

Supplementary Table 1. Descriptive statistics of continuous variables in the study (N=94)

Variable	Mean \pm SD		t	p
	Moderate/severe (n = 65)	No/mild (n = 29)		
Physical characteristics				
Height (cm)	160.23 \pm 4.82	160.57 \pm 5.82	-0.29	.770
Weight (kg)	59.48 \pm 8.35	57.83 \pm 8.28	0.89	.378
Body mass index (kg/m ²)	23.19 \pm 3.18	22.39 \pm 2.78	1.17	.246
Body fat (%)	33.00 \pm 5.72	30.68 \pm 5.94	1.80	.076
Skeletal muscle mass (kg)	21.18 \pm 2.22	21.31 \pm 2.69	-0.24	.808
Waist circumference (cm)	78.66 \pm 9.34	76.25 \pm 7.15	1.24	.220
Systolic blood pressure (mmHg)	122.83 \pm 14.15	125.90 \pm 18.57	-0.88	.382
Diastolic blood pressure (mmHg)	74.95 \pm 9.91	77.97 \pm 11.63	-1.29	.201
Resting heart rate (beats/min)	77.56 \pm 9.36	77.97 \pm 11.63	0.06	.945
Relative grip strength	0.40 \pm 0.07	0.44 \pm 0.09	-2.28	.025
Cardiorespiratory endurance (VO _{2max})	23.32 \pm 3.43	24.91 \pm 4.27	-1.93	.057
Psychological characteristics				
Psychological well-being	3.50 \pm 0.42	3.76 \pm 0.36	-2.92	.004
Loneliness	0.86 \pm 0.71	0.59 \pm 0.67	1.75	.083
Social support	1.02 \pm 0.81	1.03 \pm 0.67	-0.10	.917
Social network	0.90 \pm 0.49	0.84 \pm 0.54	0.47	.643
Lifestyle characteristics				
Steps per day	10,517.23 \pm 4,209.45	11,490.79 \pm 5,218.63	-0.96	.341
Sedentary time (min/day)	632.26 \pm 180.75	653.47 \pm 149.23	-0.55	.582
Light physical activity (min/day)	240.18 \pm 64.50	250.76 \pm 67.65	-0.72	.472
Moderate physical activity (min/day)	20.47 \pm 16.88	19.26 \pm 19.09	0.31	.758
Vigorous physical activity (min/day)	25.99 \pm 20.99	32.23 \pm 23.49	-1.31	.193
Number of days of strength training in the past week	0.56 \pm 1.24	0.72 \pm 1.44	-0.56	.579
Health-conscious dietary behaviors	25.99 \pm 4.08	28.34 \pm 5.08	-2.39	.019
Time spent on meal preparation (min/week)	544.15 \pm 422.91	568.28 \pm 395.50	-0.26	.795
Time spent on laundry (min/week)	139.25 \pm 124.35	181.03 \pm 182.41	-1.12	.269
Time spent on house cleaning (min/week)	188.45 \pm 152.39	238.97 \pm 222.99	-1.11	.274
Time spent on financial management (min/week)	44.38 \pm 47.85	63.62 \pm 86.05	-1.13	.267
Time spent on shopping (min/week)	140.08 \pm 158.33	162.76 \pm 227.12	-0.49	.629
Time spent on family care (min/week)	67.76 \pm 169.00	121.72 \pm 199.00	-1.35	.180
Time spent on personal communication (min/day)	49.63 \pm 62.77	50.17 \pm 42.01	-0.05	.961
Problematic drinking	2.62 \pm 3.09	1.93 \pm 2.14	1.24	.219
General characteristics				
Age (year)	50.80 \pm 2.79	48.62 \pm 3.35	3.28	.002
Age at menarche (year)	13.66 \pm 1.42	13.66 \pm 1.14	0.00	.997
Number of pregnancies	1.94 \pm 1.16	2.00 \pm 0.65	-0.33	.744
Number of chronic diseases	0.83 \pm 1.07	0.52 \pm 0.74	1.64	.104