

**Supplemental Table 1.** Linear regression model examining the association between goal reengagement and Pittsburgh Fatigability Scale Mental scores: MrOS (N=1,670)

	<b>Model 1</b> β Coefficient (SE)	<b>Model 2</b> β Coefficient (SE)	<b>Model 3</b> β Coefficient (SE)	<b>Model 4</b> β Coefficient (SE)
<b>Personality Measure</b>				
Goal Reengagement	-0.23 (0.20)	-0.21 (0.20)	0.22 (0.19)	0.22 (0.20)
<b>Demographics</b>				
Age	0.30 (0.05)*	0.30 (0.05)*	0.18 (0.05)*	0.19 (0.05)*
Race (ref=White)		-0.33 (1.25)		
Black		-0.50 (1.15)		
Asian		1.76 (1.36)		
Hispanic		1.70 (1.73)		
Other				
Education (ref= ≤high school)				
Some/all college		0.27 (0.58)		
Some/all graduate school		-0.20 (0.57)		
<b>Psychological and Behavioral Factors</b>				
Cognitive Function <sup>a</sup>			-0.08 (0.03)*	-0.08 (0.03)*
Good/Excellent Health Status			-2.41 (0.66)*	-2.23 (0.67)*
Depressive Symptoms <sup>b</sup>			5.56 (0.84)*	5.63 (0.85)*
Sleep Disturbance <sup>c</sup>			2.20 (0.39)*	2.18 (0.39)*
Physical Activity <sup>d</sup>			-0.02 (0.00)*	-0.02 (0.00)*
<b>Health-related Conditions</b>				
Hypertension				0.10 (0.39)
Heart Failure				0.45 (0.71)
Stroke				0.59 (0.89)
Heart Attack				-0.44 (0.58)
Diabetes				0.88 (0.54)
Body Mass Index, kg/m <sup>2</sup>				0.03 (0.05)

Note. SE=Standard Error

<sup>a</sup> Cognitive function was measured with Teng Mini Mental Scale (0-100); higher score = better cognitive functioning

<sup>b</sup> Significant depressive symptoms are indicated with a score ≥ 6 on the Geriatric Depression Scale

<sup>c</sup> Sleep disturbance is indicated with a score >5 on the Pittsburgh Sleep Quality Index (PSQI)

<sup>d</sup> Physical activity was measured with Physical Activity Scale for the Elderly (PASE) score; higher score = more physically active

\*p≤.05

**Supplemental Table 2.** Linear regression model examining the association between goal disengagement and Pittsburgh Fatigability Scale Mental scores: MrOS (N=1670)

	<b>Model 1</b> β Coefficient (SE)	<b>Model 2</b> β Coefficient (SE)	<b>Model 3</b> β Coefficient (SE)	<b>Model 4</b> β Coefficient (SE)
<b>Personality Measure</b>				
Goal Disengagement	0.10 (0.20)	0.09 (0.20)	-0.02 (0.19)	-0.01 (0.19)
<b>Demographics</b>				
Age	0.30 (0.05)*	0.31 (0.05)*	0.17 (0.05)*	0.19 (0.05)*
Race (ref=White)		0.35 (1.26)		
Black		-0.49 (1.15)		
Asian		1.73 (1.36)		
Hispanic		1.80 (1.72)		
Other				
Education (ref= ≤high school)				
Some/all college		0.24 (0.58)		
Some/all graduate school		-0.09 (0.57)		
<b>Psychological and Behavioral Factors</b>				
Cognitive Function <sup>a</sup>			-0.08 (0.03)*	-0.08 (0.03)*
Good/Excellent Health Status			-2.38 (0.66)*	-2.21 (0.67)*
Depressive Symptoms <sup>b</sup>			5.47 (0.84)*	5.55 (0.84)*
Sleep Disturbance <sup>c</sup>			2.19 (0.39)*	2.15 (0.39)*
Physical Activity <sup>d</sup>			-0.02 (0.00)*	-0.02 (0.00)*
<b>Health-related Conditions</b>				
Hypertension				0.10 (0.39)
Heart Failure				0.51 (0.70)
Stroke				0.58 (0.89)
Heart Attack				-0.45 (0.58)
Diabetes				0.84 (0.54)
Body Mass Index, kg/m <sup>2</sup>				0.04 (0.05)

Note. SE=Standard Error

<sup>a</sup> Cognitive function was measured with Teng Mini Mental Scale (0-100); higher score = better cognitive functioning

<sup>b</sup> Significant depressive symptoms are indicated with a score ≥ 6 on the Geriatric Depression Scale

<sup>c</sup> Sleep disturbance is indicated with a score >5 on the Pittsburgh Sleep Quality Index (PSQI)

<sup>d</sup> Physical activity was measured with Physical Activity Scale for the Elderly (PASE) score; higher score = more physically active

\*p≤.05

**Supplemental Table 3.** Relationship between personality measures and higher Pittsburgh Fatigability Scale Mental scores (Final Model): MrOS (N=1,670)

<b>Variables</b>	<b>β Coefficient (SE)</b>	<b>P-value</b>
Conscientiousness	-0.91 (0.20)	<0.0001
Optimism	-0.63 (0.21)	0.003
Goal Reengagement	0.51 (0.20)	0.01
Goal Disengagement	-0.15 (0.19)	0.42
Age	0.17 (0.05)	0.0004
Cognitive Function <sup>a</sup>	-0.06 (0.03)	0.04
Good/Excellent Health Status	-2.17 (0.65)	0.0009
Depressive Symptoms <sup>b</sup>	4.65 (0.85)	<0.0001
Sleep Disturbance <sup>c</sup>	1.98 (0.39)	<0.0001
Physical Activity <sup>d</sup>	-0.02 (0.00)	<0.0001

*Note.* SE=Standard Error; Final model only contains covariates statistically significant at  $p \leq .05$

<sup>a</sup> Cognitive function was measured with Teng Mini Mental Scale (0-100); higher score = better cognitive functioning

<sup>b</sup> Significant depressive symptoms are indicated with a score  $\geq 6$  on the Geriatric Depression Scale

<sup>c</sup> Sleep disturbance is indicated with a score  $>5$  on the Pittsburgh Sleep Quality Index (PSQI)

<sup>d</sup> Physical activity was measured with Physical Activity Scale for the Elderly (PASE) score; higher score = more physically active

**Supplemental Table 4.** Linear regression model examining the association between conscientiousness and Pittsburgh Fatigability Scale Mental scores: MrOS (N=1670)

<b>Characteristics</b>	<b>Model 1</b> β coefficient (SE)	<b>Model 2</b> β coefficient (SE)	<b>Model 3</b> β coefficient (SE)	<b>Model 4</b> β coefficient (SE)	<b>Model 5</b> β coefficient (SE)
<b>Personality Measure</b>					
Conscientiousness	-1.49 (0.20)*	-1.50 (0.20)*	-0.98 (0.20)*	-0.97 (0.20)*	-0.90 (0.20)*
Optimism					-0.70 (0.22)*
Goal Reengagement					0.50 (0.20)*
Goal Disengagement					-0.12 (0.19)
<b>Demographics</b>					
Age	0.28 (0.05)*	0.29 (0.05)*	0.18 (0.05)*	0.19(0.05)*	0.18 (0.05)*
Race (ref=White)					
Black		0.22 (1.23)	0.03 (1.18)	0.01 (1.18)	-0.23 (1.18)
Asian		-0.87 (1.13)	-1.18 (1.08)	-1.18 (1.09)	-1.45 (1.09)
Hispanic		1.31 (1.34)	1.11 (1.28)	1.11 (1.28)	1.10 (1.28)
Other		1.78 (1.70)	1.28 (1.62)	1.18 (1.62)	1.28 (1.62)
Education (ref= ≤high school)					
Some/all college		0.41 (0.57)	0.56 (0.54)	0.58 (0.55)	0.68 (0.55)
Some/all graduate school		0.30 (0.56)	0.55 (0.54)	0.55 (0.55)	0.66 (0.57)
<b>Psychological and Behavioral Factors</b>					
Cognitive Function <sup>a</sup>			-0.07 (0.03)*	-0.06 (0.03)*	-0.06 (0.03)*
Good/Excellent Health Status			-2.32 (0.65)*	-2.18 (0.66)*	-2.03 (0.66)*
Depressive Symptoms <sup>b</sup>			4.96 (0.84)*	5.04 (0.84)*	4.66 (0.86)*
Sleep Disturbance <sup>c</sup>			2.09 (0.39)*	2.06 (0.39)*	1.95 (0.39)*
Physical Activity <sup>d</sup>			-0.02 (0.00)*	-0.02 (0.00)*	-0.02 (0.00)*

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**Health-related Conditions**

Hypertension	0.15 (0.39)	0.18 (0.39)
Heart Failure	0.53 (0.70)	0.44 (0.70)
Stroke	0.54 (0.89)	0.56 (0.88)
Heart Attack	-0.51 (0.58)	-0.49 (0.57)
Diabetes	0.71 (0.54)	0.79 (0.54)
Body Mass Index, kg/m <sup>2</sup>	0.02 (0.05)	0.01 (0.05)

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*Note.* All covariates stayed in the model at the addition of a new set of variables regardless of significance

SE=Standard Error

<sup>a</sup> Cognitive function was measured with Teng Mini Mental Scale (0-100); higher score = better cognitive functioning

<sup>b</sup> Significant depressive symptoms are indicated with a score  $\geq 6$  on the Geriatric Depression Scale

<sup>c</sup> Sleep disturbance is indicated with a score  $>5$  on the Pittsburgh Sleep Quality Index (PSQI)

<sup>d</sup> Physical activity was measured with Physical Activity Scale for the Elderly (PASE) score; higher score = more physically active

\* $p \leq .05$