

## Supplement. Happy aging scale\*

1. Please candidly answer the following questions

Items	Absolutely not	No	Yes	Absolutely yes
1 I can afford to buy what I want.	①	②	③	④
2 I am proud of my entire life.	①	②	③	④
3 I enjoy my leisure life (e.g., by gardening, hiking, reading, and knitting).	①	②	③	④
4 I am trying to improve myself.	①	②	③	④
5 Religion is important in my life.	①	②	③	④
6 My children have close and loving relationships with each other.	①	②	③	④
7 I have good relationships with my relatives.	①	②	③	④
8 My spouse (or partner) and I recognize and respect each other.	①	②	③	④
9 I have friends or neighbors who are as close to me as my family.	①	②	③	④
10 I have a pleasant appearance.	①	②	③	④
11 I am not greedy, and I try to think positively.	①	②	③	④
12 I am not confident about my health.	④	③	②	①
13 I have the financial means to manage my life.	①	②	③	④
14 I am satisfied with what I have accomplished in my life.	①	②	③	④
15 I often enjoy leisure activities or exercise.	①	②	③	④
16 I think I am a capable person.	①	②	③	④
17 I feel peace of mind through religious activities.	①	②	③	④
18 My children have grown up well, without serious problems.	①	②	③	④
19 I converse with my spouse or partner frequently.	①	②	③	④
20 I do not like to mingle with people.	④	③	②	①
21 I am younger and healthier than my peer group.	①	②	③	④
22 I have a satisfactory sexual life with my spouse or partner.	①	②	③	④
23 I have good relationships with the people around me.	①	②	③	④
24 My lifestyle, such as my sleeping habits and my diet, is satisfactory.	①	②	③	④
25 I am recognized by others due to my social status.	①	②	③	④

2. What is your happiness score out of 100?

(\_\_\_\_/100)

3. What do you need to be happier? (e.g., weight loss, health, etc.)

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\*If you want to get the Korean version of Happy aging scale, please contact the corresponding author.