

**eTable 3.** Frequency of laughing in 4 weeks by participants' characteristics in women

	N	Never or almost never (% yes)	1-3 days per month (% yes)	1-5 days per week (% yes)	Almost everyday (% yes)
<b>Cardiovascular diseases (%)</b>					
Heart diseases	856	74 (13.0%)	94 (9.8%)	355 (8.9%)	333 (6.4%)
Stroke	216	24 (4.2%)	21 (2.2%)	90 (2.3%)	81 (1.6%)
<b>Risk factor diseases (%)</b>					
Hyperlipidemia	1,560	71 (12.5%)	148 (15.4%)	595 (14.9%)	746 (14.3%)
Hypertension	4,637	262 (46.0%)	418 (43.4%)	1,741 (43.6%)	2,216 (42.6%)
<b>Depression (%)</b>					
GDS score $\geq 5$	1,677	286 (50.2%)	301 (31.3%)	693 (17.4%)	397 (7.6%)
GDS score $< 5$	9,051	284 (49.8%)	662 (68.7%)	3,298 (82.6%)	4,807 (92.4%)
<b>Age, years (%)</b>					
65-69	3,143	125 (21.9%)	247 (25.6%)	1,156 (29.0%)	1,615 (31.0%)
70-74	3,324	154 (27.0%)	288 (29.9%)	1,188 (29.8%)	1,694 (32.6%)
75-79	2,291	119 (20.9%)	219 (22.7%)	871 (21.8%)	1,082 (20.8%)
$\geq 80$	1,970	172 (30.2%)	209 (21.7%)	776 (19.4%)	813 (15.6%)
<b>Body mass index</b>					
1st quintile	2,045	136	209	780	920
2nd quintile	2,047	92	163	816	976
3rd quintile	2,051	103	168	779	1,001
4th quintile	2,018	89	186	698	1,045
5th quintile	2,040	105	178	726	1,031
Missing data	527	45	59	192	231
<b>Alcohol consumption (%)</b>					
Never or almost never	8,681	485 (85.1%)	767 (79.6%)	3226 (80.8%)	4203 (80.8%)
Stopped drinking	197	16 (2.8%)	22 (2.3%)	75 (1.9%)	84 (1.6%)
Drinking	1,718	66 (11.6%)	152 (15.8%)	638 (16.0%)	862 (16.6%)
Missing data	132	3 (0.5%)	22 (2.3%)	52 (1.3%)	55 (1.1%)
<b>Smoking habit (%)</b>					

Never or almost never	9,958	500 (87.7%)	883 (91.7%)	3,702 (92.8%)	4,873 (93.6%)
Stopped smoking	251	18 (3.2%)	20 (2.1%)	108 (2.7%)	105 (2.0%)
Currently smoking	373	45 (7.9%)	37 (3.8%)	133 (3.3%)	158 (3.0%)
Missing data	146	7 (1.2%)	23 (2.4%)	48 (1.2%)	68 (1.3%)
<b>Physical activity (%)</b>					
Less than once per week	1,119	153 (26.8%)	148 (15.4%)	397 (9.9%)	421 (8.1%)
Once or more per week	9,609	417 (73.2%)	815 (84.6%)	3,594 (90.1%)	4,783 (91.9%)
Missing data	1,774	115 (20.2%)	160 (16.6%)	654 (16.4%)	845 (16.2%)
<b>Frequency of social participation per year</b>					
1st quartile	2,296	246	274	822	954
2nd quartile	1,612	78	158	634	742
3rd quartile	1,907	60	170	687	990
4th quartile	1,932	43	100	731	1,058
Missing data	2,981	143	261	1,117	1,460

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GDS, Geriatric Depression Scale.