Tables

Table S1. Quantitative verbal interaction items

If you have a spouse or partner, how much time on average do you spend in face-to-face conversations with them each day?

How much time on average do you spend in face-to-face conversations with family members other than your spouse or partner each week?

How much time on average do you spend in face-to-face conversations with close friends each week?

When you go to religious services or church, how much time **at each service** do you spend in face-to-face conversations with other people?^a

When you go to a meeting of a club, lodge, or parent group, how much time **at each meeting** do you spend in face-to-face interactions with other people?^b

How much time on average do you spend in face-to-face conversations with colleagues each day that you work?

How much time on average do you spend in face-to-face conversations with strangers or people you don't know very well each week (e.g., doctors, waitresses, store clerks, etc.)?

- a A prior question quantifies the number of times per month a participant attends religious services or church; this information was used in our calculation of total interaction quantity.
- b A prior question quantifies the number of times per month a participant attends such meetings; this information was used in our calculation of total interaction quantity.