

Supplementary Table 1

*Descriptive Statistics for Lipoproteins by Sex and Age*

Lipoproteins	Group		Cohen's <i>d</i>
	Sex		
	Men	Women	
Cholesterol			
Total	207.18 (44.00)	208.53 (40.56)	-.03
HDL	58.28 (12.92)	68.33 (14.71)	-.73**
Derived LDL	128.47 (36.43)	125.14 (34.02)	.09**
Triglycerides	102.58 (88.34)	75.36 (44.63)	.39**
	Age		
	Younger	Older	
Cholesterol			
Total	198.95 (39.79)	227.71 (40.08)	-.72**
HDL	63.77 (14.83)	64.82 (14.83)	-.07*
Derived LDL	119.63 (32.85)	141.68 (35.10)	-.65**
Triglycerides	77.81 (58.24)	106.59 (82.11)	-.40**

*Note.*  $N = 5532$ . For sex,  $n = 2330$  for men and  $n = 3202$  for women. For age,  $n = 3799$  for young and  $n = 1733$  for old. Age was dichotomized at the age at which age becomes a risk factor for elevated lipoproteins, 45 for men and 55 for women.

\*  $p < .05$ .

\*\*  $p < .01$ .

Supplementary Table 2

*Regression Analyses Predicting Total, LDL, and HDL Cholesterol and Triglycerides from Personality Separately for Men and Women*

Personality	Cholesterol (mg/dL)			Triglycerides (mg/dL)
	Total	Derived LDL	HDL	
	Men			
Factor-level				
Neuroticism	.02	.01	.00	.01
Extraversion	.00	.00	-.01	.01
Openness	-.01	-.03	.00	.05*
Agreeableness	.00	.00	.01	-.01
Conscientiousness	-.03	-.02	.01	-.05*
Facet-level				
N3: Depression	.00	-.01	-.02	.01
Impulsivity-related traits				
N5: Impulsivity	.04*	.02	.01	.06**
E5: Excitement-seeking	-.01	-.02	.03	.00
C5: Self-Discipline	-.02	-.01	.02	-.04*
C6: Deliberation	-.03	-.02	.01	-.04*
	Women			
Factor-level				
Neuroticism	-.01	-.01	-.01	.00
Extraversion	.00	.00	.00	-.01
Openness	-.02	-.02	.00	-.01
Agreeableness	-.01	-.01	.00	-.04*
Conscientiousness	.03	.02	.06**	-.06**
Facet-level				
N3: Depression	-.03	-.02	.02	.01
Impulsivity-related traits				
N5: Impulsivity	.01	.00	.00	.02
E5: Excitement-seeking	.01	.01	-.01	.01
C5: Self-Discipline	.03	.03	.05**	-.04*
C6: Deliberation	.00	.00	.05**	-.05**

*Note.*  $N = 5532$ ;  $n = 2330$  for men and  $n = 3202$  for women. Standardized regression coefficients controlling for age, age squared, education, test administration, smoking status, alcohol use, hypertension, diabetes, and BMI.

\*  $p < .05$ .

\*\*  $p < .01$ .

Supplementary Table 3

*Regression Analyses Predicting Total, LDL, and HDL Cholesterol and Triglycerides from*

*Personality Separately for Younger and Older Participants*

Personality	Cholesterol (mg/dL)			Triglycerides (mg/dL)
	Total	Derived LDL	HDL	
	Younger			
Factor-level				
Neuroticism	.00	.00	-.01	.02
Extraversion	.01	.01	-.01	.02
Openness	-.01	-.02	.00	.03
Agreeableness	-.01	.00	.00	-.04*
Conscientiousness	.00	.00	.05**	-.06**
Facet-level				
N3: Depression	-.02	-.02	-.02	.02
Impulsivity-related traits				
N5: Impulsivity	.02	.01	.00	.06**
E5: Excitement-seeking	.01	.01	.00	.02
C5: Self-Discipline	.01	.01	.04**	-.05**
C6: Deliberation	-.02	-.02	.03*	-.05**
	Older			
Factor-level				
Neuroticism	.00	.00	.00	.00
Extraversion	-.01	-.01	.02	-.03
Openness	-.03	-.03	-.03	.02
Agreeableness	-.01	-.04	.03	.00
Conscientiousness	.01	.02	.03	-.04
Facet-level				
N3: Depression	-.02	-.04	.02	.01
Impulsivity-related traits				
N5: Impulsivity	.03	.02	.01	.02
E5: Excitement-seeking	-.01	-.01	.00	-.01
C5: Self-Discipline	.00	.01	.02	-.04
C6: Deliberation	.01	.01	.03	-.03

*Note.*  $N = 5532$ ;  $n = 3799$  for younger and  $n = 1733$  for older. Age was dichotomized at the age

at which age becomes a risk factor for elevated lipoproteins, 45 for men and 55 for women.

Standardized regression coefficients controlling for sex, age, age squared, education, test administration, smoking status, alcohol use, hypertension, diabetes, and BMI.

\*  $p < .05$ .

\*\*  $p < .01$ .