**Online Supplementary Appendix**

**Table 1.** Demographic and clinical characteristic of all 925 respondents

|  |  |  |
| --- | --- | --- |
| **Variables:** | **Count** | **Percentage** |
| ***Dependent Variable*** |  |  |
| **CESD Depressive symptom score (range = 8, 32) (n=899)** |  |  |
| Yes | 433 | 48.16% |
| No | 466 | 51.84% |
|  |  |  |
| ***Independent variables*** |  |  |
| **Gender (n=925)** |  |  |
| Male | 368 | 39.78% |
| Female | 557 | 60.22% |
|  |  |  |
| **Age (years) (range= 55-95) (n=925)** |  |  |
| Median (IQR) | 71 (12) | - |
| 55-59 | 66 | 7.14% |
| 60-69 | 348 | 37.62% |
| 70-79 | 401 | 43.35% |
| 80 and above | 110 | 11.89% |
|  |  |  |
| **Ethnic Group (n=925)** |  |  |
| Chinese | 704 | 76.11% |
| Malay | 122 | 13.19% |
| Indian | 72 | 7.78% |
| Eurasian | 17 | 1.84% |
| Others | 10 | 1.08% |
|  |  |  |
| **Marital Status (n=925)** |  |  |
| Married/Domestic partner | 444 | 48.00% |
| Separated/Divorced | 68 | 7.35% |
| Widowed | 245 | 26.49% |
| Never married | 168 | 18.16% |
|  |  |  |
| **Living Arrangement (n=925)** |  |  |
| Not living alone | 536 | 57.95% |
| Living alone | 389 | 42.05% |
|  |  |  |
| **Highest Education Level (n=923)** |  |  |
| No education | 168 | 18.20% |
| Low (primary, secondary, ITE/vocational) | 645 | 69.88% |
| High (polytechnic, junior college, university, post-graduate degree | 110 | 11.92% |
|  |  |  |
| **MSPSS (points) (range= 12- 60) (n=846)** |  |  |
| Median (IQR) | 46 (9) | - |
| 1st quantile (Least social support) | 221 | 26.12% |
| 2nd quantile | 225 | 26.60% |
| 3rd quantile | 214 | 25.30% |
| 4th quantile | 186 | 21.99% |
|  |  |  |
| **Self-perceived general health (n= 925)** |  |  |
| Overall health |  |  |
| Very Poor/Poor | 82 | 8.86% |
| Fair | 339 | 36.65% |
| Good/ Excellent | 504 | 54.49% |
| Mental health |  |  |
| Very Poor/Poor | 27 | 2.92% |
| Fair | 220 | 23.78% |
| Good/ Excellent | 678 | 73.30% |
| Physical health |  |  |
| Very Poor/Poor | 103 | 11.14% |
| Fair | 328 | 35.46% |
| Good/ Excellent | 494 | 53.41% |
|  |  |  |
| **NES (points) (range= 16-50) (n=868)** |  |  |
| Median (IQR) | 39 (6) | - |
| 1st quantile (Least favorable NES score) | 227 | 26.15% |
| 2nd quantile | 222 | 25.58% |
| 3rd quantile | 246 | 28.34% |
| 4th quantile | 173 | 19.93% |
|  |  |  |
| **SA type (n=925)** |  |  |
| Independent | 601 | 64.97% |
| Integrated | 324 | 35.03% |
|  |  |  |
| **Life Satisfaction (points) (range= 390-1200) (n=925)** |  |  |
| Median (IQR) | 0.71 (0.16) |  |
| 1st quantile (Least life satisfaction) | 237 | 25.62% |
| 2nd quantile | 230 | 24.86% |
| 3rd quantile | 249 | 26.92% |
| 4th quantile | 209 | 22.59% |
|  |  |  |
| **Exercise (points) (range= 0- 8) (n=911)** |  |  |
| Median (IQR) | 2 (2) |  |
| 1st quantile (Least regular exercise) | 372 | 40.83% |
| 2nd quantile | 84 | 9.22% |
| 3rd quantile | 248 | 27.22% |
| 4th quantile | 207 | 22.72% |
|  |  |  |
| **Medical conditions present (n=925)** |  |  |
| Arthritis or rheumatism | 170 | 18.38% |
| Asthma | 53 | 5.73% |
| Cancer or Leukemia | 40 | 4.32% |
| Cataract | 214 | 23.14% |
| Circulation trouble in arms or legs | 87 | 9.41% |
| Diabetes | 228 | 24.65% |
| Lung problems from smoking | 7 | 0.76% |
| Fits/Seizure/Epilepsy | 3 | 0.32% |
| Glaucoma | 29 | 3.14% |
| Heart problems | 118 | 12.72% |
| High blood pressure | 506 | 54.70% |
| Kidney disease | 25 | 2.70% |
| Liver disease | 9 | 0.97% |
| Urinary Tract disorder (incld prostate problem) | 30 | 3.24% |
| Parkinson's disease | 4 | 0.43% |
| Skin disorder (incld pressure sores, leg ulcers) | 42 | 4.54% |
| Cannot control bladder or bowel | 37 | 4% |
| Back pain | 148 | 16% |
| Depression | 32 | 3.46% |
| Gastro-intestinal problem | 38 | 4.11% |
| Memory problems or dementia | 36 | 3.89% |
| Hearing problem | 58 | 6.27% |
| General weakness | 94 | 10.16% |
| Stroke | 38 | 4.11% |
| High blood cholesterol | 440 | 47.57% |
| Osteoporosis, weak or fragile bones | 93 | 10.05% |
|  |  |  |
| **Difficulty in Instrumental Activities of Daily Living (IADL) (n=925)** |  |  |
| Long distance walking | 261 | 28.22% |
| Preparing hot meals | 45 | 4.86% |
| Shopping for groceries | 85 | 9.19% |
| Making phone call | 27 | 2.92% |
| Taking medications | 31 | 3.35% |
| Managing of money such as keeping track of expenses | 43 | 4.65% |
|  |  |  |
| **Difficulty in Basic Activities of Daily Living (BADL) (n=925)** |  |  |
| Dressing including putting on shoes and socks | 47 | 5.08% |
| Short distance walking | 102 | 11.03% |
| Bathing and showering | 58 | 6.27% |
| Eating such as cutting out your food | 18 | 1.95% |
| Getting in and out of bed | 55 | 5.95% |
| Using toilet including getting up and down | 74 | 8.00% |
|  |  |  |
| **Difficulty in Sensory functions (n=925)** |  |  |
| Vision including cannot read newspaper | 307 | 33.19% |
| Hearing including cannot hear your friend well | 77 | 8.32% |
|  |  |  |
| **Eldercare services and assistance engaged (n=925)** |  |  |
| Adult Day Care Centre | 6 | 0.65% |
| Day Rehabilitation Centre | 12 | 1.30% |
| Home Help Services | 11 | 1.19% |
| Befriending | 14 | 1.51% |
| Home Medical and Home Nursing | 7 | 0.76% |
| Home Therapy | 4 | 0.43% |
| Seniors’ Activity Centres / Neighbourhood Link | 239 | 25.84% |
| Counselling / Community Case Management Services | 15 | 1.62% |
| Seniors Mobility Fund | 3 | 0.32% |
| Special Assistance Fund | 7 | 0.76% |
| Land Transport Authority (LTA) Cares Fund | 1 | 0.11% |
| Handicare Cab Scheme | 3 | 0.32% |
| Ministry of Community Development, Youth and Sports (MCYS) Transportation Subsidy | 2 | 0.22% |

**Table 2.** Cronbach’s alpha for scales for outcome and predicting variables

**+** a Cronbach’s alpha of 0.7 or higher is considered as having good scale reliability

|  |  |
| --- | --- |
| Scale | Cronbach’s alpha**+** |
| Center for Epidemiologic Studies-Depression (CES-D) | 0.8542 |
| Neighbourhood Environment Scale (NES) | 0.8046 |
| Multidimensional Scale of Perceived Social Support (MSPSS) | 0.9173 |