**Supplementary Material 4**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Category | Count | Percentage |
| Participant sex | Female | 510 | 67.46 |
| Male | 246 | 32.54 |
| Education level | Postgraduate | 219 | 28.97 |
| Undergraduate | 276 | 36.51 |
| College | 143 | 18.92 |
| Secondary | 116 | 15.34 |
| No formal education | 2 | 0.26 |
| Work status | Retired | 504 | 66.67 |
| Working | 239 | 31.61 |
| Unemployed | 13 | 1.72 |
| Area of residence | Rural | 336 | 44.44 |
| Suburban | 308 | 40.74 |
| Urban | 112 | 14.81 |
| Memory compared to others (self-perceived) | Similar | 625 | 82.67 |
| Worse | 67 | 8.86 |
| Better | 64 | 8.47 |
| Memory compared to a few years ago (self-perceived) | Worse | 391 | 51.72 |
| Similar | 358 | 47.35 |
| Better | 7 | 0.93 |
| Smoking status | Non-smoker | 477 | 63.10 |
| Smoker | 261 | 34.52 |
| Ex-smoker | 18 | 2.38 |
| Alcohol use disorder diagnosis | Absent | 747 | 98.81 |
| Present | 9 | 1.19 |
|  | **Count** | **Mean** | **Standard Deviation** | **Median** | **25th Percentile** | **75th Percentile** |
| Age | 756 | 65.21 | 7.86 | 66.00 | 60.00 | 70.25 |
| Weight (kg) | 756 | 75.51 | 16.27 | 73.00 | 64.00 | 85.00 |
| Height (cm) | 756 | 167.78 | 9.11 | 166.00 | 162.00 | 174.25 |