Impact of Savoring Ability on the Relationship Between

Older Adults’ Activity Engagement and Well-Being

Online Appendix

*Activity Engagement Subscales*

|  |  |  |
| --- | --- | --- |
| “These questions are about the activities in your life now. Please indicate how often you do each activity.” | | |
| Activity | Mean | *SD* |
| *Social*  Do activities with grandchildren, great grandchildren, etc.  Go to sport, social, or other club  Attend meetings of non-religious organizations, such as political, community, or other interest groups  Participate in a local community arts group  *Productive*  Care for sick/disabled adult  Volunteer work with children  Any other volunteer/charity work  Attend education/training  Work on a hobby or project  *Physical*  Play sports/exercise  Walk for 20 minutes or more  *Leisure*  Read  Watch TV  Play word games  Play cards or games  *Other*  Pray privately  Do writing  Use a computer  Do home/car maintenance or gardening  Bake or cook something special  Make clothes, knit, embroider, etc. | 1.41  2.24  1.71  1.27  0.77  0.52  2.37  1.69  2.48  4.34  4.21  5.75  5.72  3.25  2.28  3.40  2.60  4.98  1.87  1.73  0.90 | 1.28  1.85  1.41  1.73  1.66  1.01  1.94  1.58  2.15  1.89  2.00  0.83  0.94  2.50  2.13  2.58  2.03  2.02  2.10  1.75  1.71 |

Table A

*Fixed Effects for Models with Activity Engagement and Savoring Predicting Well-being*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Life Satisfaction** | | | **Depression** | | | **Loneliness** | | | **Purpose** | | | **Health** | | |
| **Predictors** | ***Est.*** | ***SE*** | **β** | ***Est.*** | ***SE*** | **β** | ***Est.*** | ***SE*** | **β** | ***Est.*** | ***SE*** | **β** | ***Est.*** | ***SE*** | **β** |
| Intercept | 5.85\*\* | .03 | 5.85 | 1.25\*\* | .03 | 1.25 | 1.42\*\* | .01 | 1.42 | 4.71\*\* | .02 | 4.71 | 3.54\*\* | .02 | 3.54 |
| Age | .00 | .00 | .01 | .01\* | .00 | .07 | .00\* | .00 | .01 | -.02\*\* | .00 | -.11 | -.004\* | .00 | -.03 |
| Gender | .08\* | .04 | .08 | -.44\*\* | .05 | -.44 | -.06\*\* | .01 | -.06 | .19\*\* | .02 | .19 | .11\*\* | .03 | .11 |
| Education | -.09\* | .04 | -.09 | .24\*\* | .05 | .24 | .02 | .01 | .02 | -.24\*\* | .03 | -.24 | -.06\* | .03 | -.06 |
| Chronic | -.06\*\* | .01 | -.07 | .16\*\* | .02 | .19 | .01\* | .00 | .02 | -.06\*\* | .01 | -.07 | -.24\*\* | .01 | -.28 |
| Activity | .14\*\* | .03 | .10 | -.15\*\* | .03 | -.10 | -.07\*\* | .01 | -.05 | .25\*\* | .02 | .17 | .19\*\* | .02 | .13 |
| Savoring | .45\*\* | .02 | .40 | -.46\*\* | .03 | -.42 | -.15\*\* | .01 | -.14 | .41\*\* | .01 | .37 | .18\*\* | .01 | .16 |
| Activity x Savoring | -.07\* | .03 | -.04 | .15\*\* | .04 | .09 | .00 | .01 | .00 | -.05\* | .02 | -.03 | -.02 | .02 | -.01 |
| *Note.* \**p* < .05, \*\**p* < .001; Est. = Estimate; SE = Standard error; Gender (0 = Female, 1 = Male); Education (0 = college degree or more, 1 = less than college); Chronic = number of chronic conditions (0-7). | | | | | | | | | | | | | | | |

Table B

*Fixed Effects for Models with Age, Activity Engagement, and Savoring Predicting Well-being*

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Life Satisfaction** | | | **Depression** | | | **Loneliness** | | | **Purpose** | | | **Health** | | |
| **Predictors** | ***Est.*** | ***SE*** | **β** | ***Est.*** | ***SE*** | **β** | ***Est.*** | ***SE*** | **β** | ***Est.*** | ***SE*** | **β** | ***Est.*** | ***SE*** | **β** |
| Intercept | 5.85\*\* | .03 | 5.85 | 1.26\*\* | .03 | 1.26 | 1.42\*\* | .01 | 1.42 | 4.71\*\* | .02 | 4.71 | 3.53\*\* | .02 | 3.53 |
| Age | .00 | .00 | .00 | .01\* | .00 | .07 | .003\* | .00 | .02 | -.02\*\* | .00 | -.12 | -.01\* | .00 | -.03 |
| Gender | .09\* | .04 | .09 | -.44\*\* | .05 | -.44 | -.06\*\* | .01 | -.06 | .19\*\* | .02 | .19 | .11\*\* | .03 | .11 |
| Education | -.09\* | .04 | -.09 | .24\*\* | .05 | .24 | .02 | .01 | .02 | -.24\*\* | .03 | -.24 | -.06\* | .03 | -.06 |
| Chronic | -.06\*\* | .01 | -.07 | .16\*\* | .02 | .19 | .01\* | .00 | .02 | -.06\*\* | .01 | -.07 | -.24\*\* | .01 | -.28 |
| Activity | .14\*\* | .03 | .10 | -.15\*\* | .03 | -.10 | -.07\*\* | .01 | -.05 | .24\*\* | .02 | .17 | .19\*\* | .02 | .13 |
| Savoring | .46\*\* | .02 | .41 | -.47\*\* | .03 | -.42 | -.16\*\* | .01 | -.14 | .41\*\* | .01 | .37 | .18\*\* | .01 | .17 |
| Activity x Savoring | -.10\*\* | .03 | -.06 | .18\*\* | .04 | .11 | .01 | .01 | .00 | -.07\*\* | .02 | -.04 | -.03 | .02 | -.02 |
| Age x Activity | .00 | .00 | .00 | .01 | .00 | .03 | .00 | .00 | .00 | .00 | .00 | .01 | .00 | .00 | -.01 |
| Age x Savoring | -.01\*\* | .00 | -.06 | .01\* | .00 | .05 | .002\* | .00 | .01 | -.01\* | .00 | -.04 | .00 | .00 | -.02 |
| Age x Activity x Savoring | .01\* | .00 | .05 | -.01 | .01 | -.03 | -.003\* | .00 | -.01 | .00 | .00 | .01 | .01 | .00 | .02 |
| *Note.* \**p* < .05, \*\**p* < .001; Est. = Estimate; SE = Standard error; Gender (0 = Female, 1 = Male); Education (0 = college degree or more, 1 = less than college); Chronic = number of chronic conditions (0-7). | | | | | | | | | | | | | | | |