Supplementary Table 7. Descriptive comparisons of key study variables across age groups

	Middle-aged	Older adults	t	p	Cohen's d
SMCs	1.22±1.07	1.15±1.13	0.72	0.475	0.06
Loneliness	19.84±10.59	18.22±9.68	1.92	0.055	0.16
Depression	6.20±4.53	5.40±3.89	2.30	0.022	0.19
MIL	49.96±10.00	50.91±9.45	-1.18	0.241	-0.10

Values are presented as mean±standard deviation. Group differences were tested using independent-samples t-tests. Cohen's d is reported as the standardized mean difference. SMCs, subjective memory complaints; MIL, meaning in life.