Online supplementary material

Table 4

*Comparison of means between participants according to attitudes toward ageing1*

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Strengths |  | Positive attitude (n = 44) | Negative attitude(n = 48) | *t* | *df* |
|  | *M* | *SD* | *M* | *SD* |
| Creativity |  | 3.91 | 0.64 | 3.84 | 0.50 | 5.52 | 90 |
| Curiosity |  | 4.38 | 0.39 | 4.21 | 0.47 | 1.80 | 90 |
| Open-mindedness |  | 4.13 | 0.49 | 4.03 | 0.49 | 1.02 | 90 |
| Love of learning |  | 4.33 | 0.49 | 4.41 | 0.53 | 0.72 | 90 |
| Perspective |  | 4.16 | 0.43 | 3.96 | 0.50 | 2.02\* | 90 |
| Bravery |  | 3.67 | 0.64 | 3.73 | 0.55 | 0.47 | 90 |
| Perseverance |  | 3.84 | 0.76 | 3.69 | 0.71 | 0.93 | 90 |
| Honesty |  | 4.32 | 0.46 | 4.35 | 0.34 | 0.35 | 90 |
| Zest |  | 3.91 | 0.60 | 3.50 | 0.55 | 3.12\*\*\* | 90 |
| Love |  | 4.11 | 0.51 | 3.89 | 0.67 | 1.85 | 86.89 |
| Kindness |  | 4.26 | 0.40 | 4.07 | 0.50 | 2.00\* | 90 |
| Social intelligence |  | 3.83 | 0.50 | 3.73 | 0.59 | 0.87 | 90 |
| Teamwork |  | 3.97 | 0.60 | 3.82 | 0.69 | 1.08 | 90 |
| Fairness |  | 3.94 | 0.54 | 3.71 | 0.63 | 1.88 | 90 |
| Leadership |  | 3.85 | 0.69 | 3.54 | 0.91 | 1.85 | 87.06 |
| Forgiveness |  | 3.95 | 0.52 | 3.70 | 0.66 | 2.05\* | 88.22 |
| Humility |  | 3.54 | 0.57 | 3.64 | 0.53 | 0.93 | 90 |
| Prudence |  | 3.62 | 0.68 | 3.66 | 0.52 | 0.37 | 90 |
| Self-regulation |  | 3.66 | 0.61 | 3.52 | 0.63 | 1.08 | 90 |
| Beauty |  | 4.39 | 0.51 | 4.06 | 0.58 | 2.89\*\* | 90 |
| Gratitude |  | 4.23 | 0.49 | 4.04 | 0.65 | 1.58 | 86.75 |
| Hope |  | 4.19 | 0.45 | 3.91 | 0.53 | 2.70\*\* | 90 |
| Humor |  | 3.93 | 0.55 | 3.52 | 0.79 | 2.86\*\* | 84.05 |
| Spirituality |  | 3.60 | 0.82 | 3.47 | 0.98 | 0.73 | 90 |

1 Since the distribution is normal (skewness = -0.12), the sample was divided into two groups according to the median score for attitudes toward ageing. Participants with a negative attitude had significant lower scores than those with a positive attitude for the following strengths: perspective, zest, kindness, forgiveness, beauty, hope, and humor.

Beauty: Appreciation of beauty and excellence

*\* p* < 0.05. \*\* *p* < 0.01. \*\*\* *p* < 0.001.

Table 5

*Multiple hierarchical linear regression for financial satisfaction, two dimensions of attitudes toward aging and virtues on resilience (N = 91)*

|  |  |
| --- | --- |
|  | β |
| Variables | Block 1 | Block 2 | Block 3 |
| Financial satisfaction | 0.30\*\* | 0.18\* | 0.09 |
| General views on aging  |  | 0.12 | 0.07 |
| Attitude about own aging |  | 0.41\*\*\* | 0.24\* |
| Wisdom |  |  | 0.11 |
| Courage |  |  | 0.32\*\* |
| Humanity |  |  | -0.08 |
| Justice |  |  | 0.04 |
| Temperance |  |  | -0.07 |
| Transcendence |  |  | 0.28\* |
| Δ *R*2 | 0.09\*\* | 0.22\*\*\* | 0.23\*\*\* |
| Adjusted *R*2 |  0.08 | 0.29 | 0.49 |
| F for each model |  8.60\*\* | 13.29\*\*\* | 10.68\*\*\* |

Note: Full model *R2* = 0.54 (p < 0.001)

\* p < 0.05; \*\* p < 0.01; \*\*\* p < 0.001