

Web Table 1. Hazard Ratios for the Association Between Optimism and All-Cause Mortality, Excluding Anyone With Prior CVD or Cancer at Baseline in 2004

	Optimism				p-trend
	Quartile 1	Quartile 2	Quartile 3	Quartile 4	
Cases	2,620	1,945	1,357	890	
Person-years	125,171	123,236	111,514	80,328	
Model					
Demographic [†]	reference	0.85 (0.80, 0.90)	0.76 (0.71, 0.81)	0.73 (0.67, 0.79)	<0.001
Demographic [†] + Depression [‡]	reference	0.87 (0.82, 0.93)	0.79 (0.74, 0.85)	0.76 (0.70, 0.82)	<0.001
Demographic [†] + Health Conditions [§]	reference	0.86 (0.81, 0.91)	0.78 (0.73, 0.83)	0.74 (0.68, 0.80)	<0.001
Demographic [†] + Health Behaviors [¶]	reference	0.94 (0.89, 1.00)	0.90 (0.84, 0.96)	0.87 (0.81, 0.94)	<0.001
All covariates	reference	0.97 (0.91, 1.03)	0.93 (0.87, 0.99)	0.91 (0.84, 0.99)	0.007

[†]Demographic factors: age, race, marital status, nurses' education, husband's education, father's occupation at age 16

[‡]Depression model: Demographic factors + depression

[§]Health conditions: Demographic model + high cholesterol, hypertension, diabetes, MI, stroke, cancer, BMI

[¶]Health behaviors: Demographic factors + smoking status, physical activity, alcohol consumption, physical examination for screening purposes, diet (AHEI)

Web Table 2. Hazard Ratios for the Association Between Optimism and Cause-Specific Mortality, Excluding Anyone with the Condition in Question At Baseline*

	Optimism				p-trend
	Quartile 1	Quartile 2	Quartile 3	Quartile 4	
Heart disease*[†] (# of deaths=842)	reference	0.78 (0.66, 0.92)	0.66 (0.55, 0.80)	0.68 (0.54, 0.85)	<0.001
Stroke*[‡] (# of deaths=328)	reference	0.88 (0.67, 1.14)	0.91 (0.68, 1.22)	0.60 (0.41, 0.88)	0.036
Cancer*[§] (# of deaths=1,937)	reference	0.96 (0.86, 1.08)	0.89 (0.78, 1.01)	0.85 (0.74, 0.98)	0.014

*Adjusted for: age, race, marital status, nurses' education, husband's education, father's occupation at age 16

*Women who died within 2-years of baseline (initial assessment of optimism) were excluded from the sample

[†]1,952 excluded from analyses due to presence of heart disease at baseline

[‡]1,888 excluded from analyses due to prior stroke at baseline

[§]6,837 excluded from analyses due to presence of cancer at baseline