

Supplemental Table 1. Sample Characteristics by Pittsburgh Fatigability Scale (PFS) Mental Score Severity Strata: The Long Life Family Study (N=2,361)

Characteristics	Overall N=2361	PFS Mental Score Severity Strata*					
		Least Severe Fatigability 0-3 n=997 (42.2%)	4-7 n=425 (18.0%)	8-12 n=354 (15.0%)	13-15 n=148 (6.3%)	16-19 n=119 (5.0%)	Most Severe Fatigability ≥20 n=318 (13.5%)
Age, years	73.6 ± 10.5 <sup>a</sup>	71.2 ± 8.2	71.0 ± 7.9	72.3 ± 9.3	74.6 ± 11.0	75.6 ± 10.7	85.1 ± 12.9
Sex, women	54.8 [1293]	52.9 [527]	56.0 [238]	53.4 [189]	46.6 [69]	56.3 [67]	63.8 [203]
Education							
High School or Less	15.6 [368]	11.7 [117]	12.5 [53]	12.7 [45]	14.3 [21]	23.5 [28]	32.8 [104]
>High School	84.4 [1990]	88.3 [879]	87.5 [372]	87.3 [309]	85.7 [126]	76.5 [91]	67.2 [213]
Body mass index, kg/m <sup>2</sup>	27.4 ± 5.0	27.0 ± 4.6	27.6 ± 5.0	27.7 ± 5.2	28.1 ± 5.1	27.9 ± 5.6	27.5 ± 5.9
Physical activity, MET-hrs/d <sup>b</sup>	36.4 ± 7.2	37.9 ± 7.0	37.3 ± 6.8	36.1 ± 6.7	36.0 ± 7.4	35.5 ± 6.5	31.4 ± 6.4
Gait speed, m/s	1.01 ± 0.28	1.08 ± 0.24	1.06 ± 0.23	1.04 ± 0.24	0.97 ± 0.25	0.95 ± 0.27	0.72 ± 0.31
MMSE score, 0-30 <sup>c</sup>	28.5 ± 2.8	29.0 ± 1.7	29.0 ± 1.5	28.6 ± 2.5	28.5 ± 2.6	28.3 ± 2.2	25.8 ± 5.2
Depressive symptomatology, 0-30 <sup>d</sup>	3.3 ± 3.5	2.4 ± 2.8	2.8 ± 2.8	3.4 ± 3.4	3.8 ± 3.4	4.6 ± 3.9	5.9 ± 4.9

\*P-value for linear trend <.001 for all characteristics, except for sex and body mass index, accounting for family relatedness and adjusted for field center

<sup>a</sup>Mean ± standard deviation or % [n]; <sup>b</sup>Measured with the Framingham Physical Activity Index (MET=Metabolic Equivalent of Task);

<sup>c</sup>MMSE = Mini-Mental State Examination; <sup>d</sup>Measured using the Center for Epidemiologic Studies—Depression Scale (CES-D) score

Supplemental Table 2: Pittsburgh Fatigability Scale (PFS) Mental scores (range 0-50) across Age Strata and by Sex and by Education: The Long Life Family Study (N=2,361)

PFS Mental scores*					
Age Strata	All N=2361	Women n=1293	Men n=1068	High School or Less n=368	>High School n=1993
Overall	8.4 ± 9.6	8.9 ± 10.0	7.8 ± 9.0 <sup>a</sup>	12.9 ± 12.5	7.6 ± 8.7 <sup>b</sup>
60-108 years	5 (1, 12) [2361]	6 (1, 13) [1293]	5 (1, 12) [1068]	9 (2, 21) [368]	5 (1, 11) [1993]
60-69 years	5.9 ± 6.5 4 (1, 9) [1004]	6.1 ± 6.7 4 (1, 9) [573]	5.6 ± 6.1 4 (1, 9) [431]	6.3 ± 7.8 3 (0, 10) [74]	5.8 ± 6.3 4 (1, 9) [930]
70-79 years	6.8 ± 7.6 4.44 (1, 10) [839]	6.8 ± 7.4 5 (1, 10) [423]	6.7 ± 7.7 4 (1, 10) [416]	8.4 ± 9.1 6 (1, 12) [114]	6.5 ± 7.3 4 (1, 10) [725]
80-89 years	11.6 ± 10.8 10 (2, 19) [253]	12.6 ± 10.8 10 (2.22, 21) [139]	10.3 ± 10.6 8 (1, 18) [114]	13.7 ± 12.1 12.22 (2.22, 20) [77]	10.7 ± 10.0 8.50 (2, 18) [176]
90-108 years	20.2 ± 13.6 21 (9, 32) [265]	21.7 ± 13.5 23 (11, 32) [158]	18.0 ± 13.5 16 (6, 30) [107]	21.9 ± 13.6 23 (11, 33) [103]	19.2 ± 13.6 20 (7, 30) [162]
P-value trend**	<.0001	<.0001	<.0001	<.0001	<.0001

\*Mean ± SD

Median (25<sup>th</sup>, 75<sup>th</sup> percentile), range, [sample size]

\*\*Accounting for family relatedness and adjusted for field center

<sup>a</sup>P-values for mean differences in PFS Mental scores by sex within each age strata: p=.08 for overall; p=.49 for 60-69 years; p=.48 for 70-79 years; p=.05 for 80-89 years; and p=.03 for 90-108 years

<sup>b</sup>P-values for mean differences in PFS Mental score by education within each age strata: p=.005 for overall; p=.70 for 60-69 years; p=.07 for 70-79 years; p=.06 for 80-89 years; and p=.13 for 90-108 years

Supplemental Figure 1. Distribution of Pittsburgh Fatigability Scale (PFS) Mental scores: The Long Life Family Study (N=2,361)

