

Table S1. Results of multicollinearity examination							
Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
	B	Std. Error	Beta			Tolerance	VIF
(Constant)	-.127	.110		-1.151	.250		
AgeCAT	.082	.008	.225	10.230	.000	.862	1.160
Gender	.103	.026	.102	3.962	.000	.624	1.602
BMIcat	-.035	.013	-.056	-2.636	.008	.939	1.065
Residence	.157	.022	.158	7.104	.000	.845	1.184
Living status	.159	.036	.109	4.419	.000	.680	1.470
Marital status	.092	.030	.077	3.037	.002	.645	1.549
Education	-.123	.016	-.175	-7.711	.000	.811	1.233
1 Smoking status	-.051	.016	-.078	-3.119	.002	.669	1.495
Drinking status	-.007	.016	-.009	-.402	.687	.781	1.280
Multi-morbidity	.161	.022	.151	7.220	.000	.958	1.043
Social participation	.095	.022	.095	4.277	.000	.843	1.187
Social support	-.067	.023	-.068	-2.919	.004	.780	1.282
Social connection	.106	.024	.097	4.332	.000	.831	1.204
Trust	-.008	.025	-.008	-.341	.733	.673	1.486
Cohesion	-.018	.025	-.018	-.704	.481	.669	1.494
Reciprocity	.031	.025	.031	1.240	.215	.660	1.515
a. Dependent Variable: ADL							

Table S2. Correlations results between the variables.

	Functional ability	AgeCAT	Gender	BMICAT	Residence	Marital status	Education	Smoking status	Drinking status	Multimorbidity	Social participation	Social support	Social connection	Trust	Cohesion	Reciprocity
Functional ability	1.000	.219**	.178**	-.087**	.225**	.151**	.021	-.146**	-.092**	.192**	.163**	.014	.159**	.058*	.074**	.086**
AgeCAT	.219**	1.000	-.082**	-.079**	.016	.242**	.013	.007	-.008	.032	.019	.060**	.092**	-.006	.051*	.024
Gender	.178**	-.082**	1.000	.014	-.056*	.149**	.004	-.527**	-.400**	.089**	.062**	-.001	-.017	-.046	-.024	-.052*
BMICAT	-.087**	-.079**	.014	1.000	-.088**	-.019	.004	-.045*	-.005	.082**	.021	.053*	-.018	-.003	.000	.038
Residence	.225**	.016	-.056*	-.088**	1.000	.015	.057*	.072**	.030	-.013	.174**	.069**	.122**	.104**	.120**	.101**
Marital status	.151**	.242**	.149**	-.019	.015	1.000	.036	-.098**	-.064**	.035	.046	.032	.114**	.023	.040	.022
Education	.021	.013	.004	.004	.057*	.036	1.000	-.014	.025	-.011	.026	.066**	.023	.012	-.005	-.014
Smoking status	-.146**	.007	-.527**	-.045*	.072**	-.098**	-.014	1.000	.426**	-.078**	.008	.014	.018	.027	.006	-.005
Drinking status	-.092**	-.008	-.400**	-.005	.030	-.064**	.025	.426**	1.000	-.074**	-.015	-.027	-.013	.023	.013	.021
Multimorbidity	.192**	.032	.089**	.082**	-.013	.035	-.011	-.078**	-.074**	1.000	.032	.006	.060*	.096**	.061**	.105**
Social participation	.163**	.019	.062**	.021	.174**	.046	.026	.008	-.015	.032	1.000	.277**	.093**	.080**	.266**	.212**
Social support	.014	.060**	-.001	.053*	.069**	.032	.066**	.014	-.027	.006	.277**	1.000	.220**	.265**	.352**	.347**
Social connection	.159**	.092**	-.017	-.018	.122**	.114**	.023	.018	-.013	.060*	.093**	.220**	1.000	.343**	.240**	.248**
Trust	.058*	-.006	-.046	-.003	.104**	.023	.012	.027	.023	.096**	.080**	.265**	.343**	1.000	.429**	.461**
Cohesion	.074**	.051*	-.024	.000	.120**	.040	-.005	.006	.013	.061**	.266**	.352**	.240**	.429**	1.000	.466**
Reciprocity	.086**	.024	-.052*	.038	.101**	.022	-.014	-.005	.021	.105**	.212**	.347**	.248**	.461**	.466**	1.000

**Correlation is significant at the 0.01 level (2-tailed).

*Correlation is significant at the 0.05 level (2-tailed).