

Supplement B: Resilience among Older Individuals in the Face of Adversity: How Demographic and Trait Factors Impact Mental Health Constructs and their Temporal Dynamics

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Table SB1. Mean (M), standard deviation (SD) of mental well-being scores per subgroup at T1, T2, T3, T4 and T5.

	T1	T2	T3	T4	T5	Total
ALL	25.2, 4.09	25.4, 4.31	25.5, 4.24	25.6, 4.44	26.0, 4.48	25.5, 3.86
AGE						
<i>Young-old</i>	24.9, 4.02	25.0, 4.35	25.1, 4.21	25.1, 4.44	25.6, 4.55	25.1, 3.87
<i>Old-old</i>	25.6, 4.13	25.8, 4.22	26.0, 4.23	26.1, 4.40	26.4, 4.37	26.0, 3.80
<i>vs.</i>	$t(1268) = -3.21^{**}, d = -0.18$				$t(1268) = -3.26^{**}, d = -0.18$	$t(1268) = -3.87^{***}, d = -0.22$
EDU						
<i>Low/medium</i>	25.3, 4.24	25.5, 4.41	25.6, 4.35	25.8, 4.58	26.1, 4.66	25.7, 3.98
<i>High</i>	25.1, 3.80	25.1, 4.11	25.3, 4.04	25.3, 4.18	25.6, 4.13	25.3, 3.62
<i>vs.</i>	$t(1040)^a = 0.91, d = 0.05$				$t(1048)^a = 2.00^*, d = 0.11$	$t(1026.9)^a = 1.70, d = 0.10$
URB						
1. <i>Low</i>	25.9, 4.29	25.8, 4.53	26.1, 4.29	26.1, 4.43	26.6, 4.59	26.1, 3.93
2. <i>Mid</i>	25.0, 4.04	25.2, 4.20	25.7, 4.21	25.4, 4.47	25.6, 4.41	25.3, 3.85
3. <i>High</i>	25.0, 3.87	25.3, 4.22	25.3, 4.18	25.5, 4.38	25.9, 4.43	25.4, 3.73
1 vs. 2	$t(949) = 3.43^{***}, d = 0.23$				$t(949) = 3.21^{**}, d = 0.21$	$t(949) = 3.19^{**}, d = 0.21$
1 vs. 3	$t(681) = 3.04^{**}, d = 0.23$				$t(681) = 1.95^+, d = 0.15$	$t(681) = 2.44^*, d = 0.19$
2 vs. 3	$t(904) = 0.02, d = 0.002$				$t(904) = -0.93, d = -0.06$	$t(904) = -0.41, d = -0.03$
BRS						
1. <i>Low</i>	23.0, 3.64	23.2, 3.83	23.5, 4.02	23.3, 3.88	23.7, 4.16	23.3, 3.46
2. <i>Medium</i>	25.6, 3.59	25.9, 3.83	26.0, 3.79	26.0, 4.13	26.5, 4.05	26.0, 3.34
3. <i>High</i>	27.5, 3.70	27.6, 4.06	27.4, 3.88	28.0, 4.03	28.1, 4.08	27.7, 3.41
1 vs. 2	$t(883) = -10.7^{***}, d = -0.72$				$t(883) = -9.99^{***}, d = -0.67$	$t(883) = -11.6^{***}, d = -0.78$
1 vs. 3	$t(845) = -18.0^{***}, d = -1.24$				$t(845) = -15.4^{***}, d = -1.06$	$t(845) = -18.6^{***}, d = -1.28$
2 vs. 3	$t(806) = -7.58^{***}, d = -0.53$				$t(806) = -5.62^{***}, d = -0.40$	$t(806) = -7.31^{***}, d = -0.51$
PAS						
1. <i>Low</i>	23.4, 3.51	23.7, 3.81	23.7, 3.83	23.9, 3.89	24.3, 4.12	23.8, 3.39
2. <i>Medium</i>	25.5, 3.66	25.7, 3.96	25.8, 3.87	25.9, 4.24	26.3, 4.26	25.8, 3.47
3. <i>High</i>	27.8, 3.99	27.8, 4.27	28.0, 3.98	27.9, 4.41	28.2, 4.21	27.9, 3.63
1 vs. 2	$t(943) = -9.14^{***}, d = -0.60$				$t(943) = -7.30^{***}, d = -0.48$	$t(943) = -9.23^{***}, d = -0.60$
1 vs. 3	$t(625.1)^a = -16.4^{***}, d = -1.20$				$t(836) = -13.5^{***}, d = -0.96$	$t(836) = -16.9^{***}, d = -1.20$
2 vs. 3	$t(664.7)^a = -8.13^{***}, d = -0.60$				$t(755) = -6.36^{***}, d = -0.47$	$t(755) = -8.08^{***}, d = -0.59$

^aUnequal variances, hence, a Welch's t-test was used. $0.05 < ^+p < 0.09$, $*p < .05$, $**p < .01$, $***p < .001$

Table SB2. Mean (M) and standard deviation (SD) of depression scores per subgroup at T1, T2, T3, T4 and T5.

	T1	T2	T3	T4	T5	Total
ALL	1.77, 0.84	1.75, 0.83	1.69, 0.84	1.66, 0.85	1.61, 0.83	1.70, 0.77
AGE						
<i>Young-old</i>	1.82, 0.86	1.80, 0.87	1.72, 0.87	1.69, 0.87	1.61, 0.83	1.73, 0.78
<i>Old-old</i>	1.73, 0.81	1.69, 0.78	1.67, 0.81	1.64, 0.82	1.60, 0.84	1.66, 0.75
<i>vs.</i>	$t(1268) = 1.96, d = 0.11$				$t(1268) = 0.22, d = 0.01$	$t(1268) = 1.48, d = 0.08$
EDU						
<i>Low/medium</i>	1.79, 0.86	1.76, 0.85	1.71, 0.85	1.69, 0.87	1.63, 0.85	1.71, 0.79
<i>High</i>	1.75, 0.79	1.72, 0.78	1.67, 0.82	1.63, 0.79	1.58, 0.79	1.67, 0.73
<i>vs.</i>	$t(1268) = 0.86, d = 0.05$				$t(1268) = 0.97, d = 0.06$	$t(1268) = 0.99, d = 0.06$
URB						
1. <i>Low</i>	1.66, 0.78	1.66, 0.79	1.61, 0.79	1.55, 0.78	1.48, 0.73	1.59, 0.71
2. <i>Mid</i>	1.81, 0.84	1.79, 0.83	1.72, 0.85	1.70, 0.86	1.68, 0.88	1.74, 0.79
3. <i>High</i>	1.83, 0.89	1.77, 0.86	1.76, 0.86	1.72, 0.87	1.62, 0.83	1.74, 0.79
1 vs. 2	$t(816.8)^a = -2.78^{**}, d = -0.18$				$t(869.7)^a = -3.80^{***}, d = -0.24$	$t(829.6)^a = -2.99^{**}, d = -0.19$
1 vs. 3	$t(636.2)^a = -2.63^{**}, d = -0.20$				$t(681) = -2.24^*, d = -0.17$	$t(644.9)^a = -2.52^*, d = -0.19$
2 vs. 3	$t(904) = -0.34, d = -0.02$				$t(904) = 1.11, d = 0.08$	$t(904) = 0.04, d = 0.003$
BRS						
1. <i>Low</i>	2.22, 0.96	2.17, 0.93	2.11, 0.96	2.08, 0.99	1.98, 0.95	2.11, 0.87
2. <i>Medium</i>	1.65, 0.70	1.63, 0.71	1.59, 0.72	1.56, 0.72	1.52, 0.74	1.59, 0.64
3. <i>High</i>	1.37, 0.51	1.37, 0.55	1.31, 0.54	1.29, 0.51	1.26, 0.55	1.32, 0.46
1 vs. 2	$t(843.6)^a = 10.1^{***}, d = 0.67$				$t(859.3)^a = 8.12^{***}, d = 0.54$	$t(842.4) = 10.2^{***}, d = 0.68$
1 vs. 3	$t(728.4)^a = 16.5^{***}, d = 1.08$				$t(758.2)^a = 13.67^{***}, d = 0.90$	$t(724.7)^a = 16.9^{***}, d = 1.10$
2 vs. 3	$t(770.1)^a = 6.68^*, d = 0.46$				$t(777.2)^a = 5.59^{***}, d = 0.39$	$t(768.3)^a = 6.91^{***}, d = 0.48$
PAS						
1. <i>Low</i>	1.99, 0.93	1.97, 0.93	1.90, 0.92	1.89, 0.96	1.79, 0.90	1.91, 0.86
2. <i>Medium</i>	1.72, 0.79	1.66, 0.76	1.65, 0.79	1.56, 0.74	1.54, 0.80	1.62, 0.70
3. <i>High</i>	1.50, 0.62	1.50, 0.64	1.43, 0.67	1.44, 0.69	1.41, 0.69	1.46, 0.60
1 vs. 2	$t(943.0)^a = 4.95^{***}, d = 0.32$				$t(940.6)^a = 4.64^{***}, d = 0.30$	$t(941.8)^a = 5.66^{***}, d = 0.36$
1 vs. 3	$t(834.8)^a = 9.18^{***}, d = 0.60$				$t(804.8)^a = 6.98^{***}, d = 0.47$	$t(828.9)^a = 9.04^{***}, d = 0.59$
2 vs. 3	$t(754.3)^a = 4.17^{***}, d = 0.30$				$t(739.3)^a = 2.40^*, d = 0.17$	$t(742.6)^a = 3.57^*, d = 0.26$

^aUnequal variances, hence, a Welch's t-test was used. $0.05 < ^+p < 0.09$, $*p < .05$, $**p < .01$, $***p < .001$

Table SB3. Mean (M) and standard deviation (SD) of anxiety scores per subgroup at T1, T2, T3, T4 and T5.

	T1	T2	T3	T4	T5	Total
ALL	1.65, 0.81	1.62, 0.80	1.56, 0.78	1.54, 0.79	1.48, 0.77	1.57, 0.72
AGE						
<i>Young-old</i>	1.68, 0.83	1.65, 0.83	1.57, 0.79	1.57, 0.80	1.50, 0.78	1.59, 0.73
<i>Old-old</i>	1.62, 0.79	1.59, 0.78	1.55, 0.77	1.52, 0.77	1.46, 0.76	1.54, 0.70
<i>vs.</i>	$t(1268) = 1.41, d = 0.08$				$t(1268) = 0.88, d = 0.05$	$t(1268) = 1.21, d = 0.07$
EDU						
<i>Low/medium</i>	1.67, 0.85	1.64, 0.83	1.57, 0.81	1.56, 0.83	1.48, 0.78	1.59, 0.75
<i>High</i>	1.61, 0.74	1.60, 0.75	1.53, 0.73	1.50, 0.72	1.48, 0.76	1.54, 0.66
<i>vs.</i>	$t(1268) = 1.40, d = 0.08$				$t(1268) = -0.02, d = -0.001$	$t(1268) = 1.03, d = 0.06$
URB						
1. <i>Low</i>	1.54, 0.74	1.55, 0.74	1.50, 0.73	1.45, 0.70	1.38, 0.67	1.48, 0.64
2. <i>Mid</i>	1.67, 0.81	1.65, 0.82	1.57, 0.81	1.58, 0.83	1.51, 0.81	1.60, 0.75
3. <i>High</i>	1.73, 0.87	1.65, 0.83	1.60, 0.78	1.58, 0.81	1.53, 0.81	1.62, 0.74
1 vs. 2	$t(949) = -2.54^*, d = -0.17$				$t(873.0)^a = -2.71^{**}, d = -0.17$	$t(949) = -2.53^*, d = -0.16$
1 vs. 3	$t(627.9)^a = -3.06^{***}, d = -0.24$				$t(618.1)^a = -2.50^*, d = -0.19$	$t(629.2)^a = -2.49^*, d = -0.19$
2 vs. 3	$t(904) = -0.99, d = -0.07$				$t(904) = -0.22, d = -0.02$	$t(904) = -0.35, d = -0.02$
BRS						
1. <i>Low</i>	2.11, 0.95	2.03, 0.93	1.95, 0.92	1.94, 0.95	1.84, 0.93	1.97, 0.84
2. <i>Medium</i>	1.52, 0.66	1.51, 0.66	1.45, 0.66	1.43, 0.65	1.38, 0.67	1.46, 0.59
3. <i>High</i>	1.24, 0.41	1.26, 0.50	1.20, 0.42	1.19, 0.42	1.16, 0.38	1.21, 0.36
1 vs. 2	$t(824.1)^a = 10.8^{***}, d = 0.72$				$t(841.2)^a = 8.53^{***}, d = 0.57$	$t(824.8)^a = 10.7^{***}, d = 0.71$
1 vs. 3	$t(649.1)^a = 17.7^{***}, d = 1.15$				$t(634.0)^a = 14.4^{***}, d = 0.93$	$t(643.6)^a = 17.7^{***}, d = 1.15$
2 vs. 3	$t(712.9)^a = 7.23^{***}, d = 0.50$				$t(676.1)^a = 5.75^{***}, d = 0.39$	$t(705.7)^a = 7.34^{***}, d = 0.51$
PAS						
1. <i>Low</i>	1.84, 0.89	1.80, 0.88	1.75, 0.88	1.71, 0.87	1.61, 0.87	1.74, 0.80
2. <i>Medium</i>	1.60, 0.78	1.57, 0.77	1.50, 0.74	1.48, 0.74	1.49, 0.73	1.52, 0.68
3. <i>High</i>	1.41, 0.62	1.42, 0.63	1.33, 0.58	1.37, 0.66	1.30, 0.62	1.37, 0.55
1 vs. 2	$t(941.4)^a = 4.50^{***}, d = 0.29$				$t(943.0)^a = 3.21^{**}, d = 0.21$	$t(942.9)^a = 4.66^{***}, d = 0.30$
1 vs. 3	$t(828.6)^a = 8.35^{***}, d = 0.55$				$t(825.5)^a = 6.07^{***}, d = 0.40$	$t(831.4)^a = 8.07^{***}, d = 0.53$
2 vs. 3	$t(752.8)^a = 3.76^{***}, d = 0.27$				$t(744.0)^a = 2.97^{**}, d = 0.21$	$t(752.1)^a = 3.39^{**}, d = 0.24$

^aUnequal variances, hence, a Welch's t-test was used. $0.05 < ^+p < 0.09$, $*p < .05$, $**p < .01$, $***p < .001$

Table SB4. Mean (M) and standard deviation (SD) of loneliness scores per subgroup at T1, T2, T3, T4 and T5.

	T1	T2	T3	T4	T5	Total
ALL	2.27, 0.73	2.25, 0.75	2.21, 0.76	2.17, 0.78	2.10, 0.78	2.20, 0.70
AGE						
<i>Young-old</i>	2.33, 0.76	2.31, 0.80	2.24, 0.79	2.22, 0.82	2.15, 0.81	2.25, 0.73
<i>Old-old</i>	2.20, 0.68	2.19, 0.69	2.17, 0.72	2.10, 0.74	2.06, 0.75	2.15, 0.65
<i>vs.</i>	$t(1257.7)^a = 3.09^{**}, d = 0.17$				$t(1268) = 1.96^+, d = 0.11$	$t(1257.3)^a = 2.67^{**}, d = 0.15$
EDU						
<i>Low/medium</i>	2.29, 0.74	2.25, 0.76	2.21, 0.77	2.17, 0.81	2.09, 0.80	2.20, 0.72
<i>High</i>	2.24, 0.70	2.25, 0.70	2.21, 0.72	2.16, 0.73	2.13, 0.73	2.20, 0.66
<i>vs.</i>	$t(1268) = 1.11, d = 0.06$				$t(1029)^a = -0.95, d = -0.05$	$t(1268) = 0.051, d = 0.003$
URB						
<i>1. Low</i>	2.18, 0.69	2.17, 0.69	2.09, 0.72	2.05, 0.69	1.98, 0.74	2.10, 0.64
<i>2. Mid</i>	2.30, 0.73	2.28, 0.76	2.25, 0.77	2.20, 0.81	2.15, 0.80	2.24, 0.71
<i>3. High</i>	2.31, 0.76	2.27, 0.79	2.26, 0.75	2.22, 0.82	2.16, 0.78	2.24, 0.72
<i>1 vs. 2</i>	$t(949) = -2.42^*, d = -0.16$				$t(949) = -3.30^{***}, d = -0.22$	$t(833.8)^a = -3.16^{**}, d = -0.21$
<i>1 vs. 3</i>	$t(681)^a = -2.21, d = -0.17$				$t(681) = -3.02^{**}, d = -0.23$	$t(641.1)^a = -2.80^*, d = -0.22$
<i>2 vs. 3</i>	$t(904) = -0.14, d = -0.01$				$t(904) = -0.09, d = -0.006$	$t(904) = -0.12, d = -0.008$
BRS						
<i>1. Low</i>	2.53, 0.78	2.49, 0.79	2.48, 0.79	2.43, 0.86	2.35, 0.85	2.45, 0.75
<i>2. Medium</i>	2.20, 0.70	1.21, 0.73	2.14, 0.73	2.11, 0.73	2.07, 0.75	2.15, 0.66
<i>3. High</i>	2.03, 0.58	1.98, 0.62	1.96, 0.62	1.91, 0.63	1.85, 0.64	1.95, 0.55
<i>1 vs. 2</i>	$t(882.8)^a = 6.52^{***}, d = 0.44$				$t(882.4)^a = 5.09^{***}, d = 0.34$	$t(882.0)^a = 6.44^{***}, d = 0.43$
<i>1 vs. 3</i>	$t(835.0)^a = 10.72^{***}, d = 0.72$				$t(837.92)^a = 9.78^{***}, d = 0.61$	$t(833.1)^a = 11.3^{***}, d = 0.76$
<i>2 vs. 3</i>	$t(798.6)^a = 3.91^{***}, d = 0.27$				$t(802.5)^a = 4.62^{***}, d = 0.32$	$t(799.9)^a = 4.69^{***}, d = 0.33$
PAS						
<i>1. Low</i>	2.47, 0.76	2.49, 0.78	2.42, 0.77	2.29, 0.80	2.31, 0.79	2.41, 0.71
<i>2. Medium</i>	2.20, 0.70	2.20, 0.70	2.15, 0.70	2.10, 0.74	2.05, 0.75	2.14, 0.65
<i>3. High</i>	2.05, 0.64	1.99, 0.67	1.94, 0.70	1.90, 0.71	1.85, 0.72	1.95, 0.62
<i>1 vs. 2</i>	$t(935.6)^a = 5.74^{***}, d = 0.37$				$t(929.7)^a = 5.33^{***}, d = 0.35$	$t(935.6)^a = 6.12^{***}, d = 0.40$
<i>1 vs. 3</i>	$t(770.3)^a = 8.63^{***}, d = 0.59$				$t(736.8)^a = 8.73^{***}, d = 0.40$	$t(755.5)^a = 9.95^{***}, d = 0.68$
<i>2 vs. 3</i>	$t(755) = 3.01^{**}, d = 0.22$				$t(755)^a = 3.60^{***}, d = 0.26$	$t(755) = 4.08^{***}, d = 0.30$

^aUnequal variances, hence, a Welch's t-test was used. $0.05 < ^+p < 0.09$, $*p < .05$, $**p < .01$, $***p < .001$

Table SB5. F-statistics and p-values of time and subgroup differences among the overall mental health variables scores

	Mental well-being	Depression	Anxiety	Loneliness
AGE				
<i>AGE</i>	F(1, 1268) = 15.00***, $\eta_p^2 = .012$	F(1, 1268) = 2.20, $\eta_p^2 = .002$	F(1, 1268) = 1.47, $\eta_p^2 = .001$	F(1, 1268) = 7.12***, $\eta_p^2 = .006$
<i>time</i>	F(4, 5072) = 20.27***, $\eta_p^2 = .016$	F(4, 5072) = 38.04***, $\eta_p^2 = .029$	F(4, 5072) = 41.17***, $\eta_p^2 = .031$	F(4, 5072) = 46.82***, $\eta_p^2 = .036$
<i>time*AGE</i>	F(4, 5072) = 0.48, $\eta_p^2 < .001$	F(4, 5072) = 2.97*, $\eta_p^2 = .002^b$	F(4, 5072) = 0.67, $\eta_p^2 < .001$	F(4, 5072) = 1.48, $\eta_p^2 = .001$
EDU				
<i>EDU</i>	F(1,1268) = 2.75, $\eta_p^2 = .002$	F(1,1268) = 0.98, $\eta_p^2 < .001$	F(1,1268) = 1.07, $\eta_p^2 < .001$	F(1,1268) = 0.00, $\eta_p^2 < .001$
<i>time</i>	F(4, 5072) = 20.28***, $\eta_p^2 = .016$	F(4, 5072) = 38.22***, $\eta_p^2 = .029$	F(4, 5072) = 41.19***, $\eta_p^2 = .031$	F(4, 5072) = 46.86***, $\eta_p^2 = .036$
<i>time*EDU</i>	F(4, 5072) = 0.80, $\eta_p^2 < .001$	F(4, 5072) = 0.26, $\eta_p^2 < .001$	F(4, 5072) = 1.47, $\eta_p^2 = .001$	F(4, 5072) = 2.52*, $\eta_p^2 < .001^a$
URB				
<i>URB</i>	F(2, 1267) = 5.55**, $\eta_p^2 = .009$	F(2, 1267) = 4.78, $\eta_p^2 = .007$	F(2, 1267) = 3.77*, $\eta_p^2 = .006$	F(2, 1267) = 5.51**, $\eta_p^2 = .009$
<i>time</i>	F(4, 5068) = 20.27***, $\eta_p^2 = .016$	F(4, 5068) = 38.29***, $\eta_p^2 = .029$	F(4, 5068) = 41.20***, $\eta_p^2 = .031$	F(4, 5068) = 46.80***, $\eta_p^2 = .036$
<i>time*URB</i>	F(8, 5068) = 0.82, $\eta_p^2 < .001$	F(8, 5068) = 1.86, $\eta_p^2 = .003$	F(8, 5068) = 1.28, $\eta_p^2 = .002$	F(8, 5068) = 1.05, $\eta_p^2 = .002$
BRS				
<i>BRS</i>	F(2, 1267) = 180.95***, $\eta_p^2 = .222$	F(2, 1267) = 145.70***, $\eta_p^2 = .187$	F(2, 1267) = 159.30***, $\eta_p^2 = .201$	F(2, 1267) = 62.60***, $\eta_p^2 = .090$
<i>time</i>	F(4, 5068) = 20.31***, $\eta_p^2 = .016$	F(4, 5068) = 36.48***, $\eta_p^2 = .028$	F(4, 5068) = 38.87***, $\eta_p^2 = .030$	F(4, 5068) = 46.64***, $\eta_p^2 = .036$
<i>time*BRS</i>	F(8, 5068) = 1.93, $\eta_p^2 = .003$	F(8, 5068) = 2.06*, $\eta_p^2 = .003$	F(8, 5068) = 3.59*, $\eta_p^2 = .006$	F(8, 5068) = 0.94, $\eta_p^2 = .001$
PAS				
<i>PAS</i>	F(2, 1267) = 144.81***, $\eta_p^2 = .186$	F(2, 1267) = 40.27***, $\eta_p^2 = .060$	F(2, 1267) = 30.26***, $\eta_p^2 = .046$	F(2, 1267) = 50.36***, $\eta_p^2 = .074$
<i>time</i>	F(4, 5068) = 20.17***, $\eta_p^2 = .016$	F(4, 5068) = 33.86***, $\eta_p^2 = .026$	F(4, 5068) = 36.16***, $\eta_p^2 = .028$	F(4, 5068) = 46.89***, $\eta_p^2 = .036$
<i>time*PAS</i>	F(8, 5068) = 0.83, $\eta_p^2 = .001$	F(8, 5068) = 2.22*, $\eta_p^2 = .003$	F(8, 5068) = 2.44*, $\eta_p^2 = .004$	F(8, 5068) = 0.96, $\eta_p^2 = .002$

^a Despite a significant interaction term, no significant differences between subgroups were found at the separate time-points (all p 's < .05).

^b This seems to suggest that, over time, the age difference in depression was slowly eliminated, but based on the analysis at T1 (see Table SB1), there was no difference to begin with.