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## **Supplementary Material**

**Article Title:** Paradoxical Trend for Improvement in Mental Health With Aging: A Community-Based Study of 1,546 Adults Aged 21–100 Years

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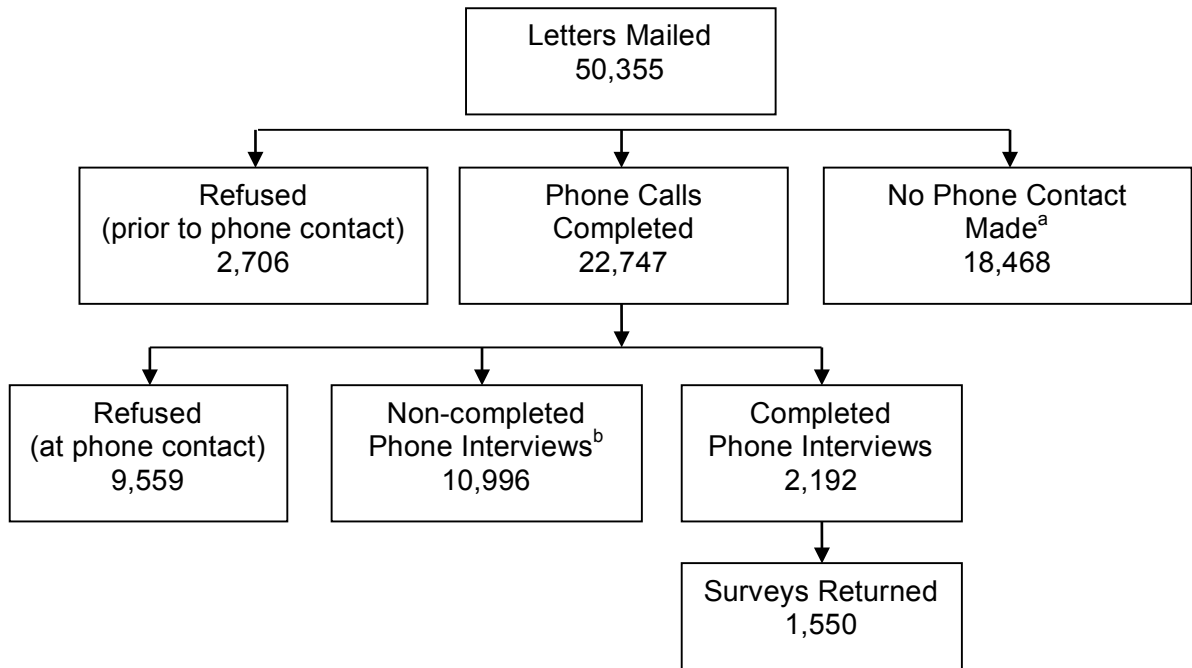
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### **Disclaimer**

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**eFigure 1. CONSORT Diagram of Participants Enrolled in the SAGE Study**



a. Recruitment full, no answer, answering machine on repeated calls, etc.

b. Disconnected number, didn't speak English, deceased, hard of hearing, etc.

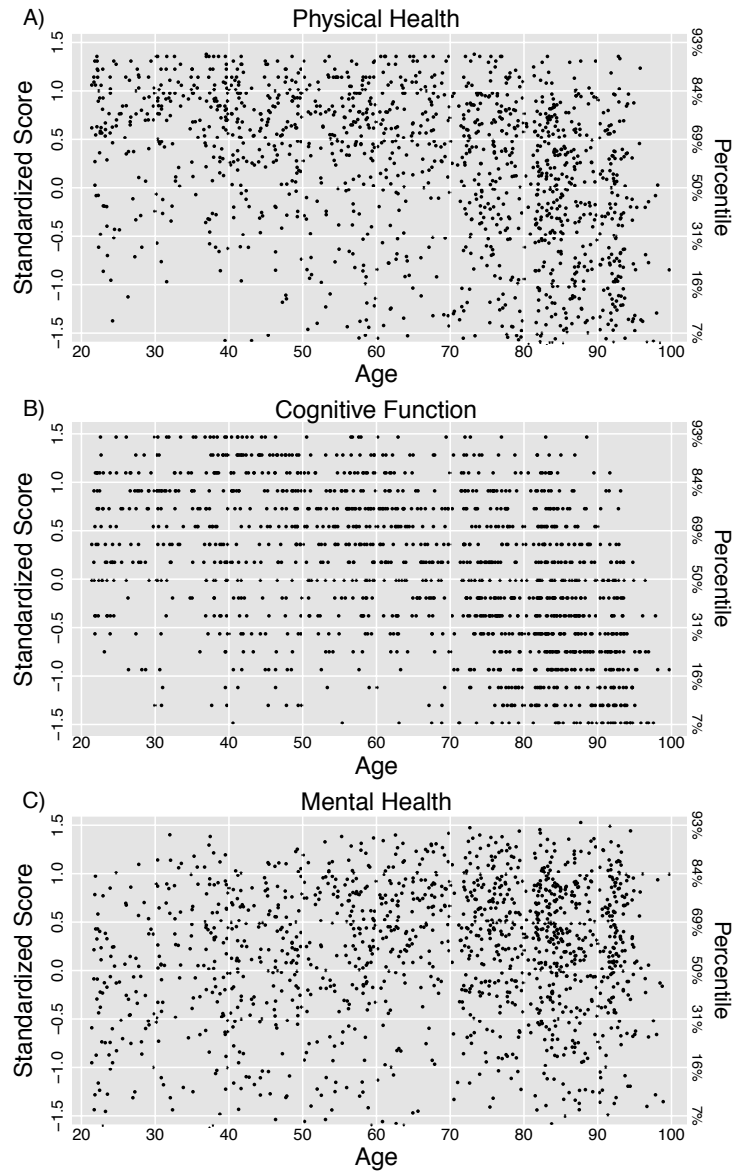
**eTable 1. Demographic and Clinical Characteristics (N = 1,546)**

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Age mean ( <i>SD</i> ) in years	66 (21)
Male <i>N</i> (%)	782 (51%)
Ethnicity/Race <i>N</i> (%)	
White	1,175 (76%)
Hispanic/Latino	217 (14%)
Asian-American	108 (7%)
African American	23 (1%)
Other	23 (1%)
Education <i>N</i> (%)	
12 years or less	302 (20%)
13-16 years	917 (60%)
17 years or more	322 (21%)

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**eFigure 2. Scatterplots for Each Domain**



### **Supplemental Text**

Participants were asked questions pertaining to anxiety and depression while on the phone with an interviewer during the initial screening and telephone interview. Interviewers were carefully trained to immediately inform the investigators if a participant expressed suicidal ideation, thoughts of self-harm, or other concerns warranting clinical attention, at which point one of the licensed clinician co-investigators would follow-up with the participant to properly assess and guide any warranted follow-up steps to ensure participant safety.

Although the overall effects of age were generally moderate to large, it should be emphasized that some of the specific terms were not. Specifically, the quadratic term in the physical health model as well as the cubic term in the cognitive function model were both statistically significant but the effects were small.