Appendix Table A. Tests for Sex invariance for EFA and for CFA.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Wave 2** | **Wave 4** | **Wave 6** | **Wave 8** |
| Regression of Exploratory Factors of Frailty and Sex; *B (CI 95%)* |
| Constant | 1.540 (1.530, 1.560)\*\* | 1.530 (1.520, 1.540)\*\* | 1.530 (1.520, 1.540)\*\* | 1.530 (1.520, 1.540)\*\* |
| *F(df), R2* | 119.40 (5, 8773), 0.064\*\* | 97.06 (5, 9799), 0.047\*\* | 77.89 (5, 9062), 0.041\*\* | 89.78 (5, 1727), 0.059\*\* |
| Factor 1 \* Sex | 0.009 (-0.001, 0.019) | 0.029 (0.019, 0.039)\*\* | 0.036 (0.026, 0.046)\*\* | 0.014 (0.003, 0.026) |
| Factor 2 \* Sex | 0.017 (0.097, 0.117)\*\* | -0.011 (-0.020, -0.001) | 0.041 (0.031, 0.051)\*\* | -0.011 (-0.022, 0) |
| Factor 3 \* Sex | 0.048 (0.038, 0.058)\*\* | 0.052 (0.043, 0.062)\*\* | -0.011 (-0.021, -0.001) | 0.045 (0.034, 0.056)\*\* |
| Factor 4\* Sex | 0.004 (-0.006, 0.014) | 0.085 (0.075, 0.094)\*\* | 0.081 (0.071, 0.092)\*\* | 0.100 (0.089, 0.111)\*\* |
| Factor 5\* Sex | -0.044 (-0.054, -0.034)\*\* | -0.030 (-0.040, -0.021)\*\* | -0.024 (-0.034, -0.014)\*\* | -0.049 (-0.060, -0.037)\*\* |
| Equivalence Tests comparing Female and Male frailty factors with scores <0 across waves. |
| **Mobility/Pain** | *t*(1895.2)=-5.626\*\* | *t*(2310)=0.038 | *t*(1504.7)=-2.744 | *t*(1368.9)=-0.821 |
| Females | *N*=1469, *M*=0.944, *SD*=1.287 | *N*=1246, *M*=1.260, *SD*=1.260 | *N*=1210, *M*=1.255, *SD*=1.189 | *N*=972, *M*=1.252, *SD*=1.245 |
| Males | *N*=927, *M*=1.257, *SD*=1.349 | *N*=1066, *M*=1.258, *SD*=1.256 | *N*=818, *M*=1.424, *SD*=1.465 | *N*=703, *M*=1.307, *SD*=1.449 |
| **Planning** | *t*(1339.5)=-1.544 | *t*(1802)=-0.693 | *t*(1278.9)=-4.919\*\* | *t*(707.0)=-2.59 |
| Females | *N*=1039, *M*=1.060, *SD*=1.522 | *N*=1006, *M*=1.102, *SD*=1.709 | *N*=1179 *M*=0.790, *SD*=1.622 | *N*=1196, *M*=1.131, *SD*=0.971 |
| Males | *N*=708, *M*=1.188, *SD*=1.814 | *N*=798, *M*=1.159, *SD*=1.745 | *N*=697, *M*=1.215, *SD*=1.901 | *N*=579, *M*=1.362, *SD*=2.045 |
| **Depression** | *t*(2221.8)=-0.242 | *t*(2239.6)=0.188 | *t*(1964.3)=-0.757 | *t*(1679.4)=-1.708 |
| Females | *N*=1563, *M*=1.140, *SD*=0.966 | *N*=1629, *M*=1.196, *SD*=0.967 | *N*=1430, *M*=1.158, *SD*=0.967 | *N*=951, *M*=0.992, *SD*=1.624 |
| Males | *N*=1132 *M*=1.150, *SD*=1.114 | *N*=1163, *M*=1.188, *SD*=1.107 | *N*=999, *M*=1.191, *SD*=1.101 | *N*=823, *M*=1.104, *SD*=1.101 |
| **Mod.Pain/Arth** | *t*(2974)=-1.512 | *t*(3161)=-1.499 | *t*(3500)=-2.516 | *t*(3090)=-3.165 |
| Females | *N*=1587, *M*=0.994, *SD*=1.074 | *N*=1680, *M*=0.907, *SD*=1.257 | *N*=1872, *M*=0.878, *SD*=1.150 | *N*=1813, *M*=0.917, *SD*=0.933 |
| Males | *N*=1389 *M*=1.052, *SD*=0.989 | *N*=1483, *M*=0.973, *SD*=1.188 | *N*=1630, *M*=0.972, *SD*=1.027 | *N*=1279, *M*=1.025, *SD*=0.941 |
| **Cardio-Metab** | *t*(2805.5)=-1.945 | *t*(3305.5)=-1.042 | *t*(12832.0)=-4.406\*\* | *t*(2379.3)=-3.837\*\* |
| Females | *N*=2067, *M*=0.968, *SD*=0.703 | *N*=2264, *M*=0.972, *SD*=0.741 | *N*=2136 *M*=0.977, *SD*=0.734 | *N*=1757, *M*=1.008, *SD*=0.771 |
| Males | *N*=1502, *M*=1.021, *SD*=0.869 | *N*=1682, *M*=0.999, *SD*=0.859 | *N*=1456, *M*=1.097, *SD*=0.843 | *N*=1220, *M*=1.128, *SD*=0.887 |

\*\*p<=.001; *Note. For Equivalence testing, two participants were removed from the whole sample as they switched sex-identification over the waves (N=13650; (females n=7483; males n=6167)*

Appendix Table B. Total Variance Explained - Total and Percentage of Variance Explained for ELSA Frailty EFA Modelling.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Females |  | Males |
|  | Factor Label | Initial Extraction  | Varimax Rotation |  | Initial Extraction  | Varimax Rotation |
|  |  | Total | %  | Total | % |  | Total | %  | Total | %  |
| Wave 2 | Mobility& Pain | 9.745 | 19.9 | 5.892 | 12.0 |  | 10.131 | 21.2 | 6.19 | 12.8 |
|  | Mod. Pain & Arth. | 2.897 | 5.9 | 3.669 | 7.5 |  | 2.994 | 6.2 | 3.716 | 7.7 |
|  | Depression | 2.242 | 4.6 | 3.577 | 7.3 |  | 2.340 | 4.9 | 3.56 | 7.4 |
|  | Planning | 1.634 | 3.3 | 2.610 | 5.3 |  | 1.649 | 3.4 | 3.037 | 6.3 |
|  | Cardio-Metabolic | 1.439 | 2.9 | 2.209 | 4.5 |  | 1.366 | 1.4 | 1.976 | 4.1 |
| Sampling Adequacy | KMO = 0.942; Bartlett’s χ2=58599.2 (1176)\*\* |  | KMO=0.943; Bartlett’s χ2=54813.6 (1128)\*\* |
| Wave 4 | Mobility& Pain | 9.591 | 18.8 | 6.279 | 12.3 |  | 10.21 | 20.4 | 6.808 | 13.6 |
|  | Depression | 3.149 | 6.1 | 3.645 | 7.1 |  | 2.362 | 4.7 | 3.741 | 7.4 |
|  | Planning | 2.276 | 4.4 | 3.126 | 6.1 |  | 3.319 | 6.6 | 4.292 | 8.5 |
|  | Mod. Pain & Arth. | 1.875 | 3.6 | 2.073 | 6.0 |  | 1.845 | 3.6 | 2.259 | 4.5 |
|  | Cardio-Metabolic | 1.469 | 2.8 | 2.235 | 4.3 |  | 1.453 | 2.9 | 2.088 | 4.1 |
| Sampling Adequacy | KMO= 0.932; Bartlett’s χ2=66666.4 (1275)\*\* |  | KMO = 0.940; Bartlett’s χ2=64743.4 (1225)\*\* |
| Wave 6 | Mobility & Pain | 10.443 | 20.4 | 7.103 | 13.9 |  | 10.826 | 21.6 | 7.095 | 14.1 |
|  | Depression | 3.489 | 6.8 | 3.899 | 7.6 |  | 3.415 | 6.8 | 3.940 | 7.8 |
|  | Planning | 2.535 | 4.9 | 3.632 | 7.1 |  | 2.414 | 4.8 | 3.825 | 7.6 |
|  | Mod. Pain & Arth. | 1.684 | 3.3 | 2.771 | 5.4 |  | 1.773 | 3.5 | 2.821 | 5.6 |
|  | Cardio-Metabolic | 1.480 | 2.9 | 2.226 | 4.3 |  | 1.430 | 2.8 | 2.178 | 4.3 |
| Sampling Adequacy | KMO = 0.940; Bartlett’s χ2=67047.7 (1275)\*\* |  | KMO = 0.945; Bartlett’s χ2=63390.5 (1225)\*\* |
| Wave 8 | Mobility & Pain | 10.673 | 20.9 | 6.975 | 13.6 |  | 11.04 | 22.0 | 6.890 | 13.7 |
|  | Depression | 3.359 | 6.5 | 3.853 | 7.5 |  | 2.311 | 4.6 | 3.743 | 7.4 |
|  | Mod. Pain & Arth. | 2.434 | 4.7 | 3.288 | 6.4 |  | 1.595 | 3.1 | 3.168 | 6.3 |
|  | Planning | 1.696 | 3.3 | 3.249 | 6.3 |  | 3.256 | 6.511 | 3.905 | 7.8 |
|  | Cardio-Metabolic | 1.343 | 2.6 | 2.138 | 4.1 |  | 1.482 | 2.963 | 1.978 | 3.9 |
| Sampling Adequacy | KMO= 0.941; Bartlett’s χ2=55546.6 (1275)\*\* |  | KMO = 0.942; Bartlett’s χ2=52368.6 (1225)\*\* |

\*\*p<=.001

Appendix Table C. Factor Values for the Reduced Five-Factor Frailty Measure (substantive eigenvalues above <.300)

|  |  |  |  |
| --- | --- | --- | --- |
| F1. MOBILITY/SEVERE PAIN | Female |  | Male |
| wave 2 | wave 4 | wave 6 | wave 8 |  | wave 2 | wave 4 | wave 6 | wave 8 |
| Number of Items (Cronbach’s Alpha) | 18(α=.900) | 21(α=.901) | 22(α=.916) | 21(α=.918) |  | 19(α=.913) | 20(α=.908) | 20(α=.918) | 19(α=.918) |
| KMO | .943 | .952 | .955 | .950 |  | .954 | .954 | .956 | .951 |
| Variance accounted for | 38.0% | 35.7% | 38.2% | 39.6% |  | 42.0% | 38.7% | 40.8% | 42.8% |
| ADLS | getting dressed | .582 | .634 | .654 | .643 |  | .518 | .539 | .583 | .549 |
| walking across a room | .685 | .595 | .566 | .603 |  | .648 | .553 | .676 | .697 |
| bathing or showering | .605 | .645 | .666 | .659 |  | .585 | .601 | .664 | .677 |
| eating  | .437 | .390 | .397 | .520 |  |  | .311 | .455 |  |
| getting in/out of bed | .656 | .662 | .650 | .628 |  | .621 | .592 | .635 | .625 |
| using the toilet (sit/raising) | .594 | .525 | .514 | .602 |  | .502 | .493 | .587 | .619 |
| IADLS | preparing hot meals | .624 | .559 | .558 | .652 |  | .437 | .401 | .509 | .586 |
| getting groceries | .634 | .623 | .635 | .654 |  | .596 | .607 | .635 | .575 |
| housework | .584 | .608 | .634 | .621 |  | .629 | .678 | .655 | .560 |
| Mobility | walking 100 yards | .629 | .687 | .707 | .639 |  | .699 | .711 | .680 | .654 |
| walking one flight of stairs | .553 | .584 | .628 | .564 |  | .690 | .650 | .665 | .576 |
| pulling/pushing large objects | .478 | .551 | .586 | .554 |  | .631 | .688 | .647 | .645 |
| lifting 10 lbs | .383 | .470 | .536 | .490 |  | .610 | .686 | .630 | .599 |
| reaching above shoulders | .409 | .425 | .465 | .535 |  | .316 | .427 | .453 | .487 |
| walking several flights of stairs |  | .353 | .443 | .356 |  | .465 | .554 | .499 | .434 |
| sitting for more than 2 hours | .324 | .394 | .514 | .429 |  | .353 | .422 | .434 | .419 |
| getting out of a chair | .320 | .395 | .493 | .421 |  | .424 | .494 | .481 | .423 |
| stooping, kneeling or crouching |  | .324 | .425 | .314 |  | .365 | .440 | .376 | .310 |
| picking up a dime | .385 | .338 | .375 | .396 |  |  |  | .438 |  |
| Health | poor general health | .471 | .504 | .511 | .513 |  | .488 | .516 | .443 | .504 |
| Pain | severe | .464 | .532 | .558 | .546 |  | .512 | .442 | .467 | .498 |
| CESD-8 | like everything is an effort |  | .330 | .324 |  |  |  |  |  |  |
| F2. PLANNING /SELF-CARE | Female |  | Male |
| wave 2 | wave 4 | wave 6 | wave 8 |  | wave 2 | wave 4 | wave 6 | wave 8 |
| Number of Items (Cronbach’s Alpha) | 6(α=.691) | 9(α=.748) | 9(α=.797) | 9(α=.800) |  | 10(α=.816) | 11(α=.832) | 9(α=.834) | 9(α=.839) |
| KMO | .790 | .847 | .827 | .852 |  | .888 | .897 | .881 | .870 |
| Variance accounted for | 41.6% | 36.4% | 41.8% | 41.4% |  | 39.6% | 39.0% | 44.6% | 45.3% |
| ADLS | walking across a room |  |  |  |  |  |  | .349 |  |  |
| bathing or showering |  |  |  |  |  | .326 | .337 |  |  |
| eating  | .313 | .336 | .442 | .324 |  | .582 | .426 | .370 | .475 |
| using the toilet (sit/raising) |  |  |  |  |  | .309 | .333 |  |  |
| IADLS | following a map | .548 | .559 | .544 | .558 |  | .633 | .684 | .658 | .626 |
| knowing when in physical danger\* |  | .585 | .711 | .643 |  |  | .607 | .640 | .599 |
| preparing hot meals | .366 | .453 | .459 | .373 |  | .605 | .598 | .558 | .498 |
| getting groceries |  | .301 | .334 |  |  | .442 | .434 | .394 | .435 |
| using a telephone | .684 | .642 | .727 | .646 |  | .682 | .653 | .671 | .688 |
| communicating to others\*  |  | .555 | .526 | .633 |  |  | .531 | .549 | .597 |
| taking medication at the right time | .677 | .621 | .682 | .613 |  | .725 | .665 | .724 | .684 |
| managing finances | .688 | .657 | .669 | .663 |  | .688 | .679 | .744 | .712 |
| Mobility | picking up a dime |  |  |  |  |  | .344 |  |  |  |
| F3. PAIN/ MOVEMENT/ ARTHRITIS | Female |  | Male |
| wave 2 | wave 4 | wave 6 | wave 8 |  | wave 2 | wave 4 | wave 6 | wave 8 |
| Number of Items (Cronbach’s Alpha) | 11(α=.867) | 9(α=.783) | 9(α=.806) | 10(α=.861) |  | 8(α=.793) | 7(α=.767) | 5(α=807) | 8(α=.800) |
| KMO  | .914 | .855 | .868 | .913 |  | .882 | .852 | .843 | .870 |
| Variation Accounted | 43.0% | 38.1% | 40.9% | 45.8% |  | 41.5% | 42.5% | 56.9% | 43.2% |
| Pain | moderate |  | .627 | .669 | .658 |  | .650 | .617 |  | .664 |
| ChronicConditions | Arthritis | .598 | .511 | .533 | .505 |  | .584 | .551 |  | .555 |
| HBP |  | .323 | .323 |  |  |  |  |  |  |
| Mobility | stooping, kneeling or crouching | .651 | .611 | .577 | .642 |  | .604 | .538 | .621 | .609 |
| getting out of a chair | .637 | .573 | .53 | .606 |  | .556 | .513 | .546 | .579 |
| walking several flights of stairs | .569 | .525 | .504 | .551 |  | .419 | .345 | .458 | .511 |
| sitting for more than 2 hours | .442 | .377 | .354 | .463 |  | .460 | .426 | .466 | .427 |
| lifting 10 lbs | .512 | .461 | .397 | .472 |  |  |  | .320 | .329 |
| pulling/pushing large objects | .443 | .407 | .328 | .417 |  |  |  |  |  |
| walking one flight of stairs | .322 |  |  | .330 |  |  |  |  |  |
| reaching above shoulders | .328 |  |  |  |  | .355 |  |  |  |
| ADLS | getting dressed | .327 |  |  |  |  | .416 | .307 | .371 | .405 |
| IADLS | housework | .373 |  |  | .300 |  |  |  |  | .321 |
| F4. DEPRESSION | Female |  | Male |
| wave 2 | wave 4 | wave 6 | wave 8 |  | wave 2 | wave 4 | wave 6 | wave 8 |
| Number of Items (Cronbach’s Alpha) | 7(α=.802) | 7(α=.808) | 7(α=.830) | 7(α=.821) |  | 8(α=.797) | 8(α=.816) | 8(α=.823) | 8(α=.800) |
| KMO | .832 | .824 | .840 | .842 |  | .842 | .854 | .865 | .854 |
| Variance Accounted for | 46.7% | 47.2% | 50.3% | 48.8% |  | 42.1% | 44.4% | 45.3% | 42.2% |
| CESD-8 | depressed | .754 | .736 | .750 | .737 |  | .738 | .736 | .772 | .738 |
| like everything is an effort | .619 | .580 | .632 | .621 |  | .565 | .626 | .618 | .605 |
| restless sleep |  |  |  |  |  |  |  |  |  |
| lonely | .568 | .598 | .576 | .645 |  | .578 | .591 | .570 | .576 |
| sad | .659 | .699 | .715 | .692 |  | .648 | .695 | .691 | .689 |
| can not get going | .534 | .545 | .592 | .576 |  | .564 | .588 | .645 | .547 |
| not happy | .721 | .723 | .752 | .715 |  | .719 | .683 | .717 | .655 |
|  do not enjoy life | .721 | .727 | .738 | .705 |  | .711 | .715 | .703 | .662 |
| Health | poor general health |  |  |  |  |  | .322 | .338 | .350 | .335 |
| F5. CARDIO-METABOLIC | Female |  | Male |
| wave 2 | wave 4 | wave 6 | wave 8 |  | wave 2 | wave 4 | wave 6 | wave 8 |
| Number of Items (Cronbach’s Alpha) | 6(α=.451) | 6(α=.493) | 5(α=.465) | 6(α=.431) |  | 7(α=.486) | 4(α=.497) | 5(α=.503) | 6(α=.457) |
| KMO  | .629 | .596 | .612 | .646 |  | .644 | .569 | .630 | .662 |
| Variation Accounted | 28.4% | 31.4% | 33.5% | 26.6% |  | 25.7% | 45.2% | 35.1% | 27.8% |
| Chronic Conditions | Angina | .631 | .744 | .636 | .325 |  | .672 | .780 | .641 | .349 |
| Myocardial Infarction | .602 | .737 | .604 | .390 |  | .655 | .760 | .627 | .568 |
| Diabetes | .409 | .349 | .313 | .428 |  | .329 |  | .440 | .532 |
| HBP | .348 | .356 | .445 | .488 |  | .459 | .488 | .544 | .535 |
| High Cholesterol | .343 | .301 | .381 | .570 |  | .450 | .397 | .447 | .513 |
| Stroke |  | .307 |  | .346 |  | .305 |  |  | .375 |
| Congestive Heart Failure |  |  |  |  |  | .334 |  |  |  |
| Health | poor general health | .305 |  |  |  |  |  |  |  |  |

Appendix Table D. Distribution of Frailty Factor Regression Standardized Scores (M=0, SD=1).

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  | Females |  | Males |
|  |  | Mobility | Planning | ModPain | Depress | Cardio |  | Mobility | Planning | ModPain | Depress | Cardio |
| Wave 2 | Min | -2.146 | -2.329 | -2.434 | -1.995 | -3.221 |  | -2.86 | -3.69 | -2.1 | -1.95 | -3.23 |
|  | Max | 7.149 | 9.042 | 3.388 | 3.651 | 6.73 |  | 5.98 | 4.92 | 9.34 | 4.74 | 5.96 |
|  | 95PR | 2.1 | 1.5 | 1.9 | 2.35 | 2 |  | 2.12 | 2.15 | 1.18 | 2.35 | 2.04 |
|  | Skewness | 2.8  | 4.3 | 0.68 | 1.6 | 2.1 |  | 2.7 | 1.2 | 5.1 | 2.1 | 1.7 |
|  | Kutosis | 9.7 | 26 | -0.32 | 1.8 | 6.5 |  | 9.1 | 1.5 | 32.4 | 4.6 | 4.2 |
|  | >= 0 scoren(%) | 1440 (31.2%) | 1027 (22.3%) | 2001 (43.4%) | 1535 (33.3%) | 1557 (33.8%) |  | 948 (23.7%) | 1523 (38.0%) | 731 (18.2%) | 1187 (29.6%) | 1393 (34.9%) |
| Wave 4 | Min | -2.416 | -1.962 | -3.416 | -1.743 | -2.571 |  | -2.7 | -2.46 | -1.96 | -6.63 | -2.14 |
|  | Max | 6.286 | 11.22 | 3.877 | 3.812 | 7.984 |  | 6.5 | 9.66 | 4.75 | 4.75 | 7.75 |
|  | 95PR | 2.25 | 1.36 | 1.96 | 2.33 | 1.8 |  | 2.18 | 1.29 | 2.23 | 2.07 | 2.27 |
|  | Skewness | 2.6 | 5.4 | 0.8 | 1.6 | 3 |  | 2.6 | 5.1 | 2.1 | 1.1 | 2.5 |
|  | Kutosis | 7.9 | 39.9 | 0.07 | 1.7 | 12.7 |  | 8.4 | 33 | 4.8 | 2.2 | 8.6 |
|  | >= 0 score n(%) | 1224 (24.4%) | 970 (19.3%) | 2132 (42.5%) | 1602 (31.9%) | 1593 (31.7%) |  | 1117 (24.8%) | 842 (18.7%) | 1262 (28.1%) | 1727 (38.4%) | 1502 (33.4%) |
| Wave 6 | Min | -2.699 | -1.891 | -3.058 | -1.944 | -2.967 |  | -2.73 | -1.81 | -2.27 | -3.55 | -2.36 |
|  | Max | 5.499 | 9.83 | 3.857 | 3.981 | 9.683 |  | 6.87 | 4.61 | 9.12 | 4.41 | 6.9 |
|  | 95PR | 2.32 | 1.07 | 1.98 | 2.37 | 1.8 |  | 2.08 | 2.39 | 1.31 | 2.15 | 2.12 |
|  | Skewness | 2.3 | 5.6 | 0.7 | 1.6 | 2.9 |  | 3.1 | 2.2 | 5 | 1.2 | 1.9 |
|  | Kutosis | 6.0 | 40.1 | 0.1 | 2.1 | 14.2 |  | 11.9  | 4.5 | 30.2 | 1.2 | 5.3 |
|  | >= 0 score n(%) | 1121 (25.5%) | 1066 (24.2%) | 1844 (41.9%) | 1376 (31.3%) | 1572 (35.7%) |  | 827 (20.5%) | 1119 (27.8%) | 686 (17.0%) | 1424 (35.4%) | 1463 (36.3%) |
| Wave 8 | Min | -2.571 | -2.443 | -3.091 | -2.018 | -3.543 |  | -2.93 | -2.78 | -2.12 | -3.24 | -3.12 |
|  | Max | 6.586 | 10.21 | 3.848 | 3.872 | 6.471 |  | 6.86 | 9.81 | 4.75 | 4.83 | 5.58 |
|  | 95PR | 2.19 | 1.13 | 1.96 | 2.33 | 1.93 |  | 1.91 | 1.35 | 2.27 | 2.1 | 1.92 |
|  | Skewness | 2.7 | 5 | 0.9 | 1.7 | 1.4 |  | 3.3 | 5.2 | 2.3 | 1.4 | 1.5 |
|  | Kutosis | 8.8 | 34.4 | 0.2 | 2.7 | 3.7 |  | 14.3 | 34.8 | 5.8 | 1.7 | 3.4 |
|  | >= 0 score n(%) | 842 (23.1%) | 815 (22.4%) | 1494 (41.0%) | 1113 (30.6%) | 1483 (40.7%) |  | 683 (20.5%) | 549 (16.5%) | 1127 (33.9%) | 1215 (36.5%) | 996 (29.9%) |

*Note. Skewness SD = 0.04; Kurtosis SD = 0.07-0.08; ModPain=Moderate Pain, Mobility & Arthritis; Cardio-M=Cardio-Metabolic*