Supplement

Supplementary Table 1

Overview of Number of Missing Values Across Major Study Variables in the Total Sample

(N=526).

Variables	n	% of total
Age	0	(0%)
Sex	0	(0%)
BMI	3	(<1%)
MMSE	44	(8%)
ΔMMSE	82	(16%)
HADS	33	(6%)
ΔHADS	37	(7%)
ADL	3	(<1%)
ΔADL	5	(1%)
Diagnoses count	16	(3%)
ATOA	7	(1%)
Subj. age	7	(1%)

Note: Δ denotes change scores: follow-up – baseline. BMI= Body mass index; MMSE= Mini-mental state examination; HADS= Total score of the Hospital Anxiety and Depression Scale; ADL= Activities of daily living; Diagnoses count= Number of self-reported diagnoses; ATOA= Attitudes toward own aging, Subj. age= Subjective age as proportional score.

Supplementary Table 2

Descriptive Statistics for the Sample (N=502) Used in the Analyses with Subjective Age after

Exclusion of the Identified Outliers.

Variables	n (%)	Mean (SD)	Median	Interquartile range (Q1, Q3)	Range (Min, Max)
Age		72.71 (5.1)	71.60	(68.80, 75.20)	(65.30, 88.00)
Sex male	288 (57%)				
Sex female	214 (43%)				
Education ≤ 9 years	247 (50%)				
Education > 9 years	250 (50%)				
BMI		27.29 (3.6)	26.90	(24.80, 29.50)	(17.30, 42.80)
MMSE		28.65 (1.5)	29	(28, 30)	(23, 30)
ΔMMSE		-0.48 (2.0)	0	(-2, 1)	(-6, 5)
HADS		7.27 (4.7)	7	(4, 10)	(0, 33)
ΔHADS		0.97 (4.2)	1	(-2, 3)	(-17, 15)
ADL		0.51 (1.5)	0	(0, 0)	(0, 14)
ΔADL		1.01 (2.4)	0	(0, 1)	(-8, 17)
Diagnoses count		3.53 (2.0)	3	(2, 5)	(0, 10)
ATOA		2.89 (1.6)	3	(2, 4)	(0, 5)
Subj. age		-0.07 (0.1)	-0.07	(-0.11, -0.01)	(-0.24, 0.06)

Note: Δ denotes change scores: follow-up – baseline. BMI= Body mass index; MMSE= Mini-

mental state examination; HADS= Total score of the Hospital Anxiety and Depression Scale;

ADL= Activities of daily living; Diagnoses count= Number of self-reported diagnoses; ATOA=

Attitudes toward own aging, Subj. age= Subjective age as proportional score.

Supplementary Table 3

Descriptive Statistics of Baseline Characteristics for Participants that Were Alive During the

Follow-up Period but Did not Participate (n=571).

Variables	n (%)	Mean (SD)	Median	Interquartile range (Q1, Q3)	Range (Min, Max)
Age		74.43 (6.0)	72.60	(69.90, 79.30)	(65.50, 90.90)
Sex male	275 (48%)				
Sex female	296 (52%)				
Education ≤ 9 years	332 (59%)				
Education > 9 years	228 (41%)				
BMI		27.88 (4.4)	27.30	(25.00, 30.50)	(17.00, 51.60)
MMSE		28.06 (1.9)	28	(27, 29)	(18, 30)
HADS		8.12 (5.3)	7	(4, 11)	(0, 28)
ADL		1.02 (2.4)	0	(0, 1)	(0, 19)
Diagnoses count		3.84 (2.1)	4	(2, 5)	(0, 10)

Note: BMI= Body mass index; MMSE= Mini-mental state examination; HADS= Total score of

the Hospital Anxiety and Depression Scale; ADL= Activities of daily living; Diagnoses count=

Number of self-reported diagnoses.

Supplementary Table 4

Zero-Order Correlations of Major Study Variables (N=526; Missing Values Handled by Full Information Maximum-Likelihood).

Variables	1	2	3	4	5	6	7	8	9	10	11
1. Age	-										
2. Sex	-.08	-									
3. HADS	.08	.07	-								
4. ΔHADS	.08	.05	-.42	-							
5. ADL	.15	.12	.22	-.08	-						
6. ΔADL	.36	-.05	.14	.09	.04	-					
7. Diagnoses count	.15	.24	.26	.01	.34	.14	-				
8. MMSE	-.08	.04	-.08	.00	-.04	.06	-.03	-			
9. ΔMMSE	-.11	.05	.00	-.04	.06	-.08	-.05	-.53	-		
10. ATOA	-.27	-.04	-.36	-.15	-.20	-.29	-.23	.10	-.01	-	
11. Subj. age	.08	.03	.17	.03	.11	.04	.14	-.07	.04	-.30	-

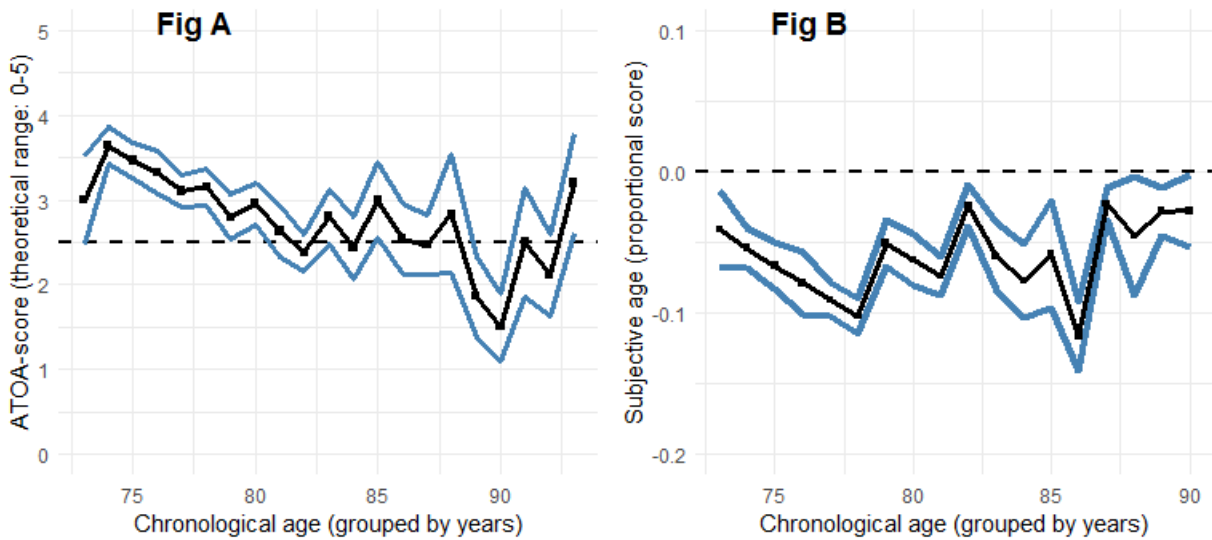*Note:* Δ denotes change scores: follow-up – baseline. HADS = Total score of the Hospital Anxiety and Depression Scale; ADL= Activities of daily living; Diagnoses count= Number of self-reported diagnoses; MMSE= Mini-mental state examination; ATOA= Attitudes toward own aging; Subj. age= Subjective age as proportional score.

Supplementary Table 5

Standardized Differences (Cohen's d) and Associated 95% Confidence Intervals Across Study Variables Contrasting Participants with Positive Vs. Negative VoA According to ATOA and SA Groups Based on a Median-Split Procedure).

	ATOA positive (n=318) vs negative (n=208)		Subjective age young (n=384) vs. old (n=118)	
Variable	Cohens's *d*	[95% CI]	Cohens's *d*	[95% CI]
Age	-.41	[-.59. -.24]	-.25	[-.46. -.04]
Sex	.12	[-.05. .30]	.10	[-.11. .31]
MMSE	.16	[-.01. .34]	.26	[.07. .48]
ΔMMSE	.01	[-.17. .18]	-.16	[-.37. .05]
HADS	-.63	[-.81. -.45]	-.13	[-.34. .07]
ΔHADS	-.26	[-.43. -.08]	-.25	[-.46. -.04]
ADL	-.32	[-.49. -.14]	-.31	[-.52. -.11]
ΔADL	-.54	[-.72. -.36]	-.35	[-.55. -.14]
Diagnoses count	-.28	[-.45. -.10]	-.23	[-.44. -.03]
ATOA			.49	[.29. .70]
Subj. age	-.46	[-.64. -.28]		

Note: Δ denotes change scores: follow-up – baseline.   MMSE= Mini-mental state examination; HADS= Total score of the Hospital Anxiety and Depression Scale; ADL= Activities of daily living; Diagnoses count= Number of self-reported diagnoses; ATOA= Attitudes toward own aging; Subj. age= Subjective age as proportional score.

Supplementary Figure 1. Cross-sectional data on VoA grouped by age in years (N=526, missing

data handled by pairwise deletion). A) Mean ATOA-Score (y-axis) grouped by age in years (x-

axis). Blue lines indicate mean ± 1 standard error. Dashed reference line indicates theoretical

mean of the scale. *B)* Median subjective age proportional score (y-axis) grouped by age in years

(x-axis). Blue lines indicate median ± 1 standard error. Dashed reference line indicates a

subjective age identical to chronological age.