

# Supporting Information

Zalli et al. 10.1073/pnas.1322145111

**Table S1. Baseline values of physiological variables of men and women with the three telomere phenotypes**

Physiological/psychosocial variable	Long telomeres	Short TL/low TA	Short TL/high TA	<i>P</i> , trend
Systolic BP, mmHg				
Men	128.4 ± 13.5	127.9 ± 13.5	125.9 ± 13.6	0.64
Women	124.7 ± 15.5	127.7 ± 16.0	125.3 ± 14.9	0.64
Diastolic BP, mmHg				
Men	75.1 ± 8.6	74.8 ± 8.6	74.3 ± 9.2	0.89
Women	71.5 ± 9.2	71.7 ± 7.4	71.1 ± 8.4	0.95
Heart rate, bpm				
Men	65.3 ± 9.5	66.2 ± 10.2	67.9 ± 8.5	0.41
Women	67.8 ± 7.9	67.6 ± 8.1	66.5 ± 8.9	0.74
Heart rate variability, log ms				
Men	3.00 ± 0.49	3.11 ± 0.44	2.96 ± 0.38	0.32
Women	3.14 ± 0.54	3.11 ± 0.54	3.09 ± 0.47	0.90
Cortisol, log nmol/l				
Men	1.97 ± 0.48	1.84 ± 0.38	1.98 ± 0.51	0.25
Women	1.84 ± 0.42	1.91 ± 0.38	1.88 ± 0.38	0.64
C-reactive protein, mg/L				
Men	1.96 ± 2.67	1.64 ± 1.55	1.80 ± 2.85	0.74
Women	1.79 ± 2.33	1.61 ± 1.89	1.99 ± 1.95	0.63
IL-6, pg/mL				
Men	1.51 ± 0.91	1.37 ± 0.78	1.34 ± 0.73	0.50
Women	1.34 ± 0.84	1.31 ± 0.89	1.32 ± 0.71	0.98
MCP-1, log pg/mL				
Men	4.90 ± 0.33	4.93 ± 0.37	4.90 ± 0.40	0.96
Women	4.97 ± 0.24	4.84 ± 0.36	4.90 ± 0.20	0.52
TL (T/S ratio)				
Men	1.05 ± 0.046	0.94 ± 0.040	0.92 ± 0.050	0.001
Women	1.05 ± 0.038	0.94 ± 0.044	0.94 ± 0.047	0.011
TA (per 1,000 live cells)				
Men	9.41 ± 7.17	4.85 ± 1.79	14.21 ± 5.72	0.001
Women	12.19 ± 6.91	5.41 ± 1.67	15.45 ± 7.93	0.001

bpm, beats per minute; TA, telomere activity; TL, telomere length; T/S ratio, telomere/beta-globin gene ratio.

**Table S2. Stress responsivity, stress recovery, and psychosocial resources in women with the three telomere phenotypes**

Physiological/psychosocial variable	Long telomeres	Short TL/low TA	Short TL/high TA	<i>P</i> , trend
Systolic BP,* mmHg				
45-min recovery effect	-17.8 ± 14.9	-24.3 ± 14.3	19.7 ± 16.8	0.49
75-min recovery effect	-17.6 ± 16.3	-20.2 ± 13.1	-18.4 ± 1.31	0.78
Diastolic BP,* mmHg				
Stress reactivity	13.5 ± 6.8	17.0 ± 5.9	14.4 ± 7.4	0.53
Heart rate,* bpm				
Stress reactivity	8.6 ± 6.4	11.6 ± 9.5	8.8 ± 6.1	0.87
Heart rate variability,* log ms				
45-min recovery effect	0.39 ± 0.42	0.51 ± 0.41	0.38 ± 0.38	0.93
75-min recovery effect	0.41 ± 0.40	0.50 ± 0.41	0.30 ± 0.36	0.22
Cortisol,* log nmol/L				
Stress reactivity	0.28 ± 2.01	0.71 ± 2.71	0.53 ± 2.53	0.57
MCP-1,* log pg/mL				
45-min recovery effect	-0.021 ± 0.22	-0.015 ± 0.25	-0.038 ± 0.23	0.71
Social support <sup>†</sup>	26.42 ± 5.0	27.55 ± 4.8	26.98 ± 4.3	0.54
Optimism <sup>†</sup>	15.87 ± 4.3	15.64 ± 2.8	15.52 ± 4.0	0.63
Hostility <sup>†</sup>	2.13 ± 2.1	2.30 ± 2.1	2.24 ± 1.9	0.77
Depressive symptoms <sup>†</sup>	7.09 ± 6.8	7.15 ± 6.7	6.80 ± 7.0	0.82

\*Adjusted for age, grade of employment, BMI, and smoking status.

<sup>†</sup>Adjusted for age and grade of employment.