

Life Sciences Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form is intended for publication with all accepted life science papers and provides structure for consistency and transparency in reporting. Every life science submission will use this form; some list items might not apply to an individual manuscript, but all fields must be completed for clarity.

For further information on the points included in this form, see [Reporting Life Sciences Research](#). For further information on Nature Research policies, including our [data availability policy](#), see [Authors & Referees](#) and the [Editorial Policy Checklist](#).

▶ Experimental design

1. Sample size

Describe how sample size was determined.

Sample size calculations prior to data collection were not performed, as the current study was based on secondary data analyses. However, as reported in the manuscript, post-hoc power analyses conducted for the current analysis confirmed that the sample size was sufficient.

2. Data exclusions

Describe any data exclusions.

Individuals with missing data on any of the variables of interest were excluded from analyses, as reported in the manuscript.

3. Replication

Describe whether the experimental findings were reliably reproduced.

The current study is an observational study and replication with another sample was not attempted.

4. Randomization

Describe how samples/organisms/participants were allocated into experimental groups.

Because the current study did not employ an experimental design, randomization did not apply.

5. Blinding

Describe whether the investigators were blinded to group allocation during data collection and/or analysis.

Because the current study did not employ an experimental design, investigators were not blind to group allocation.

Note: all studies involving animals and/or human research participants must disclose whether blinding and randomization were used.

6. Statistical parameters

For all figures and tables that use statistical methods, confirm that the following items are present in relevant figure legends (or in the Methods section if additional space is needed).

- | | |
|-------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| n/a | Confirmed |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> The <u>exact sample size</u> (<i>n</i>) for each experimental group/condition, given as a discrete number and unit of measurement (animals, litters, cultures, etc.) |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> A description of how samples were collected, noting whether measurements were taken from distinct samples or whether the same sample was measured repeatedly |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> A statement indicating how many times each experiment was replicated |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> The statistical test(s) used and whether they are one- or two-sided (note: only common tests should be described solely by name; more complex techniques should be described in the Methods section) |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> A description of any assumptions or corrections, such as an adjustment for multiple comparisons |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> The test results (e.g. <i>P</i> values) given as exact values whenever possible and with confidence intervals noted |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> A clear description of statistics including <u>central tendency</u> (e.g. median, mean) and <u>variation</u> (e.g. standard deviation, interquartile range) |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Clearly defined error bars |

See the web collection on [statistics for biologists](#) for further resources and guidance.

► Software

Policy information about [availability of computer code](#)

7. Software

Describe the software used to analyze the data in this study.

Stata 14 was used to perform all data analyses.

For manuscripts utilizing custom algorithms or software that are central to the paper but not yet described in the published literature, software must be made available to editors and reviewers upon request. We strongly encourage code deposition in a community repository (e.g. GitHub). *Nature Methods* [guidance for providing algorithms and software for publication](#) provides further information on this topic.

► Materials and reagents

Policy information about [availability of materials](#)

8. Materials availability

Indicate whether there are restrictions on availability of unique materials or if these materials are only available for distribution by a for-profit company.

No unique materials were used.

9. Antibodies

Describe the antibodies used and how they were validated for use in the system under study (i.e. assay and species).

No antibodies were used.

10. Eukaryotic cell lines

a. State the source of each eukaryotic cell line used.

No eukaryotic cell lines were used.

b. Describe the method of cell line authentication used.

No eukaryotic cell lines were used.

c. Report whether the cell lines were tested for mycoplasma contamination.

No eukaryotic cell lines were used.

d. If any of the cell lines used are listed in the database of commonly misidentified cell lines maintained by [ICLAC](#), provide a scientific rationale for their use.

No misidentified cell lines were used.

► Animals and human research participants

Policy information about [studies involving animals](#); when reporting animal research, follow the [ARRIVE guidelines](#)

11. Description of research animals

Provide details on animals and/or animal-derived materials used in the study.

No animals were used.

Policy information about [studies involving human research participants](#)

12. Description of human research participants

Describe the covariate-relevant population characteristics of the human research participants.

The average age of participants was 46.78 (SD = 12.90). Approximately half (52.5%) of participants were female. The vast majority were of European descent (90.8%) and reported obtaining a high school or higher degree (90.2%). Nearly a third (32.6%) reported a history of heart disease or cancer, and/or depression in the past year, and many had regularly smoked (51.2%) or consumed alcohol (41.6%) in their lifetime.