Supplementary Materials 1

Assessment of Lifetime Experiences and Personality

The Lifetime Cognitive Activity Scale and the Lifetime Total Physical Activity Questionnaire were used to evaluate lifetime cognitive and physical activity. For the assessment of personality traits, both participants and their informants completed the NEO Five Factor Inventory, which assesses five dimensions of personality: neuroticism, extroversion, agreeableness, openness, and conscientiousness. The Social Readjustment Rating Scale was used to evaluate lifetime history of stressful events, and the Connor-Davidson Resilience scale was administered to assess factors related to resilience. Additionally, the Medical Outcomes Study Social Support Scale, Interpersonal Reactivity Index, the Purpose in Life, and Duke University Religion Index were used to evaluate participants’ social support and religious/spiritual aspects. For the evaluation of diet and nutrition, the Mini-Dietary Index and Mini Nutritional Assessment were used. Data for lifetime history of body weights were collected from participants and/or their informants. The Anosognosia Questionnaire for Dementia was also completed by both participants and informants.

REFERENCES