	2.6	440	3.3	2.6	257	3.0	2.6	1688

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.2	0.6	221	0.1	0.4	256	0.1	0.4	240	0.2	0.6	129	0.1	0.5	846
Female	0.2	0.7	260	0.2	0.6	254	0.1	0.4	200	0.3	0.8	128	0.2	0.6	842
Total	0.2	0.7	481	0.2	0.5	510	0.1	0.4	440	0.2	0.7	257	0.2	0.6	1688

CES-D: parameter of distribution using cutoff score (cutoff score=15/16)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Under score of 16	Male	203	91.9	243	94.9	228	95.0	112	86.8	786	92.9
	Female	236	91.1	226	89.3	180	90.0	112	87.5	754	89.8
	Total	439	91.5	469	92.1	408	92.7	224	87.2	1540	91.3
At and above score of 16	Male	18	8.1	13	5.1	12	5.0	17	13.2	60	7.1
	Female	23	8.9	27	10.7	20	10.0	16	12.5	86	10.2
	Total	41	8.5	40	7.9	32	7.3	33	12.8	146	8.7

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 including: 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 scores indicate higher life satisfaction.

LSI-K: total score of Life Satisfaction Index-K (9 items. possible range 0-9)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	5.7	1.9	221	5.8	1.9	255	5.9	2.1	239	5.1	2.2	129	5.7	2.0	844
Female	5.4	2.1	260	5.6	2.1	254	5.3	2.1	198	5.3	2.1	127	5.4	2.1	839

Total	5.5	2.0	481	5.7	2.0	509	5.6	2.1	437	5.2	2.1	256	5.5	2.1	1683
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LSI-K subscale 1: satisfaction with life as a whole (4 items. possible range 0-4)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	1.2	221	2.1	1.2	255	2.3	1.2	239	2.0	1.3	129	2.1	1.2	844
Female	1.9	1.2	260	2.1	1.2	254	2.1	1.2	198	2.4	1.3	127	2.1	1.2	839
Total	2.0	1.2	481	2.1	1.2	509	2.2	1.2	437	2.2	1.3	256	2.1	1.2	1683

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.0	0.9	221	2.0	0.9	256	2.0	0.9	240	2.0	0.9	129	2.0	0.9	846
Female	1.9	0.9	260	1.9	0.9	254	1.8	0.9	199	1.7	0.9	128	1.9	0.9	841
Total	1.9	0.9	481	2.0	0.9	510	1.9	0.9	439	1.9	0.9	257	1.9	0.9	1687

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.7	0.6	221	1.6	0.6	256	1.6	0.6	240	1.1	0.8	129	1.5	0.7	846
Female	1.6	0.7	260	1.6	0.6	254	1.4	0.8	199	1.1	0.8	128	1.5	0.7	841
Total	1.6	0.6	481	1.6	0.6	510	1.5	0.7	439	1.1	0.8	257	1.5	0.7	1687

3. Personality

1) the Japanese Version of Ten Item Personality Inventory (TIPI-J)

This scale comprises 10 items (7 options) measuring "Extraversion," "Agreeableness," "Conscientiousness," "Neuroticism," and "Openness" based on the Big Five personality theory.

TIPI-J subscale 1: Extraversion (2 items. possible range 2-14)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.2	2.7	221	8.0	2.5	256	8.2	2.3	240	7.9	2.0	129	8.1	2.4	846
Female	8.5	2.6	260	8.3	2.5	254	8.0	2.6	199	8.3	2.3	128	8.3	2.5	841
Total	8.4	2.7	481	8.2	2.5	510	8.1	2.4	439	8.1	2.1	257	8.2	2.5	1687

TIPI-J subscale 2: Agreeableness (2 items. possible range 2-14)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.5	1.9	221	10.5	1.8	256	10.9	1.8	240	10.6	1.7	129	10.6	1.8	846
Female	10.5	1.8	260	10.6	1.7	254	10.9	1.8	199	11.1	1.7	128	10.7	1.8	841
Total	10.5	1.8	481	10.6	1.7	510	10.9	1.8	439	10.8	1.7	257	10.7	1.8	1687

TIPI-J subscale 3: Conscientiousness (2 items. possible range 2-14)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.4	2.2	221	8.7	2.1	256	9.0	2.2	240	9.2	2.1	129	8.8	2.2	846

Female	7.9	2.1	260	8.4	2.2	254	8.8	2.0	199	9.1	2.0	128	8.4	2.2	841
Total	8.1	2.2	481	8.6	2.2	510	8.9	2.1	439	9.1	2.0	257	8.6	2.2	1687

TIPI-J subscale 4: Neuroticism (2 items. possible range 2-14)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	6.9	2.3	221	6.9	2.1	256	6.7	2.2	240	6.8	2.1	129	6.8	2.2	846
Female	7.9	2.4	260	7.6	2.3	254	7.2	2.1	199	7.2	2.0	128	7.5	2.3	841
Total	7.4	2.4	481	7.2	2.2	510	6.9	2.2	439	7.0	2.0	257	7.2	2.3	1687

TIPI-J subscale 5: Openness (2 items. possible range 2-14)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	8.6	2.3	221	8.6	2.2	256	8.7	2.3	240	7.9	2.1	128	8.5	2.2	845
Female	7.3	2.3	260	7.4	2.4	254	7.3	2.1	199	7.6	2.4	128	7.4	2.3	841
Total	7.9	2.4	481	8.0	2.4	510	8.1	2.3	439	7.8	2.3	256	7.9	2.4	1686

2) Psychological Well-Being Scale (PWB)

This scale comprises 43 items (6 options) to measure psychological well-being. This scale consists of 6 dimensions: personal growth, purpose in life, autonomy, self-acceptance, environmental mastery, and positive relations with others. Higher scores indicate higher well-being.

PWB subscale 1: personal growth (8 items. possible range 8-48)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	35.6	5.5	221	34.0	5.9	256	33.4	6.2	240	30.8	5.8	129	33.8	6.1	846
Female	34.2	5.9	259	32.6	6.6	254	31.7	7.0	199	30.8	6.6	127	32.6	6.6	839
Total	34.9	5.8	480	33.3	6.3	510	32.6	6.7	439	30.8	6.2	256	33.2	6.4	1685

PWB subscale 2: purpose in life (8 items. possible range 8-48)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	33.5	6.8	221	33.9	6.3	256	34.9	6.4	240	33.9	6.1	129	34.1	6.4	846
Female	32.0	7.0	260	32.8	6.6	254	33.2	6.8	199	32.8	6.4	128	32.6	6.7	841
Total	32.7	6.9	481	33.3	6.5	510	34.1	6.6	439	33.3	6.3	257	33.4	6.6	1687

PWB subscale 3: autonomy (8 items. possible range 8-48)

	50-59yr			60-69yr			70-79yr			80yr-			All		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	32.8	4.9	221	33.1	5.0	256	33.8	4.8	240	33.3	5.1	129	33.2	5.0	846
Female	31.6	5.6	260	32.1	5.0	254	33.0	5.2	199	32.5	4.8	128	32.2	5.2	841
All	32.1	5.3	481	32.6	5.0	510	33.5	5.0	439	32.9	5.0	257	32.7	5.1	1687

PWB subscale 4: self-acceptance (7 items. possible range 7-42)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	28.6	4.6	221	28.8	4.4	256	29.4	4.5	240	28.6	4.1	129	28.9	4.4	846

Female	27.5	4.8	260	27.8	4.8	254	28.4	4.7	198	29.1	4.4	128	28.1	4.7	840
Total	28.0	4.7	481	28.3	4.6	510	28.9	4.6	438	28.9	4.2	257	28.5	4.6	1686

PWB subscale 5: environmental mastery (6 items. possible range 6-36)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	25.0	3.9	221	24.7	3.5	256	25.3	3.8	240	24.3	3.9	129	24.9	3.8	846
Female	24.2	3.3	260	24.4	3.7	254	24.2	4.0	199	25.1	3.6	128	24.4	3.7	841
Total	24.6	3.6	481	24.5	3.6	510	24.8	3.9	439	24.7	3.8	257	24.7	3.7	1687

PWB subscale 6: positive relations with others (6 items. possible range 6-36)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	23.5	3.9	221	23.2	4.2	256	24.1	4.1	240	23.8	4.0	129	23.6	4.1	846
Female	23.9	4.0	260	23.7	4.1	254	24.2	4.1	199	24.7	4.0	128	24.0	4.1	841
Total	23.7	4.0	481	23.5	4.2	510	24.1	4.1	439	24.3	4.0	257	23.8	4.1	1687

3) Attitude toward Death Scale for the middle-aged and older Adults (ATDS-A)

Multidimensional attitudes toward death are measured using 31-item scale (5 options). Five subscales and an extra two indices of the scale are as follows: fear of death, belief in existence of afterlife, intention to live out own life, 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.

NOTE: Construction of this scale was partially revised from the seventh wave.

ATDS-A subscale 1: fear of death (9 items. possible range 9-45)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.4	7.5	221	22.5	7.3	255	21.7	6.5	236	21.4	7.1	123	22.6	7.2	835
Female	23.7	7.6	257	22.1	7.2	251	21.1	6.7	189	21.2	6.3	120	22.2	7.1	817
Total	24.0	7.5	478	22.3	7.2	506	21.4	6.6	425	21.3	6.7	243	22.4	7.2	1652

ATDS-A subscale 2: belief in existence of afterlife (4 items. possible range 4-20)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.5	3.6	221	10.3	3.7	255	9.3	3.8	236	10.1	4.0	123	10.0	3.8	835
Female	11.9	3.3	257	11.3	3.3	251	10.6	3.4	189	11.3	3.6	120	11.3	3.4	817
Total	11.2	3.5	478	10.8	3.5	506	9.9	3.7	425	10.7	3.9	243	10.7	3.7	1652

ATDS-A subscale 3: intention to live out own life (4 items. possible range 4-20)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	17.3	2.5	221	17.4	2.4	256	17.3	2.7	236	17.8	2.5	123	17.4	2.5	836
Female	17.8	2.6	257	17.5	2.6	251	18.1	2.2	189	18.6	2.0	120	17.9	2.5	817
Total	17.6	2.6	478	17.4	2.5	507	17.6	2.5	425	18.2	2.3	243	17.6	2.5	1653

ATDS-A subscale 4: meaning of death for life (5 items. possible range 5-25)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N

Male	15.0	3.6	221	15.6	3.3	255	15.4	3.4	236	16.0	3.3	123	15.5	3.4	835
Female	15.1	3.3	257	15.9	3.1	250	15.9	3.2	188	16.6	2.9	120	15.7	3.2	815
Total	15.0	3.4	478	15.8	3.2	505	15.6	3.3	424	16.3	3.1	243	15.6	3.3	1650

ATDS-A subscale 5: approval of death with dignity (3 items. possible range 3-15)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.8	1.8	221	12.7	2.0	255	12.7	1.8	236	12.7	2.0	123	12.7	1.9	835
Female	12.8	1.8	257	12.9	1.8	251	13.1	1.6	189	13.3	1.7	120	12.9	1.7	817
Total	12.8	1.8	478	12.8	1.9	506	12.9	1.7	425	13.0	1.9	243	12.8	1.8	1652

ATDS-A item 29: experience of thinking over death (1 item. possible range 1-5)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	2.7	1.2	221	2.7	1.1	256	2.5	1.0	237	2.7	1.1	123	2.7	1.1	837
Female	2.9	1.1	257	2.8	1.1	251	2.9	1.1	189	2.8	1.2	120	2.8	1.1	817
Total	2.8	1.1	478	2.8	1.1	507	2.7	1.1	426	2.7	1.1	243	2.8	1.1	1654

ATDS-A item 30: frequency of thinking about death (1 item. possible range 1-5)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	1.9	0.9	221	2.0	1.0	256	2.1	1.0	237	2.2	1.0	123	2.0	1.0	837
Female	2.0	0.9	257	2.2	1.0	250	2.3	1.0	189	2.3	1.0	120	2.2	1.0	816
Total	1.9	0.9	478	2.1	1.0	506	2.2	1.0	426	2.3	1.0	243	2.1	1.0	1653

4. Activities of Daily Living (ADL)

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

This scale comprises 13 items (2 options) to measure the higher-level competence (instrumental self-maintenance, intellectual activity, and social role) needed by older adults to live independently in the community. Higher scores indicate higher-level competence.

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	11.9	1.3	221	11.8	1.3	256	11.9	1.4	240	11.5	1.8	129	11.8	1.4	846
Female	11.9	1.2	260	12.2	1.0	254	12.2	1.2	200	11.6	2.3	129	12.0	1.4	843
Total	11.9	1.2	481	12.0	1.2	510	12.0	1.3	440	11.5	2.1	258	11.9	1.4	1689

2) Japan Science and Technology Agency Index of Competence (JST-IC)

This scale comprises 16 items (2 options) to measure their competence at a higher level (technology usage, information practice, life management, and social engagement) necessary for independent and active living for older adults who live alone. JST-IC items have properties that require higher functioning to execute compared with the TMIG-IC. Higher scores indicate higher-level competence. JST index of competence: total score of 16 items (possible range 0-16)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.8	2.3	221	12.6	2.4	256	12.5	2.9	240	10.2	3.5	129	12.2	2.9	846
Female	12.9	2.2	260	12.5	2.3	253	11.6	3.2	200	9.6	3.2	129	12.0	2.9	842
Total	12.9	2.3	481	12.5	2.4	509	12.1	3.0	440	9.9	3.4	258	12.1	2.9	1688

5. Intelligence and Cognitive Function

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 (120≤EIQ).

WAIS-R-SF: estimated intelligence quotient (EIQ)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	122.1	10.2	221	125.9	10.5	256	124.7	12.0	237	110.1	14.5	129	122.1	12.7	843
Female	121.9	10.7	260	125.7	11.3	254	121.5	12.0	200	108.1	15.2	125	120.9	13.2	839
Total	122.0	10.5	481	125.8	10.9	510	123.2	12.1	437	109.1	14.9	254	121.5	13.0	1682

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

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
low (EIQ<80)	Male	0	0.0	0	0.0	0	0.0	4	3.1	4	0.5
	Female	1	0.4	0	0.0	0	0.0	2	1.6	3	0.4
	Total	1	0.2	0	0.0	0	0.0	6	2.4	7	0.4
middle (80≤EIQ<120)	Male	90	40.7	69	27.0	79	33.3	92	71.3	330	39.1
	Female	92	35.4	64	25.2	70	35.0	95	76.0	321	38.3
	Total	182	37.8	133	26.1	149	34.1	187	73.6	651	38.7
high (120≤EIQ)	Male	131	59.3	187	73.0	158	66.7	33	25.6	509	60.4
	Female	167	64.2	190	74.8	130	65.0	28	22.4	515	61.4
	Total	298	62.0	377	73.9	288	65.9	61	24.0	1024	60.9

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	18.4	4.7	221	19.1	4.8	256	18.6	5.3	240	14.8	5.7	129	18.1	5.3	846
Female	17.0	5.5	260	18.0	5.5	254	16.2	5.8	200	13.4	6.3	126	16.6	5.9	840
Total	17.7	5.2	481	18.6	5.2	510	17.5	5.6	440	14.1	6.0	255	17.4	5.6	1686

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	19.2	3.3	221	18.3	4.2	256	17.0	4.7	239	13.0	5.6	129	17.4	4.8	845
Female	18.8	3.5	260	18.3	3.5	254	15.8	4.6	200	13.0	5.4	125	17.1	4.6	839
Total	19.0	3.4	481	18.3	3.9	510	16.5	4.7	439	13.0	5.5	254	17.2	4.7	1684

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.0	2.2	221	15.4	2.2	256	14.2	2.7	239	11.7	3.5	129	14.4	2.8	845
Female	15.0	2.2	260	15.1	2.2	254	13.6	2.9	200	10.8	3.3	126	14.1	3.0	840
Total	15.0	2.2	481	15.2	2.2	510	13.9	2.8	439	11.2	3.4	255	14.2	2.9	1685

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	70.9	10.4	221	63.6	11.3	256	53.6	11.4	238	40.4	11.1	129	59.1	15.0	844
Female	74.6	10.5	260	67.5	11.7	254	55.2	11.6	200	40.5	12.7	126	62.7	16.4	840
Total	72.9	10.6	481	65.5	11.6	510	54.3	11.5	438	40.4	11.9	255	60.9	15.8	1684

2) Short-term Memory Function

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

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	15.9	3.9	221	14.4	4.0	256	12.7	3.3	238	11.0	3.2	128	13.8	4.0	843
Female	15.5	3.9	259	13.9	3.8	254	11.7	3.6	199	10.5	3.1	127	13.3	4.1	839
Total	15.7	3.9	480	14.1	3.9	510	12.3	3.5	437	10.8	3.1	255	13.6	4.1	1682

3) Mini-Mental State Examination (MMSE)

MMSE is a brief, easily scored test of several cognitive functions. This scale comprises questions concerning orientation in place and time, immediate and delayed recall of three words, attention and calculation, language and praxis, and visual construction. Cognitive impaired person might fall in the total score of 23 or less in the scale.

MMSE: total score of 30 items (possible range 0-30)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	29.3	1.0	220	29.0	1.1	256	28.1	1.8	238	27.0	2.7	127	28.5	1.8	841
Female	29.4	0.9	260	29.1	1.1	254	28.5	1.7	200	27.3	2.9	126	28.8	1.7	840
Total	29.3	0.9	480	29.0	1.1	510	28.3	1.7	438	27.1	2.8	253	28.6	1.8	1681

MMSE: parameter of distribution using cutoff score (cutoff score=23/24)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Score of 24 and over	Male	220	100.0	255	99.6	233	97.9	114	89.8	822	97.7
	Female	260	100.0	254	100.0	196	98.0	114	90.5	824	98.1
	Total	480	100.0	509	99.8	429	97.9	228	90.1	1646	97.9
Score of 23 or less	Male	0	0.0	1	0.4	5	2.1	13	10.2	19	2.3
	Female	0	0.0	0	0.0	4	2.0	12	9.5	16	1.9
	Total	0	0.0	1	0.2	9	2.1	25	9.9	35	2.1

4) Episodic memory

As measures of episodic memory, 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.

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	24.4	7.1	221	22.0	6.5	255	18.3	6.5	240	12.9	6.7	129	20.2	7.7	845
Female	24.3	7.0	259	22.2	6.7	253	18.3	6.5	200	13.7	6.2	125	20.6	7.6	837
Total	24.3	7.0	480	22.1	6.6	508	18.3	6.5	440	13.3	6.5	254	20.4	7.6	1682

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

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	20.4	7.3	220	17.7	7.0	255	13.7	7.1	239	8.0	6.3	129	15.8	8.1	843
Female	19.8	7.0	259	17.9	7.0	253	13.2	6.9	200	8.0	6.0	124	15.9	8.0	836
Total	20.1	7.2	479	17.8	7.0	508	13.4	7.0	439	8.0	6.1	253	15.8	8.1	1679

6. Other measures

1) Life-events Checklist

By using a life event checklist (9 items), participants are asked to report the occurrence of each event between the 8th and 9th examinations in the NILS-LSA. Total number of events experienced is calculated by summing up the responses to the list.

Total number of life events experienced between 8th and 9th examinations (possible range 0-9)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	0.8	1.0	221	1.2	1.1	256	1.0	0.9	240	1.1	1.1	129	1.0	1.0	846
Female	1.1	1.0	260	1.2	1.1	254	1.3	1.2	199	1.1	1.1	128	1.2	1.1	841
Total	1.0	1.0	481	1.2	1.1	510	1.1	1.0	439	1.1	1.1	257	1.1	1.1	1687

2) Leisure activities

Leisure activities: Reading newspapers

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	17	7.7	15	5.9	15	6.3	4	3.1	51	6.0
	Female	38	14.6	17	6.7	7	3.5	10	7.9	72	8.6
	Total	55	11.4	32	6.3	22	5.0	14	5.5	123	7.3
Once or several times a year	Male	6	2.7	8	3.1	1	0.4	0	0.0	15	1.8
	Female	7	2.7	2	0.8	2	1.0	1	0.8	12	1.4
	Total	13	2.7	10	2.0	3	0.7	1	0.4	27	1.6
Once or several times a month	Male	8	3.6	10	3.9	2	0.8	1	0.8	21	2.5
	Female	7	2.7	9	3.5	1	0.5	2	1.6	19	2.3
	Total	15	3.1	19	3.7	3	0.7	3	1.2	40	2.4
Once a week	Male	10	4.5	9	3.5	2	0.8	0	0.0	21	2.5
	Female	14	5.4	16	6.3	2	1.0	0	0.0	32	3.8
	Total	24	5.0	25	4.9	4	0.9	0	0.0	53	3.1
Several times a week	Male	32	14.5	19	7.4	11	4.6	3	2.3	65	7.7
	Female	38	14.6	17	6.7	17	8.5	5	4.0	77	9.2
	Total	70	14.6	36	7.1	28	6.4	8	3.1	142	8.4
Everyday	Male	148	67.0	195	76.2	208	87.0	120	93.8	671	79.5
	Female	156	60.0	193	76.0	171	85.5	108	85.7	628	74.8
	Total	304	63.2	388	76.1	379	86.3	228	89.8	1299	77.1

Leisure activities: Reading books

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	19	8.6	30	11.7	28	11.7	8	6.3	85	10.1

	Female	20	7.7	15	5.9	21	10.5	11	8.7	67	8.0
	Total	39	8.1	45	8.8	49	11.2	19	7.5	152	9.0
Once or several times a year	Male	23	10.4	20	7.8	27	11.3	19	14.8	89	10.5
	Female	24	9.2	17	6.7	16	8.0	11	8.7	68	8.1
	Total	47	9.8	37	7.3	43	9.8	30	11.8	157	9.3
Once or several times a month	Male	34	15.4	53	20.7	46	19.2	27	21.1	160	19.0
	Female	67	25.8	51	20.1	38	19.0	27	21.4	183	21.8
	Total	101	21.0	104	20.4	84	19.1	54	21.3	343	20.4
Once a week	Male	52	23.5	45	17.6	30	12.6	16	12.5	143	16.9
	Female	39	15.0	59	23.2	33	16.5	16	12.7	147	17.5
	Total	91	18.9	104	20.4	63	14.4	32	12.6	290	17.2
Several times a week	Male	49	22.2	59	23.0	62	25.9	29	22.7	199	23.6
	Female	58	22.3	63	24.8	52	26.0	31	24.6	204	24.3
	Total	107	22.2	122	23.9	114	26.0	60	23.6	403	23.9
Everyday	Male	44	19.9	49	19.1	46	19.2	29	22.7	168	19.9
	Female	52	20.0	49	19.3	40	20.0	30	23.8	171	20.4
	Total	96	20.0	98	19.2	86	19.6	59	23.2	339	20.1

Leisure activities: Writing

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	132	59.7	128	50.0	84	35.1	35	27.3	379	44.9
	Female	120	46.2	111	43.7	63	31.5	38	30.2	332	39.5
	Total	252	52.4	239	46.9	147	33.5	73	28.7	711	42.2
Once or several times a year	Male	29	13.1	33	12.9	24	10.0	8	6.3	94	11.1
	Female	42	16.2	29	11.4	20	10.0	9	7.1	100	11.9
	Total	71	14.8	62	12.2	44	10.0	17	6.7	194	11.5
Once or several times a month	Male	13	5.9	24	9.4	22	9.2	8	6.3	67	7.9
	Female	26	10.0	29	11.4	21	10.5	7	5.6	83	9.9
	Total	39	8.1	53	10.4	43	9.8	15	5.9	150	8.9
Once a week	Male	18	8.1	27	10.5	20	8.4	9	7.0	74	8.8
	Female	22	8.5	22	8.7	16	8.0	4	3.2	64	7.6
	Total	40	8.3	49	9.6	36	8.2	13	5.1	138	8.2
Several times a week	Male	13	5.9	19	7.4	11	4.6	9	7.0	52	6.2
	Female	23	8.8	23	9.1	17	8.5	7	5.6	70	8.3
	Total	36	7.5	42	8.2	28	6.4	16	6.3	122	7.2
Everyday	Male	16	7.2	25	9.8	78	32.6	59	46.1	178	21.1
	Female	27	10.4	40	15.7	63	31.5	61	48.4	191	22.7
	Total	43	8.9	65	12.7	141	32.1	120	47.2	369	21.9

Leisure activities: Answering quizzes or solving crossword puzzles

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	92	41.6	86	33.6	81	33.9	47	36.7	306	36.3
	Female	77	29.6	44	17.3	37	18.5	33	26.2	191	22.7
	Total	169	35.1	130	25.5	118	26.9	80	31.5	497	29.5
Once or several times a year	Male	31	14.0	33	12.9	24	10.0	8	6.3	96	11.4
	Female	38	14.6	19	7.5	10	5.0	4	3.2	71	8.5

	Total	69	14.3	52	10.2	34	7.7	12	4.7	167	9.9
Once or several times a month	Male	33	14.9	37	14.5	34	14.2	14	10.9	118	14.0
	Female	36	13.8	41	16.1	19	9.5	11	8.7	107	12.7
	Total	69	14.3	78	15.3	53	12.1	25	9.8	225	13.4
Once a week	Male	38	17.2	60	23.4	53	22.2	29	22.7	180	21.3
	Female	55	21.2	81	31.9	59	29.5	27	21.4	222	26.4
	Total	93	19.3	141	27.6	112	25.5	56	22.0	402	23.9
Several times a week	Male	23	10.4	22	8.6	20	8.4	19	14.8	84	10.0
	Female	31	11.9	39	15.4	37	18.5	26	20.6	133	15.8
	Total	54	11.2	61	12.0	57	13.0	45	17.7	217	12.9
Everyday	Male	4	1.8	18	7.0	27	11.3	11	8.6	60	7.1
	Female	23	8.8	30	11.8	38	19.0	25	19.8	116	13.8
	Total	27	5.6	48	9.4	65	14.8	36	14.2	176	10.5

Leisure activities: Playing board games or cards

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	108	48.9	158	61.7	127	53.1	76	59.4	469	55.6
	Female	173	66.5	154	60.6	138	69.0	95	75.4	560	66.7
	Total	281	58.4	312	61.2	265	60.4	171	67.3	1029	61.1
Once or several times a year	Male	78	35.3	48	18.8	42	17.6	15	11.7	183	21.7
	Female	52	20.0	50	19.7	30	15.0	10	7.9	142	16.9
	Total	130	27.0	98	19.2	72	16.4	25	9.8	325	19.3
Once or several times a month	Male	15	6.8	18	7.0	22	9.2	10	7.8	65	7.7
	Female	10	3.8	25	9.8	12	6.0	5	4.0	52	6.2
	Total	25	5.2	43	8.4	34	7.7	15	5.9	117	6.9
Once a week	Male	5	2.3	9	3.5	10	4.2	13	10.2	37	4.4
	Female	6	2.3	8	3.1	7	3.5	5	4.0	26	3.1
	Total	11	2.3	17	3.3	17	3.9	18	7.1	63	3.7
Several times a week	Male	8	3.6	5	2.0	15	6.3	10	7.8	38	4.5
	Female	5	1.9	8	3.1	8	4.0	5	4.0	26	3.1
	Total	13	2.7	13	2.5	23	5.2	15	5.9	64	3.8
Everyday	Male	7	3.2	18	7.0	23	9.6	4	3.1	52	6.2
	Female	14	5.4	9	3.5	5	2.5	6	4.8	34	4.0
	Total	21	4.4	27	5.3	28	6.4	10	3.9	86	5.1

Leisure activities: Participating in organized group discussion

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	117	52.9	129	50.4	119	49.8	74	57.8	439	52.0
	Female	148	56.9	160	63.0	107	53.5	78	61.9	493	58.7
	Total	265	55.1	289	56.7	226	51.5	152	59.8	932	55.3
Once or several times a year	Male	55	24.9	47	18.4	40	16.7	20	15.6	162	19.2
	Female	63	24.2	40	15.7	31	15.5	11	8.7	145	17.3
	Total	118	24.5	87	17.1	71	16.2	31	12.2	307	18.2
Once or several times a month	Male	33	14.9	58	22.7	50	20.9	21	16.4	162	19.2
	Female	30	11.5	34	13.4	34	17.0	20	15.9	118	14.0
	Total	63	13.1	92	18.0	84	19.1	41	16.1	280	16.6

Once a week	Male	7	3.2	8	3.1	18	7.5	8	6.3	41	4.9
	Female	8	3.1	12	4.7	17	8.5	9	7.1	46	5.5
	Total	15	3.1	20	3.9	35	8.0	17	6.7	87	5.2
Several times a week	Male	7	3.2	12	4.7	9	3.8	5	3.9	33	3.9
	Female	11	4.2	6	2.4	11	5.5	8	6.3	36	4.3
	Total	18	3.7	18	3.5	20	4.6	13	5.1	69	4.1
Everyday	Male	2	0.9	2	0.8	3	1.3	0	0.0	7	0.8
	Female	0	0.0	2	0.8	0	0.0	0	0.0	2	0.2
	Total	2	0.4	4	0.8	3	0.7	0	0.0	9	0.5

Leisure activities: Playing musical instruments or singing in chorus

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	189	85.5	227	88.7	215	90.0	103	80.5	734	87.0
	Female	197	75.8	200	78.7	155	77.5	87	69.0	639	76.1
	Total	386	80.2	427	83.7	370	84.3	190	74.8	1373	81.5
Once or several times a year	Male	20	9.0	10	3.9	8	3.3	6	4.7	44	5.2
	Female	26	10.0	16	6.3	11	5.5	5	4.0	58	6.9
	Total	46	9.6	26	5.1	19	4.3	11	4.3	102	6.1
Once or several times a month	Male	3	1.4	7	2.7	7	2.9	11	8.6	28	3.3
	Female	5	1.9	19	7.5	16	8.0	15	11.9	55	6.5
	Total	8	1.7	26	5.1	23	5.2	26	10.2	83	4.9
Once a week	Male	3	1.4	2	0.8	5	2.1	2	1.6	12	1.4
	Female	7	2.7	7	2.8	6	3.0	8	6.3	28	3.3
	Total	10	2.1	9	1.8	11	2.5	10	3.9	40	2.4
Several times a week	Male	6	2.7	7	2.7	3	1.3	3	2.3	19	2.3
	Female	19	7.3	9	3.5	5	2.5	7	5.6	40	4.8
	Total	25	5.2	16	3.1	8	1.8	10	3.9	59	3.5
Everyday	Male	0	0.0	3	1.2	1	0.4	3	2.3	7	0.8
	Female	6	2.3	3	1.2	7	3.5	4	3.2	20	2.4
	Total	6	1.2	6	1.2	8	1.8	7	2.8	27	1.6

Leisure activities: Creative activity

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	148	67.0	159	62.1	159	66.5	82	64.1	548	64.9
	Female	130	50.0	133	52.4	88	44.0	63	50.0	414	49.3
	Total	278	57.8	292	57.3	247	56.3	145	57.1	962	57.1
Once or several times a year	Male	25	11.3	37	14.5	23	9.6	18	14.1	103	12.2
	Female	52	20.0	38	15.0	17	8.5	8	6.3	115	13.7
	Total	77	16.0	75	14.7	40	9.1	26	10.2	218	12.9
Once or several times a month	Male	36	16.3	41	16.0	27	11.3	10	7.8	114	13.5
	Female	38	14.6	32	12.6	33	16.5	26	20.6	129	15.4
	Total	74	15.4	73	14.3	60	13.7	36	14.2	243	14.4
Once a week	Male	7	3.2	9	3.5	14	5.9	8	6.3	38	4.5
	Female	23	8.8	19	7.5	32	16.0	12	9.5	86	10.2
	Total	30	6.2	28	5.5	46	10.5	20	7.9	124	7.4
Several times a week	Male	3	1.4	6	2.3	10	4.2	5	3.9	24	2.8

	Female	15	5.8	16	6.3	16	8.0	8	6.3	55	6.5
	Total	18	3.7	22	4.3	26	5.9	13	5.1	79	4.7
Everyday	Male	2	0.9	4	1.6	6	2.5	5	3.9	17	2.0
	Female	2	0.8	16	6.3	14	7.0	9	7.1	41	4.9
	Total	4	0.8	20	3.9	20	4.6	14	5.5	58	3.4

Leisure activities: Art appreciation

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	15	6.8	38	14.8	64	26.8	34	26.6	151	17.9
	Female	21	8.1	34	13.4	46	23.0	48	38.1	149	17.7
	Total	36	7.5	72	14.1	110	25.1	82	32.3	300	17.8
Once or several times a year	Male	60	27.1	60	23.4	63	26.4	31	24.2	214	25.4
	Female	94	36.2	82	32.3	60	30.0	26	20.6	262	31.2
	Total	154	32.0	142	27.8	123	28.0	57	22.4	476	28.3
Once or several times a month	Male	72	32.6	57	22.3	38	15.9	21	16.4	188	22.3
	Female	80	30.8	57	22.4	33	16.5	18	14.3	188	22.4
	Total	152	31.6	114	22.4	71	16.2	39	15.4	376	22.3
Once a week	Male	40	18.1	41	16.0	19	7.9	16	12.5	116	13.7
	Female	26	10.0	28	11.0	16	8.0	8	6.3	78	9.3
	Total	66	13.7	69	13.5	35	8.0	24	9.4	194	11.5
Several times a week	Male	20	9.0	37	14.5	30	12.6	9	7.0	96	11.4
	Female	20	7.7	37	14.6	26	13.0	15	11.9	98	11.7
	Total	40	8.3	74	14.5	56	12.8	24	9.4	194	11.5
Everyday	Male	14	6.3	23	9.0	25	10.5	17	13.3	79	9.4
	Female	19	7.3	16	6.3	19	9.5	11	8.7	65	7.7
	Total	33	6.9	39	7.6	44	10.0	28	11.0	144	8.6

Leisure activities: Using computers for communication

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	2	0.9	9	3.5	40	16.7	64	50.0	115	13.6
	Female	8	3.1	20	7.9	64	32.0	75	59.5	167	19.9
	Total	10	2.1	29	5.7	104	23.7	139	54.7	282	16.7
Once or several times a year	Male	0	0.0	3	1.2	2	0.8	5	3.9	10	1.2
	Female	1	0.4	1	0.4	4	2.0	2	1.6	8	1.0
	Total	1	0.2	4	0.8	6	1.4	7	2.8	18	1.1
Once or several times a month	Male	0	0.0	6	2.3	12	5.0	3	2.3	21	2.5
	Female	0	0.0	6	2.4	12	6.0	2	1.6	20	2.4
	Total	0	0.0	12	2.4	24	5.5	5	2.0	41	2.4
Once a week	Male	4	1.8	13	5.1	14	5.9	3	2.3	34	4.0
	Female	4	1.5	11	4.3	12	6.0	8	6.3	35	4.2
	Total	8	1.7	24	4.7	26	5.9	11	4.3	69	4.1
Several times a week	Male	17	7.7	27	10.5	24	10.0	11	8.6	79	9.4
	Female	16	6.2	36	14.2	29	14.5	5	4.0	86	10.2
	Total	33	6.9	63	12.4	53	12.1	16	6.3	165	9.8
Everyday	Male	198	89.6	198	77.3	147	61.5	42	32.8	585	69.3
	Female	231	88.8	180	70.9	79	39.5	34	27.0	524	62.4

Total 429 89.2 378 74.1 226 51.5 76 29.9 1109 65.9

Leisure activities: Playing individual sports

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	136	61.5	154	60.2	142	59.4	97	75.8	529	62.7
	Female	221	85.0	221	87.0	172	86.0	108	85.7	722	86.0
	Total	357	74.2	375	73.5	314	71.5	205	80.7	1251	74.3
Once or several times a year	Male	36	16.3	20	7.8	18	7.5	8	6.3	82	9.7
	Female	17	6.5	6	2.4	8	4.0	2	1.6	33	3.9
	Total	53	11.0	26	5.1	26	5.9	10	3.9	115	6.8
Once or several times a month	Male	19	8.6	31	12.1	28	11.7	9	7.0	87	10.3
	Female	6	2.3	9	3.5	4	2.0	1	0.8	20	2.4
	Total	25	5.2	40	7.8	32	7.3	10	3.9	107	6.4
Once a week	Male	14	6.3	27	10.5	19	7.9	4	3.1	64	7.6
	Female	7	2.7	9	3.5	8	4.0	7	5.6	31	3.7
	Total	21	4.4	36	7.1	27	6.2	11	4.3	95	5.6
Several times a week	Male	14	6.3	17	6.6	28	11.7	6	4.7	65	7.7
	Female	7	2.7	5	2.0	7	3.5	8	6.3	27	3.2
	Total	21	4.4	22	4.3	35	8.0	14	5.5	92	5.5
Everyday	Male	2	0.9	7	2.7	4	1.7	4	3.1	17	2.0
	Female	2	0.8	4	1.6	1	0.5	0	0.0	7	0.8
	Total	4	0.8	11	2.2	5	1.1	4	1.6	24	1.4

Leisure activities: Participating in team games

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	190	86.0	226	88.3	216	90.4	117	91.4	749	88.7
	Female	251	96.5	240	94.5	195	97.5	121	96.0	807	96.1
	Total	441	91.7	466	91.4	411	93.6	238	93.7	1556	92.4
Once or several times a year	Male	16	7.2	14	5.5	9	3.8	4	3.1	43	5.1
	Female	1	0.4	3	1.2	2	1.0	1	0.8	7	0.8
	Total	17	3.5	17	3.3	11	2.5	5	2.0	50	3.0
Once or several times a month	Male	10	4.5	7	2.7	1	0.4	2	1.6	20	2.4
	Female	2	0.8	4	1.6	0	0.0	0	0.0	6	0.7
	Total	12	2.5	11	2.2	1	0.2	2	0.8	26	1.5
Once a week	Male	3	1.4	4	1.6	5	2.1	3	2.3	15	1.8
	Female	3	1.2	1	0.4	2	1.0	3	2.4	9	1.1
	Total	6	1.2	5	1.0	7	1.6	6	2.4	24	1.4
Several times a week	Male	1	0.5	3	1.2	6	2.5	2	1.6	12	1.4
	Female	3	1.2	5	2.0	1	0.5	1	0.8	10	1.2
	Total	4	0.8	8	1.6	7	1.6	3	1.2	22	1.3
Everyday	Male	1	0.5	2	0.8	2	0.8	0	0.0	5	0.6
	Female	0	0.0	1	0.4	0	0.0	0	0.0	1	0.1
	Total	1	0.2	3	0.6	2	0.5	0	0.0	6	0.4

Leisure activities: Performing exercise

50-59yr 60-69yr 70-79yr 80yr- Total

		N	%	N	%	N	%	N	%	N	%
Nothing	Male	153	69.2	186	72.7	155	64.9	93	72.7	587	69.5
	Female	132	50.8	146	57.5	89	44.5	59	46.8	426	50.7
	Total	285	59.3	332	65.1	244	55.6	152	59.8	1013	60.2
Once or several times a year	Male	14	6.3	9	3.5	9	3.8	2	1.6	34	4.0
	Female	25	9.6	8	3.1	3	1.5	2	1.6	38	4.5
	Total	39	8.1	17	3.3	12	2.7	4	1.6	72	4.3
Once or several times a month	Male	10	4.5	4	1.6	11	4.6	5	3.9	30	3.6
	Female	22	8.5	17	6.7	20	10.0	6	4.8	65	7.7
	Total	32	6.7	21	4.1	31	7.1	11	4.3	95	5.6
Once a week	Male	16	7.2	19	7.4	7	2.9	11	8.6	53	6.3
	Female	33	12.7	28	11.0	33	16.5	16	12.7	110	13.1
	Total	49	10.2	47	9.2	40	9.1	27	10.6	163	9.7
Several times a week	Male	21	9.5	21	8.2	31	13.0	6	4.7	79	9.4
	Female	37	14.2	35	13.8	42	21.0	30	23.8	144	17.1
	Total	58	12.1	56	11.0	73	16.6	36	14.2	223	13.2
Everyday	Male	7	3.2	17	6.6	26	10.9	11	8.6	61	7.2
	Female	11	4.2	20	7.9	13	6.5	13	10.3	57	6.8
	Total	18	3.7	37	7.3	39	8.9	24	9.4	118	7.0

Leisure activities: Swimming

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	184	83.3	231	90.2	222	92.9	118	92.2	755	89.5
	Female	245	94.2	235	92.5	187	93.5	116	92.1	783	93.2
	Total	429	89.2	466	91.4	409	93.2	234	92.1	1538	91.3
Once or several times a year	Male	25	11.3	14	5.5	10	4.2	7	5.5	56	6.6
	Female	9	3.5	7	2.8	3	1.5	2	1.6	21	2.5
	Total	34	7.1	21	4.1	13	3.0	9	3.5	77	4.6
Once or several times a month	Male	1	0.5	1	0.4	4	1.7	0	0.0	6	0.7
	Female	1	0.4	1	0.4	5	2.5	3	2.4	10	1.2
	Total	2	0.4	2	0.4	9	2.1	3	1.2	16	1.0
Once a week	Male	3	1.4	4	1.6	1	0.4	1	0.8	9	1.1
	Female	3	1.2	5	2.0	1	0.5	2	1.6	11	1.3
	Total	6	1.2	9	1.8	2	0.5	3	1.2	20	1.2
Several times a week	Male	7	3.2	5	2.0	2	0.8	2	1.6	16	1.9
	Female	1	0.4	6	2.4	4	2.0	3	2.4	14	1.7
	Total	8	1.7	11	2.2	6	1.4	5	2.0	30	1.8
Everyday	Male	1	0.5	1	0.4	0	0.0	0	0.0	2	0.2
	Female	1	0.4	0	0.0	0	0.0	0	0.0	1	0.1
	Total	2	0.4	1	0.2	0	0.0	0	0.0	3	0.2

Leisure activities: Walking

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	84	38.0	74	28.9	50	20.9	25	19.5	233	27.6
	Female	111	42.7	95	37.4	48	24.0	36	28.6	290	34.5
	Total	195	40.5	169	33.1	98	22.3	61	24.0	523	31.1

Once or several times a year	Male	20	9.0	15	5.9	8	3.3	2	1.6	45	5.3
	Female	41	15.8	10	3.9	7	3.5	2	1.6	60	7.1
	Total	61	12.7	25	4.9	15	3.4	4	1.6	105	6.2
Once or several times a month	Male	25	11.3	29	11.3	17	7.1	11	8.6	82	9.7
	Female	28	10.8	34	13.4	17	8.5	8	6.3	87	10.4
	Total	53	11.0	63	12.4	34	7.7	19	7.5	169	10.0
Once a week	Male	27	12.2	26	10.2	27	11.3	8	6.3	88	10.4
	Female	24	9.2	36	14.2	28	14.0	11	8.7	99	11.8
	Total	51	10.6	62	12.2	55	12.5	19	7.5	187	11.1
Several times a week	Male	38	17.2	66	25.8	57	23.8	28	21.9	189	22.4
	Female	32	12.3	43	16.9	53	26.5	26	20.6	154	18.3
	Total	70	14.6	109	21.4	110	25.1	54	21.3	343	20.4
Everyday	Male	27	12.2	46	18.0	80	33.5	54	42.2	207	24.5
	Female	24	9.2	36	14.2	47	23.5	43	34.1	150	17.9
	Total	51	10.6	82	16.1	127	28.9	97	38.2	357	21.2

Leisure activities: Jogging

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	160	72.4	214	83.6	198	82.8	115	89.8	687	81.4
	Female	246	94.6	239	94.1	185	92.5	117	92.9	787	93.7
	Total	406	84.4	453	88.8	383	87.2	232	91.3	1474	87.5
Once or several times a year	Male	21	9.5	10	3.9	10	4.2	3	2.3	44	5.2
	Female	8	3.1	5	2.0	5	2.5	1	0.8	19	2.3
	Total	29	6.0	15	2.9	15	3.4	4	1.6	63	3.7
Once or several times a month	Male	17	7.7	11	4.3	10	4.2	1	0.8	39	4.6
	Female	1	0.4	2	0.8	4	2.0	1	0.8	8	1.0
	Total	18	3.7	13	2.5	14	3.2	2	0.8	47	2.8
Once a week	Male	10	4.5	5	2.0	5	2.1	4	3.1	24	2.8
	Female	3	1.2	3	1.2	1	0.5	2	1.6	9	1.1
	Total	13	2.7	8	1.6	6	1.4	6	2.4	33	2.0
Several times a week	Male	10	4.5	7	2.7	10	4.2	4	3.1	31	3.7
	Female	1	0.4	4	1.6	1	0.5	2	1.6	8	1.0
	Total	11	2.3	11	2.2	11	2.5	6	2.4	39	2.3
Everyday	Male	3	1.4	9	3.5	6	2.5	1	0.8	19	2.3
	Female	1	0.4	1	0.4	4	2.0	3	2.4	9	1.1
	Total	4	0.8	10	2.0	10	2.3	4	1.6	28	1.7

Leisure activities: Hiking or climbing

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	158	71.5	180	70.3	170	71.1	110	85.9	618	73.2
	Female	194	74.6	204	80.3	152	76.0	109	86.5	659	78.5
	Total	352	73.2	384	75.3	322	73.3	219	86.2	1277	75.8
Once or several times a year	Male	57	25.8	64	25.0	56	23.4	13	10.2	190	22.5
	Female	59	22.7	38	15.0	37	18.5	13	10.3	147	17.5
	Total	116	24.1	102	20.0	93	21.2	26	10.2	337	20.0
Once or several	Male	6	2.7	11	4.3	13	5.4	2	1.6	32	3.8

times a month	Female	6	2.3	12	4.7	10	5.0	4	3.2	32	3.8
	Total	12	2.5	23	4.5	23	5.2	6	2.4	64	3.8
Once a week	Male	0	0.0	1	0.4	0	0.0	2	1.6	3	0.4
	Female	1	0.4	0	0.0	1	0.5	0	0.0	2	0.2
	Total	1	0.2	1	0.2	1	0.2	2	0.8	5	0.3
Everyday	Male	0	0.0	0	0.0	0	0.0	1	0.8	1	0.1
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	0	0.0	0	0.0	1	0.4	1	0.1

Leisure activities: Fishing

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	168	76.0	212	82.8	203	84.9	115	89.8	698	82.7
	Female	247	95.0	247	97.2	198	99.0	124	98.4	816	97.1
	Total	415	86.3	459	90.0	401	91.3	239	94.1	1514	89.9
Once or several times a year	Male	41	18.6	24	9.4	24	10.0	6	4.7	95	11.3
	Female	13	5.0	7	2.8	1	0.5	2	1.6	23	2.7
	Total	54	11.2	31	6.1	25	5.7	8	3.1	118	7.0
Once or several times a month	Male	10	4.5	12	4.7	9	3.8	5	3.9	36	4.3
	Female	0	0.0	0	0.0	1	0.5	0	0.0	1	0.1
	Total	10	2.1	12	2.4	10	2.3	5	2.0	37	2.2
Once a week	Male	2	0.9	7	2.7	1	0.4	1	0.8	11	1.3
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	2	0.4	7	1.4	1	0.2	1	0.4	11	0.7
Several times a week	Male	0	0.0	1	0.4	1	0.4	0	0.0	2	0.2
	Female	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
	Total	0	0.0	1	0.2	1	0.2	0	0.0	2	0.1
Everyday	Male	0	0.0	0	0.0	1	0.4	1	0.8	2	0.2
	Female	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	1	0.4	2	0.1

Leisure activities: Gardening

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	100	45.2	75	29.3	37	15.5	18	14.1	230	27.3
	Female	110	42.3	65	25.6	27	13.5	34	27.0	236	28.1
	Total	210	43.7	140	27.5	64	14.6	52	20.5	466	27.7
Once or several times a year	Male	51	23.1	38	14.8	14	5.9	6	4.7	109	12.9
	Female	42	16.2	28	11.0	14	7.0	2	1.6	86	10.2
	Total	93	19.3	66	12.9	28	6.4	8	3.1	195	11.6
Once or several times a month	Male	39	17.6	48	18.8	40	16.7	16	12.5	143	16.9
	Female	36	13.8	40	15.7	18	9.0	15	11.9	109	13.0
	Total	75	15.6	88	17.3	58	13.2	31	12.2	252	15.0
Once a week	Male	25	11.3	39	15.2	39	16.3	26	20.3	129	15.3
	Female	28	10.8	37	14.6	36	18.0	16	12.7	117	13.9
	Total	53	11.0	76	14.9	75	17.1	42	16.5	246	14.6
Several times a week	Male	5	2.3	26	10.2	54	22.6	27	21.1	112	13.3
	Female	27	10.4	47	18.5	51	25.5	22	17.5	147	17.5

	Total	32	6.7	73	14.3	105	23.9	49	19.3	259	15.4
Everyday	Male	1	0.5	30	11.7	55	23.0	35	27.3	121	14.3
	Female	17	6.5	37	14.6	54	27.0	37	29.4	145	17.3
	Total	18	3.7	67	13.1	109	24.8	72	28.3	266	15.8

Leisure activities: Traveling

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	27	12.2	41	16.0	54	22.6	35	27.3	157	18.6
	Female	44	16.9	45	17.7	43	21.5	44	34.9	176	21.0
	Total	71	14.8	86	16.9	97	22.1	79	31.1	333	19.8
Once or several times a year	Male	158	71.5	168	65.6	148	61.9	75	58.6	549	65.0
	Female	181	69.6	164	64.6	134	67.0	68	54.0	547	65.1
	Total	339	70.5	332	65.1	282	64.2	143	56.3	1096	65.1
Once or several times a month	Male	35	15.8	43	16.8	34	14.2	15	11.7	127	15.0
	Female	34	13.1	41	16.1	21	10.5	12	9.5	108	12.9
	Total	69	14.3	84	16.5	55	12.5	27	10.6	235	14.0
Once a week	Male	1	0.5	4	1.6	2	0.8	3	2.3	10	1.2
	Female	1	0.4	2	0.8	2	1.0	1	0.8	6	0.7
	Total	2	0.4	6	1.2	4	0.9	4	1.6	16	1.0
Several times a week	Male	0	0.0	0	0.0	1	0.4	0	0.0	1	0.1
	Female	0	0.0	2	0.8	0	0.0	1	0.8	3	0.4
	Total	0	0.0	2	0.4	1	0.2	1	0.4	4	0.2

Leisure activities: Intellectual learning

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	102	46.2	120	46.9	120	50.2	81	63.3	423	50.1
	Female	151	58.1	145	57.1	118	59.0	74	58.7	488	58.1
	Total	253	52.6	265	52.0	238	54.2	155	61.0	911	54.1
Once or several times a year	Male	56	25.3	39	15.2	36	15.1	15	11.7	146	17.3
	Female	51	19.6	43	16.9	27	13.5	12	9.5	133	15.8
	Total	107	22.2	82	16.1	63	14.4	27	10.6	279	16.6
Once or several times a month	Male	34	15.4	35	13.7	30	12.6	18	14.1	117	13.9
	Female	27	10.4	32	12.6	31	15.5	19	15.1	109	13.0
	Total	61	12.7	67	13.1	61	13.9	37	14.6	226	13.4
Once a week	Male	9	4.1	24	9.4	16	6.7	3	2.3	52	6.2
	Female	11	4.2	17	6.7	14	7.0	10	7.9	52	6.2
	Total	20	4.2	41	8.0	30	6.8	13	5.1	104	6.2
Several times a week	Male	11	5.0	22	8.6	23	9.6	6	4.7	62	7.3
	Female	14	5.4	10	3.9	4	2.0	7	5.6	35	4.2
	Total	25	5.2	32	6.3	27	6.2	13	5.1	97	5.8
Everyday	Male	9	4.1	16	6.3	14	5.9	5	3.9	44	5.2
	Female	6	2.3	7	2.8	6	3.0	4	3.2	23	2.7
	Total	15	3.1	23	4.5	20	4.6	9	3.5	67	4.0

Leisure activities: Physical learning

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	136	61.5	149	58.2	128	53.6	73	57.0	486	57.6
	Female	161	61.9	161	63.4	100	50.0	75	59.5	497	59.2
	Total	297	61.7	310	60.8	228	51.9	148	58.3	983	58.4
Once or several times a year	Male	34	15.4	36	14.1	28	11.7	13	10.2	111	13.2
	Female	28	10.8	26	10.2	20	10.0	6	4.8	80	9.5
	Total	62	12.9	62	12.2	48	10.9	19	7.5	191	11.3
Once or several times a month	Male	17	7.7	18	7.0	16	6.7	13	10.2	64	7.6
	Female	26	10.0	20	7.9	11	5.5	5	4.0	62	7.4
	Total	43	8.9	38	7.5	27	6.2	18	7.1	126	7.5
Once a week	Male	19	8.6	16	6.3	22	9.2	9	7.0	66	7.8
	Female	17	6.5	16	6.3	28	14.0	15	11.9	76	9.0
	Total	36	7.5	32	6.3	50	11.4	24	9.4	142	8.4
Several times a week	Male	11	5.0	23	9.0	34	14.2	11	8.6	79	9.4
	Female	24	9.2	21	8.3	26	13.0	19	15.1	90	10.7
	Total	35	7.3	44	8.6	60	13.7	30	11.8	169	10.0
Everyday	Male	4	1.8	14	5.5	11	4.6	9	7.0	38	4.5
	Female	4	1.5	10	3.9	15	7.5	6	4.8	35	4.2
	Total	8	1.7	24	4.7	26	5.9	15	5.9	73	4.3

Leisure activities: Volunteer

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Nothing	Male	157	71.0	166	64.8	137	57.3	83	64.8	543	64.3
	Female	191	73.5	188	74.0	129	64.5	99	78.6	607	72.3
	Total	348	72.3	354	69.4	266	60.6	182	71.7	1150	68.3
Once or several times a year	Male	48	21.7	36	14.1	33	13.8	17	13.3	134	15.9
	Female	38	14.6	28	11.0	25	12.5	11	8.7	102	12.1
	Total	86	17.9	64	12.5	58	13.2	28	11.0	236	14.0
Once or several times a month	Male	12	5.4	33	12.9	33	13.8	15	11.7	93	11.0
	Female	16	6.2	22	8.7	19	9.5	6	4.8	63	7.5
	Total	28	5.8	55	10.8	52	11.8	21	8.3	156	9.3
Once a week	Male	3	1.4	10	3.9	14	5.9	7	5.5	34	4.0
	Female	7	2.7	9	3.5	14	7.0	5	4.0	35	4.2
	Total	10	2.1	19	3.7	28	6.4	12	4.7	69	4.1
Several times a week	Male	1	0.5	10	3.9	14	5.9	4	3.1	29	3.4
	Female	6	2.3	5	2.0	12	6.0	5	4.0	28	3.3
	Total	7	1.5	15	2.9	26	5.9	9	3.5	57	3.4
Everyday	Male	0	0.0	1	0.4	8	3.3	2	1.6	11	1.3
	Female	2	0.8	2	0.8	1	0.5	0	0.0	5	0.6
	Total	2	0.4	3	0.6	9	2.1	2	0.8	16	1.0

3. Work Family Balance Scale (WFB)

The WFB scale has 16 items (5 options) to measure conflict and facilitation between work and family life bidirectionally (work-to-family, family-to-work). This scale consists of 4 subscales: work-to-family conflict, family-to-work conflict, work-to-family facilitation, and family-to-work facilitation. Higher score of WFC means higher interrole conflict. And higher score of WFF means more positive facilitation. Only participants who have job respond to this scale.

WFB subscale 1: work-to-family conflict (5 items, possible range 5-25/ only employed person)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	12.9	4.5	216	11.1	3.9	202	11.4	4.3	94	9.5	4.3	15	11.8	4.3	527
Female	12.0	4.3	212	11.2	4.0	143	11.0	4.6	42	10.3	5.0	9	11.6	4.3	406
Total	12.5	4.4	428	11.2	4.0	345	11.3	4.4	136	9.8	4.5	24	11.7	4.3	933

WFB subscale 2: family-to-work conflict (5 items, possible range 5-25/ only employed person)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.0	3.5	216	8.8	3.2	202	9.0	3.4	94	9.9	4.9	15	9.0	3.4	527
Female	10.5	4.3	212	9.7	3.7	143	9.8	3.8	42	7.9	2.9	8	10.1	4.0	405
Total	9.8	4.0	428	9.2	3.4	345	9.2	3.6	136	9.2	4.4	23	9.5	3.7	932

WFB subscale 3: work-to-family facilitation (3 items, possible range 3-15/ only employed person)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	9.2	2.2	216	8.9	2.4	202	9.3	2.4	93	8.1	3.4	15	9.1	2.4	526
Female	8.5	2.3	212	8.8	2.3	143	9.5	2.3	42	9.9	1.9	9	8.7	2.3	406
Total	8.9	2.3	428	8.9	2.4	345	9.4	2.3	135	8.8	3.0	24	8.9	2.4	932

WFB subscale 4: family-to-work facilitation (3 items, possible range 3-15/ only employed person)

	50-59yr			60-69yr			70-79yr			80yr-			Total		
	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male	10.0	2.3	216	9.8	2.4	202	10.0	2.6	94	8.9	3.6	15	9.9	2.5	527
Female	9.4	2.4	212	9.5	2.3	143	10.0	2.2	42	10.4	1.9	9	9.5	2.3	406
Total	9.7	2.4	428	9.6	2.4	345	10.0	2.5	136	9.5	3.1	24	9.7	2.4	933

7. Background examinations

State of employment

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Inoccupation	Male	4	1.8	51	19.9	142	59.2	110	85.3	307	36.3
	Female	9	3.5	19	7.5	47	23.5	70	54.3	145	17.2
	Total	13	2.7	70	13.7	189	43.0	180	69.8	452	26.8
Housewife or househusband	Male	1	0.5	3	1.2	3	1.3	4	3.1	11	1.3
	Female	39	15.0	92	36.2	111	55.5	49	38.0	291	34.5
	Total	40	8.3	95	18.6	114	25.9	53	20.5	302	17.9
Regular employment	Male	186	84.2	57	22.3	11	4.6	1	0.8	255	30.1
	Female	54	20.8	19	7.5	5	2.5	0	0.0	78	9.3
	Total	240	49.9	76	14.9	16	3.6	1	0.4	333	19.7
Non-regular employment	Male	2	0.9	96	37.5	52	21.7	5	3.9	155	18.3
	Female	140	53.8	107	42.1	29	14.5	3	2.3	279	33.1
	Total	142	29.5	203	39.8	81	18.4	8	3.1	434	25.7
Others (self-management, worker in agriculture, forestry and fishery, etc.)	Male	28	12.7	49	19.1	32	13.3	9	7.0	118	13.9
	Female	18	6.9	17	6.7	8	4.0	7	5.4	50	5.9
	Total	46	9.6	66	12.9	40	9.1	16	6.2	168	9.9

Present job (only employed person)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Specialist (doctor, lawyer, researcher, engineer, teacher, artist, journalist, etc)	Male	36	16.7	33	16.3	8	8.4	1	6.7	78	14.8
	Female	41	19.3	29	20.3	7	16.7	3	30.0	80	19.7
	Total	77	18.0	62	18.0	15	10.9	4	16.0	158	16.9
Administrative position (higher grade than chief in office, stationmaster, head in school, etc)	Male	67	31.0	29	14.4	7	7.4	0	0	103	19.5
	Female	6	2.8	2	1.4	0	0	0	0	8	2.0
	Total	73	17.1	31	9.0	7	5.1	0	0	111	11.9
Office work (company, bank, government office, etc)	Male	29	13.4	22	10.9	4	4.2	1	6.7	56	10.6
	Female	64	30.2	25	17.5	6	14.3	0	0	95	23.3
	Total	93	21.7	47	13.6	10	7.3	1	4.0	151	16.1
Engagement in service or selling (clerk, salesman, beauty artist, caterer, etc)	Male	9	4.2	13	6.4	10	10.5	2	13.3	34	6.4
	Female	46	21.7	49	34.3	9	21.4	1	10.0	105	25.8
	Total	55	12.9	62	18.0	19	13.9	3	12.0	139	14.9
Engagement in skilled or labor work (driver, engineering, construction, manufacture, processing, repairment, printing, etc)	Male	49	22.7	58	28.7	35	36.8	4	26.7	146	27.7
	Female	42	19.8	24	16.8	12	28.6	0	0	78	19.2
	Total	91	21.3	82	23.8	47	34.3	4	16.0	224	24.0
Engagement in security (policeman, fire officer, self- defence official)	Male	4	1.9	3	1.5	2	2.1	0	0	9	1.7
	Female	0	0	1	0.7	0	0	0	0	1	0.2
	Total	4	0.9	4	1.2	2	1.5	0	0	10	1.1
Worker in agriculture, forestry and fishery	Male	2	0.9	9	4.5	10	10.5	3	20.0	24	4.5
	Female	3	1.4	2	1.4	5	11.9	3	30.0	13	3.2
	Total	5	1.2	11	3.2	15	10.9	6	24.0	37	4.0
Self-management other than agriculture, forestry and fishery	Male	20	9.3	35	17.3	19	20.0	3	20.0	77	14.6
	Female	10	4.7	10	7.0	3	7.1	2	20.0	25	6.1
	Total	30	7.0	45	13.0	22	16.1	5	20.0	102	10.9
Others	Male	0	0	0	0	0	0	1	6.7	1	0.2
	Female	0	0	1	0.7	0	0	1	10.0	2	0.5
	Total	0	0	1	0.3	0	0	2	8.0	3	0.3

Working hours per one week (only employed person)

		50-59yr			60-69yr			70-79yr			80yr-			Total		
		Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N	Mean	SD	N
Male		47.8	9.0	216	33.6	15.5	202	27.1	15.9	95	23.3	19.2	15	37.9	15.9	528
Female		28.9	14.2	212	24.1	11.4	143	21.2	14.4	41	15.2	11.7	10	26.1	13.6	406
Total		38.4	15.1	428	29.7	14.7	345	25.3	15.6	136	20.0	16.8	25	32.8	16.0	934

Experience of retirement

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	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	1	0.8	1	0.1
	Total	0	0.0	0	0.0	0	0.0	1	0.4	1	0.1

Yes	Male	6	2.7	172	67.2	194	80.8	115	89.1	487	57.6
	Female	0	0.0	40	15.7	54	27.0	42	32.6	136	16.1
	Total	6	1.2	212	41.6	248	56.4	157	60.9	623	36.9
No	Male	215	97.3	84	32.8	46	19.2	14	10.9	359	42.4
	Female	260	100.0	214	84.3	146	73.0	86	66.7	706	83.7
	Total	475	98.8	298	58.4	192	43.6	100	38.8	1065	63.1

Retirement age (only retired person)

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
50-54yr	Male	1	16.7	2	1.2	1	0.5	1	0.9	5	1.0
	Female	0	0	1	2.5	0	0.0	1	2.4	2	1.5
	Total	1	16.7	3	1.4	1	0.4	2	1.3	7	1.1
55-59yr	Male	3	50.0	4	2.3	10	5.2	10	8.7	27	5.5
	Female	0	0	4	10.0	3	5.6	5	11.9	12	8.8
	Total	3	50.0	8	3.8	13	5.2	15	9.6	39	6.3
60-64yr	Male	2	33.3	145	84.3	132	68.0	84	73.0	363	74.5
	Female	0	0	26	65.0	33	61.1	31	73.8	90	66.2
	Total	2	33.3	171	80.7	165	66.5	115	73.2	453	72.7
65yr-	Male	0	0.0	21	12.2	51	26.3	20	17.4	92	18.9
	Female	0	0	9	22.5	18	33.3	5	11.9	32	23.5
	Total	0	0.0	30	14.2	69	27.8	25	15.9	124	19.9

Marital status

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Unmarried	Male	18	8.1	8	3.1	4	1.7	0	0.0	30	3.5
	Female	26	10.0	5	2.0	4	2.0	2	1.6	37	4.4
	Total	44	9.1	13	2.5	8	1.8	2	0.8	67	4.0
Already married (covers unregistered marriage)	Male	194	87.8	232	90.6	221	92.1	111	86.0	758	89.6
	Female	215	82.7	214	84.3	147	73.5	54	41.9	630	74.7
	Total	409	85.0	446	87.5	368	83.6	165	64.0	1388	82.2
Separation	Male	3	1.4	2	0.8	1	0.4	1	0.8	7	0.8
	Female	3	1.2	2	0.8	1	0.5	0	0.0	6	0.7
	Total	6	1.2	4	0.8	2	0.5	1	0.4	13	0.8
Divorced	Male	5	2.3	6	2.3	4	1.7	0	0.0	15	1.8
	Female	10	3.8	15	5.9	6	3.0	5	3.9	36	4.3
	Total	15	3.1	21	4.1	10	2.3	5	1.9	51	3.0
Bereavement	Male	1	0.5	8	3.1	10	4.2	17	13.2	36	4.3
	Female	6	2.3	18	7.1	42	21.0	68	52.7	134	15.9
	Total	7	1.5	26	5.1	52	11.8	85	32.9	170	10.1

State of habitation

		50-59yr		60-69yr		70-79yr		80yr-		險?	
		N	%	N	%	N	%	N	%	N	%
Living alone	Male	10	4.5	15	5.9	10	4.2	8	6.2	43	5.1
	Female	12	4.6	14	5.5	38	19.0	41	31.8	105	12.5
	Total	22	4.6	29	5.7	48	10.9	49	19.0	148	8.8

Living with Spouse only	Male	51	23.1	117	45.7	151	62.9	70	54.3	389	46.0
	Female	58	22.3	115	45.3	86	43.0	29	22.5	288	34.2
	Total	109	22.7	232	45.5	237	53.9	99	38.4	677	40.1
Others	Male	160	72.4	124	48.4	79	32.9	51	39.5	414	48.9
	Female	190	73.1	125	49.2	76	38.0	59	45.7	450	53.4
	Total	350	72.8	249	48.8	155	35.2	110	42.6	864	51.2

Sum of family annual income

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	1	0.5	2	0.8	3	1.3	3	2.3	9	1.1
	Female	2	0.8	2	0.8	7	3.5	11	8.5	22	2.6
	Total	3	0.6	4	0.8	10	2.3	14	5.4	31	1.8
Less than 1,500,000yen	Male	3	1.4	6	2.3	5	2.1	4	3.1	18	2.1
	Female	9	3.5	8	3.1	13	6.5	13	10.1	43	5.1
	Total	12	2.5	14	2.7	18	4.1	17	6.6	61	3.6
Between 1,500,000 and 2,490,000 yen	Male	1	0.5	17	6.6	26	10.8	15	11.6	59	7.0
	Female	10	3.8	24	9.4	27	13.5	25	19.4	86	10.2
	Total	11	2.3	41	8.0	53	12.0	40	15.5	145	8.6
Between 2,500,000 and 3,490,000 yen	Male	3	1.4	42	16.4	69	28.8	42	32.6	156	18.4
	Female	8	3.1	48	18.9	47	23.5	27	20.9	130	15.4
	Total	11	2.3	90	17.6	116	26.4	69	26.7	286	16.9
Between 3,500,000 and 4,490,000 yen	Male	11	5.0	43	16.8	43	17.9	24	18.6	121	14.3
	Female	19	7.3	35	13.8	33	16.5	20	15.5	107	12.7
	Total	30	6.2	78	15.3	76	17.3	44	17.1	228	13.5
Between 4,500,000 and 5,490,000 yen	Male	11	5.0	32	12.5	21	8.8	14	10.9	78	9.2
	Female	20	7.7	35	13.8	25	12.5	11	8.5	91	10.8
	Total	31	6.4	67	13.1	46	10.5	25	9.7	169	10.0
Between 5,500,000 and 6,490,000 yen	Male	16	7.2	21	8.2	27	11.3	3	2.3	67	7.9
	Female	17	6.5	28	11.0	14	7.0	3	2.3	62	7.4
	Total	33	6.9	49	9.6	41	9.3	6	2.3	129	7.6
Between 6,500,000 and 7,490,000 yen	Male	32	14.5	16	6.3	9	3.8	3	2.3	60	7.1
	Female	30	11.5	28	11.0	3	1.5	3	2.3	64	7.6
	Total	62	12.9	44	8.6	12	2.7	6	2.3	124	7.3
Between 7,500,000 and 8,490,000 yen	Male	26	11.8	18	7.0	6	2.5	6	4.7	56	6.6
	Female	28	10.8	15	5.9	11	5.5	3	2.3	57	6.8
	Total	54	11.2	33	6.5	17	3.9	9	3.5	113	6.7
Between 8,500,000 and 9,990,000 yen	Male	36	16.3	19	7.4	12	5.0	8	6.2	75	8.9
	Female	29	11.2	10	3.9	5	2.5	4	3.1	48	5.7
	Total	65	13.5	29	5.7	17	3.9	12	4.7	123	7.3
Between 10,000,000 and 19,990,000 yen	Male	76	34.4	34	13.3	13	5.4	6	4.7	129	15.2
	Female	81	31.2	18	7.1	13	6.5	8	6.2	120	14.2
	Total	157	32.6	52	10.2	26	5.9	14	5.4	249	14.7
20,000,000 yen or more	Male	5	2.3	6	2.3	6	2.5	1	0.8	18	2.1
	Female	7	2.7	3	1.2	2	1.0	1	0.8	13	1.5
	Total	12	2.5	9	1.8	8	1.8	2	0.8	31	1.8

Level of satisfaction in annual income

		50-59yr		60-69yr		70-79yr		80yr-		Total	
		N	%	N	%	N	%	N	%	N	%
Not recorded	Male	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	2	1.6	2	0.2
	Total	0	0.0	0	0.0	0	0.0	2	0.8	2	0.1
Very satisfied	Male	24	10.9	28	10.9	32	13.3	15	11.6	99	11.7
	Female	41	15.8	35	13.8	25	12.5	27	20.9	128	15.2
	Total	65	13.5	63	12.4	57	13.0	42	16.3	227	13.4
Satisfied	Male	88	39.8	86	33.6	93	38.8	44	34.1	311	36.8
	Female	84	32.3	96	37.8	81	40.5	52	40.3	313	37.1
	Total	172	35.8	182	35.7	174	39.5	96	37.2	624	36.9
Not determined	Male	44	19.9	80	31.3	73	30.4	40	31.0	237	28.0
	Female	68	26.2	75	29.5	68	34.0	29	22.5	240	28.5
	Total	112	23.3	155	30.4	141	32.0	69	26.7	477	28.2
Unsatisfied	Male	54	24.4	45	17.6	36	15.0	26	20.2	161	19.0
	Female	46	17.7	39	15.4	18	9.0	14	10.9	117	13.9
	Total	100	20.8	84	16.5	54	12.3	40	15.5	278	16.5
Very unsatisfied	Male	11	5.0	17	6.6	6	2.5	4	3.1	38	4.5
	Female	21	8.1	9	3.5	8	4.0	5	3.9	43	5.1
	Total	32	6.7	26	5.1	14	3.2	9	3.5	81	4.8