

Supplementary Materials 1

Assessment of Lifetime Experiences and Personality

The Lifetime Cognitive Activity Scale¹ and the Lifetime Total Physical Activity Questionnaire^{2,3} were used to evaluate of lifetime cognitive and physical activity. For the assessment of personality traits, both participants and their informants completed the NEO Five Factor Inventory,^{4,5} which assesses five dimensions of personality: neuroticism, extroversion, agreeableness, openness, and conscientiousness. The Social Readjustment Rating Scale^{6,7} was used to evaluate lifetime history of stressful events, and the Connor-Davidson Resilience scale⁸ was administered to assess factors related to resilience. Additionally, the Medical Outcomes Study Social Support Scale,⁹ Interpersonal Reactivity Index,^{10,11} the Purpose in Life,¹² and Duke University Religion Index¹³ were used to evaluate participants' social support and religious/spiritual aspects. For the evaluation of diet and nutrition, the Mini-Dietary Index¹⁴ and Mini Nutritional Assessment¹⁵ were used. Data for lifetime history of body weights were collected from participants and/or their informants.¹⁶ The Anosognosia Questionnaire for Dementia was also completed by both participants and informants.¹⁷

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