APPENDIX

Lifestyle and wellbeing: Exploring behavioral and demographic covariates in a large US sample

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Table S1. Comparison of dichotomized and continuous Life Satisfaction and Eudaimonic variables as dependent variables in multilinear regression analysis of well-being covariates

	Dependent variable:			
	High Life Satisfaction (0/1)	Life Satisfaction (0 to 10)	High Eudaimonia (0/1)	Eudaimonia (2 to 10)
	(1)	(2)	(3)	(4)
isFemale	0.07***	0.07***	0.02***	0.02***
	(0.004)	(0.003)	(0.004)	(0.005)
isOld	0.14***	0.10***	0.09***	0.10***
	(0.005)	(0.003)	(0.004)	(0.005)
isMarried	0.07***	0.05***	0.02***	0.02***
	(0.01)	(0.003)	(0.005)	(0.01)
isDivorced	-0.01	-0.02***	-0.01	-0.01
	(0.01)	(0.005)	(0.01)	(0.01)
isHighIncome	0.09***	0.08***	0.03***	0.04***
	(0.01)	(0.003)	(0.005)	(0.01)
isLowIncome	-0.01**	-0.07***	-0.01**	-0.04***
	(0.01)	(0.004)	(0.01)	(0.01)
isInsured	0.03***	0.06***	-0.02**	-0.005
	(0.01)	(0.005)	(0.01)	(0.01)
isGraduate	0.03***	0.03***	-0.002	0.003
	(0.005)	(0.003)	(0.004)	(0.005)
isExcellentHealth	0.10***	0.10***	0.10***	0.08***
	(0.01)	(0.004)	(0.01)	(0.01)
isPoorHealth	-0.12***	-0.18***	-0.09***	-0.15***
	(0.01)	(0.004)	(0.01)	(0.01)
isObese	-0.03***	-0.02***	0.01	0.01*
	(0.01)	(0.003)	(0.005)	(0.01)
isDepressed	-0.08***	-0.11***	-0.09***	-0.15***
	(0.01)	(0.004)	(0.01)	(0.01)
isExercise	0.05***	0.05***	0.07***	0.09***
	(0.005)	(0.003)	(0.004)	(0.005)
isVeggies	0.04***	0.03***	0.07***	0.07***
	(0.005)	(0.003)	(0.004)	(0.005)
isAlone	-0.02*	-0.04***	-0.03***	-0.07***
	(0.01)	(0.01)	(0.01)	(0.01)
isSmoker	-0.04***	-0.06***	-0.004	-0.02***
	(0.01)	(0.004)	(0.01)	(0.01)
isWeekendForLadder	0.01**			0.003
	(0.005)			(0.005)
isWeekendForAffect				
		(0.003)	(0.004)	
Constant	0.00	0.00	0.00	0.00
	(0.01)	(0.01)	(0.01)	(0.01)
Observations	46,179	46,179	46,179	46,179
R^2	0.13	0.10	0.11	0.07
Adjusted R^2	0.13	0.10	0.11	0.07
Residual Std. Error (df = 46161)	0.47	0.29	0.43	0.48
F Statistic (df = 17; 46161)	412.09***	312.97***	330.10***	214.02***

Note: *p<0.1; **p<0.05; ***p<0.01

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Table S2. Main analysis across a sub-sample of N = 18,208 who were not currently employed

	Dependent variable:			
	High Life Satisfaction	Happiness	Low Worry	Eudaimonia
	(1)	(2)	(3)	(4)
isFemale	0.07***	0.03***	-0.03***	0.01
	(0.01)	(0.005)	(0.01)	(0.01)
isOld	0.09***	0.02***	0.12***	0.08***
	(0.01)	(0.01)	(0.01)	(0.01)
isMarried	0.04***	0.04***	-0.03***	0.02**
	(0.01)	(0.01)	(0.01)	(0.01)
isDivorced	-0.01	-0.02**	-0.02*	-0.02
	(0.01)	(0.01)	(0.01)	(0.01)
isHighIncome	0.06***	-0.001	0.01	0.03***
	(0.01)	(0.01)	(0.01)	(0.01)
isLowIncome	-0.04***	-0.04***	-0.06***	0.01
	(0.01)	(0.01)	(0.01)	(0.01)
isLookingForWork	-0.09***	-0.02***	-0.07***	-0.06***
	(0.01)	(0.01)	(0.01)	(0.01)
isInsured	0.02	0.02**	0.04***	-0.002
	(0.01)	(0.01)	(0.01)	(0.01)
isGraduate	0.03***	-0.01	-0.03***	0.01
	(0.01)	(0.01)	(0.01)	(0.01)
isExcellentHealth	0.09***	0.02**	0.05***	0.09***
	(0.01)	(0.01)	(0.01)	(0.01)
isPoorHealth	-0.18***	-0.14***	-0.16***	-0.13***
	(0.01)	(0.01)	(0.01)	(0.01)
isObese	-0.03***	0.01	0.01	-0.01
	(0.01)	(0.01)	(0.01)	(0.01)
isDepressed	-0.09***	-0.16***	-0.23***	-0.11***
	(0.01)	(0.01)	(0.01)	(0.01)
isExercise	0.05***	0.06***	0.03***	0.09***
	(0.01)	(0.005)	(0.01)	(0.01)
isVeggies	0.05***	0.05***	0.03***	0.09***
	(0.01)	(0.005)	(0.01)	(0.01)
isAlone	-0.02	-0.18***	-0.03**	-0.03**
	(0.01)	(0.01)	(0.01)	(0.01)
isSmoker	-0.03***	-0.03***	-0.03***	-0.01
	(0.01)	(0.01)	(0.01)	(0.01)
isWeekendForLadder	0.02**			0.003
	(0.01)			(0.01)
isWeekendForAffect		0.01*	0.02***	
		(0.01)	(0.01)	
Constant	0.00	0.00	0.00	0.00
	(0.02)	(0.01)	(0.02)	(0.02)
Observations	18,208	18,208	18,208	18,208
R^2	0.17	0.15	0.19	0.12
Adjusted R^2	0.17	0.15	0.19	0.12
Residual Std. Error (df = 18189)	0.46	0.31	0.41	0.47
F Statistic (df = 18; 18189)	206.59***	182.06***	233.09***	136.91***

Note:	*p<0.1; **p<0.05; ***p<0.01

Note. The additional binary covariate "looking for work" is included to estimate the effect of unemployment or underemployment on the well-being dimensions.

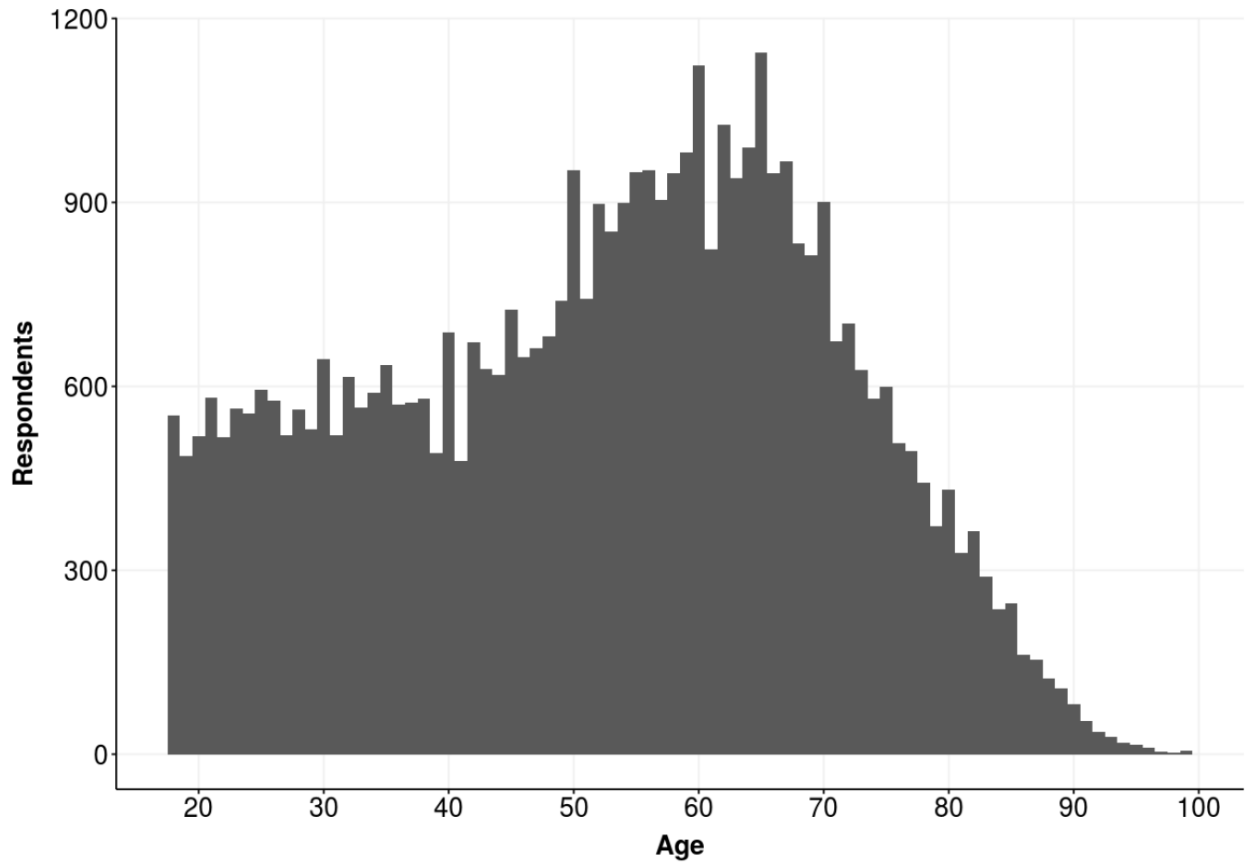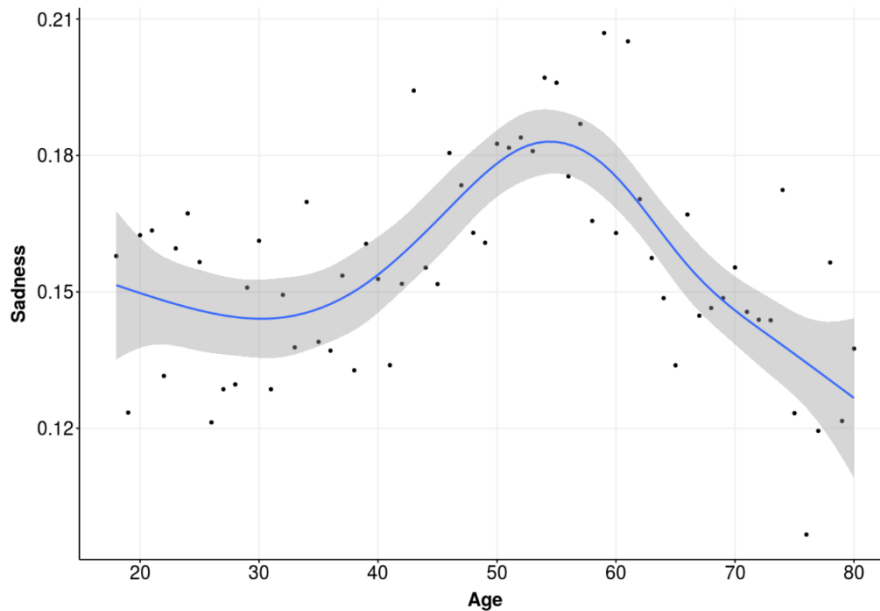**Figure S1. Frequency histogram of the age of the sample**

Figure S2. Sadness as a function of age

Note. Grey band reflects 95% confidence intervals.

Table S3. Mean values of health, lifestyle and well-being variables for different health conditions

| Health Condition | N | Health | | Lifestyle variables | | | | | |
		BMI	isSmoker	isAlone	isMarried	isDivorced	Days with Exercise	Days with Veggies	Hours socially
Excellent	9470	25.4	10%	3%	59%	9%	3.63	4.60	6.98
Very Good	14958	26.9	13%	3%	57%	9%	3.03	4.20	6.72
Good	13612	28.6	19%	4%	52%	12%	2.59	4.02	6.43
Fair	6059	29.8	25%	9%	45%	15%	2.27	3.87	6.00
Poor	2080	29.9	29%	16%	38%	21%	1.79	4.01	5.31

| Health Condition | Well-Being Variables | | | |
	Life Satisfaction	Happy	Low Worry	Eudaimonia
Excellent	7.82	95%	81%	8.66
Very Good	7.43	94%	77%	8.29
Good	6.90	89%	71%	7.91
Fair	6.16	80%	58%	7.29
Poor	5.02	63%	40%	6.08

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