

Supplemental Table 1. *Descriptive Statistics, National Study of Midlife Development in the United States, 1995-2014 (N = 6,016 observations from 3,102 individuals)*

	Wave 1 (n = 3,034)	Wave 2 (n = 1,805)	Wave 3 (n = 1,177)
	Mean (SD), or %	Mean (SD), or %	Mean (SD), or %
<i>Self-rated health:</i>			
Poor	3.36%	3.94%	5.61%
Fair	12.20%	10.42%	13.44%
Good	34.99%	32.71%	32.65%
Very good	34.56%	37.58%	34.44%
Excellent	14.87%	15.35%	13.86%
<i>IADL limitations:</i>			
Not at all limited	33.93%	22.94%	18.33%
A little limited	44.14%	46.49%	42.54%
Somewhat to very limited	21.94%	30.57%	39.13%
<i>Chronic conditions:</i>			
Zero	23.04%	21.66%	16.67%
One	20.96%	17.89%	16.49%
Two	16.40%	19.56%	16.67%
Three	12.86%	14.18%	12.76%
Four	8.46%	9.86%	10.76%
Five	6.28%	6.09%	6.77%
Six	3.67%	3.93%	4.77%
Seven	2.74%	2.22%	3.91%
Eight	1.45%	1.33%	4.25%
Nine or more	4.13%	3.27%	6.94%
Psychological well-being	5.51 (0.79)	5.50 (0.81)	5.33 (0.75)
Positive affect	3.36 (0.74)	3.40 (0.71)	3.42 (0.72)
Age discrimination	7.65%	9.75%	8.24%
Other discrimination	53.56%	53.85%	52.34%
No discrimination	38.79%	36.40%	39.42%
Age	47.06 (13.12)	56.85 (12.62)	64.72 (11.37)
<i>Gender:</i>			
Female	51.52%	54.68%	53.27%
Male	48.48%	45.32%	46.73%
<i>Race:</i>			
White	85.23%	89.92%	91.33%
Black	6.62%	5.43%	4.59%
Other race	8.14%	4.65%	4.08%
<i>Education:</i>			
Less than high school	9.93%	7.10%	5.27%
High school degree	29.29%	27.23%	24.83%
Some college	31.20%	28.62%	29.59%
College degree	16.99%	18.86%	20.75%
Some education beyond college	12.60%	18.19%	19.56%
<i>Marital status:</i>			

Married	64.04%	67.37%	63.83%
Divorced/separated	18.46%	16.54%	16.68%
Widowed	5.93%	8.60%	11.91%
Never married	11.57%	7.49%	7.57%
<i>Parental status:</i>			
Has children	82.43%	87.04%	87.26%
No children	17.57%	12.96%	12.74%
<i>Employment status:</i>			
Employed	59.49%	49.28%	47.75%
Retired	15.72%	27.76%	29.12%
Not employed	24.79%	22.97%	23.13%
Neuroticism	2.25 (0.66)	2.09 (0.63)	2.10 (0.63)
Income ^a	\$14,609	\$25,969	\$25,234
	(\$7,050)	(\$17,798)	(\$21,161)
Social integration	4.67 (1.45)	4.86 (1.33)	4.85 (1.33)

^aIncome reported in U.S. dollars, calculated from the raw scores. Income was transformed into standardized scores for analysis.

Supplemental Table 2. *Analysis of Perceived Age Discrimination, Well-Being, and Health Over Two Decades (N = 6,016 observations from 3,102 individuals)*

	Between-persons results				
	PWB	Positive Affect	Self-Rated Health	IADL	Chronic Conditions
<i>Direct effects</i>	B (SE)	B (SE)	B (SE)	B (SE)	B (SE)
Psychological well-being	-	-	0.36*** (.08)	-0.45*** (.09)	-0.15* (.07)
Positive affect	-	-	0.79*** (.10)	-0.59*** (.10)	-0.73*** (.08)
Age discrimination ^a	-0.17*** (.05)	-0.17*** (.04)	-0.32** (.12)	0.52*** (.13)	0.58*** (.10)
Other discrimination ^a	-0.08** (.03)	-0.09** (.03)	-0.13* (.06)	0.25** (.07)	0.23*** (.06)
Age	-0.01*** (.00)	0.00 (.00)	-0.01 (.00)	0.04*** (.00)	0.02*** (.00)
Female ^g	0.09*** (.02)	0.04 (.02)	0.14** (.05)	0.30*** (.06)	0.20*** (.05)
Black ^h	0.09* (.04)	0.14*** (.04)	-0.50*** (.10)	0.26* (.11)	0.09 (.09)
Other race ^h	-0.02 (.04)	0.04 (.03)	-0.43*** (.09)	0.23* (.10)	0.08 (.08)
Less than high school ^b	-0.22*** (.04)	0.02 (.03)	-0.71*** (.09)	0.34** (.11)	0.24** (.08)
High school degree ^b	-0.06* (.03)	0.01 (.02)	-0.20** (.06)	0.28*** (.08)	-0.04 (.05)
College degree ^b	0.08* (.03)	-0.04 (.03)	0.26** (.08)	-0.10 (.08)	-0.18** (.07)
Education beyond college ^b	0.06 (.04)	-0.07* (.03)	0.50*** (.08)	-0.18 (.10)	-0.08 (.08)
Divorced/separated ^c	-0.14*** (.03)	-0.07* (.03)	-0.01 (.05)	0.03 (.08)	0.10 (.05)
Widowed ^c	-0.05 (.05)	-0.07 (.05)	0.04 (.08)	0.22 (.13)	-0.04 (.07)
Never married ^c	-0.20*** (.04)	-0.01 (.04)	-0.03 (.10)	0.07 (.12)	-0.05 (.09)
Has children ^d	-0.06 (.03)	-0.02 (.03)	-0.01 (.07)	0.04 (.10)	-0.02 (.08)
Retired ^e	0.12** (.05)	0.03 (.03)	-0.38*** (.10)	0.25* (.12)	0.17** (.07)
Not employed ^e	0.04 (.02)	-0.08* (.03)	-0.05 (.05)	0.09 (.08)	0.03 (.05)
Neuroticism	-0.44*** (.02)	-0.48*** (.02)	0.09 (.06)	-0.07 (.05)	0.18*** (.04)
Income ^f	0.12*** (.02)	0.04** (.02)	0.14*** (.03)	-0.18*** (.04)	-0.11** (.04)
Social integration	0.18*** (.01)	0.12*** (.01)	-0.08*** (.02)	0.05 (.03)	0.04 (.02)
<i>Indirect effects</i>					
Age discrimination → Psychological Well-Being			-0.06** (.02)	0.08** (.03)	0.03 (.01)
Age discrimination → Positive Affect			-0.13** (.04)	0.10** (.03)	0.12*** (.04)
<i>Total Effects</i>					
Age discrimination			-0.51*** (.12)	0.69*** (.14)	0.72*** (.11)
<i>Covariances</i>					
Positive affect	0.07*** (.01)	-	-	-	-

IADL	-	-	-0.58*** (.04)	-	-
Chronic conditions	-	-	-0.38*** (.03)	0.51*** (.04)	-
Within-persons results					
	PWB	Positive Affect	Self-Rated Health	IADL	Chronic Conditions
<i>Direct effects</i>	B (SE)	B (SE)	B (SE)	B (SE)	B (SE)
Psychological well-being	-	-	0.12* (.05)	-0.19*** (.05)	-0.08 (.04)
Positive affect	-	-	0.23*** (.04)	-0.22*** (.04)	-0.28*** (.04)
Age discrimination ^a	-0.08* (.04)	-0.10* (.04)	-0.06 (.09)	0.31** (.11)	0.15 (.08)
Other discrimination ^a	-0.08** (.02)	-0.07** (.02)	0.06 (.06)	0.20** (.07)	0.11* (.05)
Age	-0.02*** (.00)	-0.002* (.00)	-0.02*** (.00)	0.06*** (.00)	0.03*** (.00)
Less than high school ^b	0.15* (.07)	0.02 (.03)	-0.42* (.20)	0.00 (.21)	0.24** (.08)
High school degree ^b	0.00 (.04)	0.01 (.02)	0.19 (.11)	-0.11 (.12)	-0.04 (.05)
College degree ^b	0.08 (.07)	0.14* (.06)	0.03 (.15)	-0.10 (.08)	-0.18** (.07)
Education beyond college ^b	0.00 (.07)	-0.07* (.03)	0.45* (.18)	-0.34 (.19)	-0.49** (.17)
Divorced/separated ^c	-0.12** (.04)	-0.05 (.04)	-0.01 (.05)	-0.28* (.11)	0.10 (.05)
Widowed ^c	-0.10 (.05)	-0.09 (.05)	0.04 (.08)	0.14 (.15)	-0.04 (.07)
Never married ^c	0.04 (.08)	-0.01 (.04)	-0.03 (.10)	-0.62** (.21)	-0.05 (.09)
Has children ^d	-0.06 (.03)	-0.02 (.03)	-0.01 (.07)	-0.57*** (.16)	-0.23 (.14)
Retired ^e	0.01 (.04)	0.03 (.03)	-0.09 (.09)	0.10 (.11)	0.17** (.07)
Not employed ^e	0.04 (.02)	-0.05 (.03)	-0.05 (.05)	0.18* (.09)	0.03 (.05)
Neuroticism	-0.35*** (.02)	-0.39*** (.02)	-0.15** (.05)	-0.07 (.05)	0.18*** (.04)
Income ^f	-0.01 (.02)	0.01 (.02)	0.02 (.04)	-0.03 (.05)	-0.02 (.04)
Social integration	0.11*** (.01)	0.06*** (.01)	0.01 (.02)	-0.01 (.03)	-0.02 (.02)
<i>Indirect effects</i>					
Age discrimination → Psychological Well-Being			-0.01 (.01)	0.02 (.01)	0.01 (.00)
Age discrimination → Positive Affect			-0.02* (.01)	0.02* (.01)	0.03* (.01)
<i>Total Effects</i>					
Age discrimination			-0.09 (.03)	0.34** (.11)	0.18* (.09)
<i>Covariances</i>					
Positive affect	0.06*** (.00)	-	-	-	-
IADL	-	-	-0.26*** (.02)	-	-
Chronic conditions	-	-	-0.15*** (.02)	0.16*** (.02)	-
<i>Model fit</i>					

Chi-square; df	17.40; 24
CFI	1.00
RMSEA	0.00

^aReference group is No discrimination. ^bReference group is HS degree. ^cReference group is Married. ^dReference group is No children.

^eReference group is Employed. ^fStandardized variable. ^gReference group is male. ^hReference group is White.

* $p < .05$, ** $p < .01$, *** $p < .001$

Supplemental Table 3. *Sensitivity Analysis – Results of the Final Model with Perceived Age Discrimination Separated into Two Categories (N = 6,016 observations from 3,102 individuals)*

Between-persons results					
	PWB	Positive Affect	Self-Rated Health	IADL	Chronic Conditions
<i>Direct effects</i>	B (SE)	B (SE)	B (SE)	B (SE)	B (SE)
Psychological well-being	-	-	0.36*** (.08)	-0.45*** (.09)	-0.14 [†] (.07)
Positive affect	-	-	0.79*** (.10)	-0.58*** (.10)	-0.73*** (.08)
Age & other discrimination ^a	-0.25*** (.06)	-0.25*** (.06)	-0.43** (.15)	0.76*** (.17)	0.76*** (.13)
Age discrimination only ^a	-0.05 (.08)	-0.04 (.07)	-0.16 (.18)	0.23 (.20)	0.33* (.16)
Other discrimination ^a	-0.07** (.03)	-0.09** (.03)	-0.13* (.06)	0.25** (.07)	0.24*** (.06)
<i>Indirect effects</i>					
Age & other discrimination ^a → Psychological Well-Being			-0.09** (.03)	0.11** (.04)	0.04 [†] (.02)
Age discrimination only ^a → Psychological Well-Being			-0.02 (.03)	0.02 (.03)	0.01 (.01)
Age & other discrimination ^a → Positive Affect			-0.20*** (.05)	0.15** (.04)	0.18*** (.05)
Age discrimination only ^a → Positive Affect			-0.03 (.05)	0.02 (.04)	0.03 (.05)
<i>Total Effects</i>					
Age & other discrimination ^a			-0.72*** (.15)	1.02*** (.18)	0.98*** (.14)
Age discrimination only ^a			-0.21 (.18)	0.27 (.20)	0.37* (.16)
Within-persons results					
	PWB	Positive Affect	Self-Rated Health	IADL	Chronic Conditions
<i>Direct effects</i>	B (SE)	B (SE)	B (SE)	B (SE)	B (SE)
Psychological well-being	-	-	0.12* (.05)	-0.19*** (.05)	-0.08 [†] (.04)
Positive affect	-	-	0.23*** (.04)	-0.22*** (.04)	-0.27*** (.04)
Age & other discrimination ^a	-0.10* (.04)	-0.06 (.05)	-0.15 (.11)	0.33* (.14)	0.15 (.11)
Age discrimination only ^a	-0.04 (.05)	-0.14** (.06)	0.08 (.13)	0.27 [†] (.15)	0.17 (.12)
Other discrimination ^a	-0.08** (.02)	-0.07** (.02)	0.05 (.06)	0.20** (.07)	0.11* (.05)
<i>Indirect effects</i>					
Age & other discrimination ^a → Psychological Well-Being			-0.01 [†] (.01)	0.02* (.01)	0.01 (.01)
Age discrimination only ^a → Psychological Well-Being			-0.00 (.01)	0.01 (.01)	0.00 (.00)
Age & other discrimination ^a → Positive Affect			-0.02 (.01)	0.01 (.01)	0.02 (.01)
Age discrimination only ^a → Positive Affect			-0.03* (.01)	0.03* (.01)	0.04* (.02)
<i>Total Effects</i>					
Age & other discrimination ^a			-0.18 (.11)	0.36* (.15)	0.17 (.11)

Age discrimination only ^a	0.05 (.14)	0.31* (.15)	0.21 [†] (.12)
<i>Model Fit</i>			
Chi-square; df	17.42; 24		
CFI	1.00		
RMSEA	0.00		

^aReference group is No discrimination.

Note: All within-person models were adjusted for participants' education, marital status, parental status, employment status, income, neuroticism, and social integration. Between-persons models were further adjusted for gender and race.

* $p < .05$, ** $p < .01$, *** $p < .001$