

Table S1-1. Association between the ability to manage emotions (Identify what you feel) and the sociodemographic characteristics of the participants.

Identify what you feel		Frequency N (%)			χ^2	<i>p</i>
		Never/ Almost never	Sometimes/ Quite often	Often/ Always		
Age (years)						
	< 22	13 (6.0)	118 (54.6)	85 (39.4)	25.782	<.000
	22-39	11 (2.7)	211 (54.6)	187 (39.4)		
	≥ 40	3 (0.9)	136 (42.2)	183 (56.8)		
Gender						
	Male	10 (3.3)	151 (49.5)	144 (47.2)	.386	.825
	Female	17 (2.6)	314 (48.8)	312 (48.5)		
Place of origin						
	Rural area	11 (3.2)	202 (58.6)	132 (38.3)	21.119	<.000
	Urban area	16 (2.7)	263 (43.6)	324 (53.7)		
Education						
	Less than college or university	6 (4.6)	76 (58.6)	48 (36.9)	8.286	.016
	College or university	21 (2.6)	389 (47.6)	408 (49.9)		
Autonomy level						
	Alone	19 (2.3)	398 (48.8)	399 (48.8)	6.419	.040
	Family/profesional/other support	8 (6.1)	67 (50.8)	57 (43.2)		
Marital status						
	Single	22 (4.7)	242 (52.2)	200 (43.1)	21.855	<.000
	Married or in union	4 (1.0)	170 (42.9)	213 (55.0)		
	Widowed/separated/divorced	0 (.0)	15 (39.5)	23 (60.5)		
Living arrangements						
	Living alone/with children/with grandchildren	1 (.9)	58 (52.7)	51 (46.4)	19.537	.003
	Living with a partner/with a partner and children and/or grandchildren	5 (1.4)	152 (42.8)	198 (55.8)		
	Living with parents and/or grandparents/with other relatives	13 (4.3)	159 (52.6)	130 (43.0)		
	Living with friends/other types	8 (4.4)	96 (53.0)	77 (42.5)		
Employment situation						
	Unemployed/retired	18 (3.6)	275 (54.5)	212 (42.0)	16.800	<.000
	Employed	9 (2.0)	190 (42.9)	244 (55.1)		
Income level (€/month)						
	> 2001	21 (3.9)	294 (54.2)	227 (41.9)	28.423	<.000
	1001-2000	5 (2.1)	113 (46.7)	124 (51.2)		
	< 1000	1 (.6)	58 (35.4)	105 (64.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S1-2. Association between the ability to manage emotions (Recognize what others feel) and the sociodemographic characteristics of the participants.

Recognize what others feel		Frequency N (%)			χ^2	<i>p</i>
		Never/ Almost never	Sometimes/ Quite often	Often/ Always		
Age (years)						
	< 22	12 (5.6)	145 (67.1)	59 (27.3)	7.963	.093
	22-39	19 (4.6)	265 (64.8)	125 (30.6)		
	≥ 40	6 (1.9)	205 (63.7)	111 (34.5)		
Gender						
	Male	15 (4.9)	209 (68.5)	81 (26.6)	5.247	.076
	Female	22 (59.9)	406 (66.0)	215 (72.6)		
Place of origin						
	Rural area	17 (4.9)	245 (71.0)	83 (24.1)	13.531	.001
	Urban area	20 (3.3)	370 (61.4)	213 (35.3)		
Education						
	Less than college or university	7 (5.4)	95 (73.1)	28 (21.5)	6.936	.031
	College or university	30 (3.7)	520 (63.6)	268 (32.8)		
Autonomy level						
	Alone	28 (3.4)	528 (64.7)	260 (31.9)	4.131	.127
	Family/profesional/other support	9 (6.8)	87 (65.9)	36 (27.3)		
Marital status						
	Single	29 (6.3)	310 (66.8)	125 (26.9)	20.724	<.001
	Married or in union	7 (1.8)	245 (63.3)	135 (34.9)		
	Widowed/separated/divorced	0 (.0)	20 (52.6)	18 (47.4)		
Living arrangements						
	Living alone/with children/with grandchildren	4 (3.6)	75 (68.2)	31 (28.2)	6.959	.325
	Living with a partner/with a partner and children and/or grandchildren	9 (2.5)	221 (62.3)	125 (35.2)		
	Living with parents and/or grandparents/with other relatives	16 (5.3)	198 (65.6)	88 (29.1)		
	Living with friends/other types	8 (4.4)	121 (66.9)	52 (28.7)		
Employment situation						
	Unemployed/retired	21 (4.2)	341 (67.5)	143 (28.3)	4.276	.118
	Employed	16 (3.6)	274 (61.9)	153 (34.5)		
Income level (€/month)						
	> 2001	27 (5.0)	363 (67.0)	152 (28.0)	16.707	.002
	1001-2000	6 (2.5)	163 (67.4)	73 (30.4)		
	< 1000	4 (2.4)	89 (54.3)	71 (43.3)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S1-3. Association between the ability to manage emotions (Express your feelings openly) and the sociodemographic characteristics of the participants.

Express your feelings openly		Frequency N (%)			χ^2	<i>p</i>
		Never/ Almost never	Sometimes/ Quite often	Often/ Always		
Age (years)						
	< 22	55 (25.5)	122 (56.6)	39 (18.1)	27.687	<.001
	22-39	89 (21.8)	223 (54.5)	97 (23.7)		
	≥ 40	32 (9.9)	201 (62.4)	89 (27.6)		
Gender						
	Male	60 (19.7)	192 (63.0)	53 (17.4)	10.414	.005
	Female	116 (18.0)	354 (55.1)	173 (26.9)		
Place of origin						
	Rural area	73 (21.2)	198 (57.4)	74 (21.4)	3.270	.195
	Urban area	103 (17.1)	348 (57.7)	152 (25.2)		
Education						
	Less than college or university	29 (22.3)	75 (57.7)	26 (20.0)	2.068	.355
	College or university	147 (18.0)	471 (57.6)	200 (24.4)		
Autonomy level						
	Alone	151 (18.5)	466 (57.1)	199 (24.4)	.990	.610
	Family/profesional/other support	25 (18.9)	80 (60.6)	27 (20.5)		
Marital status						
	Single	117 (25.2)	243 (52.4)	104 (22.4)	30.971	<.001
	Married or in union	41 (10.6)	245 (63.3)	101 (26.1)		
	Widowed/separated/divorced	5 (13.2)	24 (63.2)	9 (23.7)		
Living arrangements						
	Living alone/with children/with grandchildren	8 (21.8)	121 (54.5)	52 (23.6)	34.580	<.001
	Living with a partner/with a partner and children and/or grandchildren	33 (9.3)	221 (62.3)	101 (28.5)		
	Living with parents and/or grandparents/with other relatives	72 (23.8)	168 (55.6)	62 (20.5)		
	Living with friends/other types	47 (26.0)	97 (53.6)	37 (20.4)		
Employment situation						
	Unemployed/retired	108 (21.4)	283 (56.0)	114 (22.6)	5.811	.055
	Employed	68 (15.3)	263 (59.4)	112 (25.3)		
Income level (€/month)						
	> 2001	126 (23.2)	304 (56.1)	112 (20.7)	21.294	<.001
	1001-2000	32 (13.2)	141 (58.3)	69 (28.5)		
	< 1000	18 (11.0)	101 (61.6)	45 (27.4)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S1-4. Association between the ability to manage emotions (Control your own emotions) and the sociodemographic characteristics of the participants.

Control your own emotions		Frequency N (%)			χ^2	<i>p</i>
		Never/ Almost never	Sometimes/ Quite often	Often/ Always		
Age (years)						
	< 22	47 (21.8)	133 (61.6)	36 (16.7)	14.845	.005
	22-39	66 (16.1)	249 (60.9)	94 (23.0)		
	≥ 40	34 (10.6)	218 (67.7)	70 (21.7)		
Gender						
	Male	35 (11.5)	183 (60.0)	87 (28.5)	16.852	<.001
	Female	112 (17.4)	417 (64.9)	114 (17.7)		
Place of origin						
	Rural area	52 (15.1)	221 (64.1)	72 (20.9)	.145	.930
	Urban area	95 (15.8)	379 (62.9)	129 (21.4)		
Education						
	Less than college or university	23 (17.7)	90 (69.2)	17 (13.1)	5.996	.050
	College or university	124 (15.2)	510 (62.3)	184 (22.5)		
Autonomy level						
	Alone	119 (14.6)	518 (63.5)	179 (21.9)	4.741	.093
	Family/profesional/other support	28 (21.2)	82 (62.1)	22 (16.7)		
Marital status						
	Single	83 (17.9)	283 (61.0)	98 (21.1)	11.644	.020
	Married or in union	49 (12.7)	254 (65.6)	84 (21.7)		
	Widowed/separated/divorced	3 (7.9)	32 (84.2)	3 (7.9)		
Living arrangements						
	Living alone/with children/with grandchildren	17 (15.5)	79 (71.8)	14 (12.7)	14.102	.029
	Living with a partner/with a partner and children and/or grandchildren	41 (11.5)	235 (66.2)	79 (22.3)		
	Living with parents and/or grandparents/with other relatives	55 (18.2)	176 (58.3)	71 (23.5)		
	Living with friends/other types	34 (18.8)	110 (60.8)	37 (20.4)		
Employment situation						
	Unemployed/retired	94 (18.6)	313 (62.0)	98 (19.4)	8.669	.013
	Employed	53 (12.0)	287 (64.8)	103 (23.3)		
Income level (€/month)						
	> 2001	101 (18.6)	337 (62.2)	104 (19.2)	13.842	.008
	1001-2000	33 (13.6)	156 (64.5)	53 (21.9)		
	< 1000	13 (13.6)	107 (65.2)	44 (26.8)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S1-5. Association between the ability to manage emotions (Empathize with another person) and the sociodemographic characteristics of the participants.

Empathize with another person		Frequency N (%)			χ^2	<i>p</i>
		Never/ Almost never	Sometimes/ Quite often	Often/ Always		
Age (years)						
	< 22	6 (2.8)	75 (34.7)	135 (62.5)	9.527	.049
	22-39	10 (2.4)	162 (39.6)	237 (57.9)		
	≥ 40	4 (1.2)	151 (46.9)	167 (51.9)		
Gender						
	Male	10 (3.3)	154 (50.5)	141 (46.2)	22.055	<.001
	Female	10 (1.6)	234 (36.4)	399 (62.1)		
Place of origin						
	Rural area	7 (2.0)	148 (42.9)	190 (55.1)	.871	.647
	Urban area	13 (2.2)	240 (39.8)	350 (58.0)		
Education						
	Less than college or university	5 (3.8)	56 (43.1)	69 (53.1)	2.722	.256
	College or university	15 (1.8)	332 (40.6)	471 (57.6)		
Autonomy level						
	Alone	15 (1.8)	336 (41.2)	465 (57.0)	2.136	.344
	Family/profesional/other support	5 (3.8)	52 (39.4)	75 (56.8)		
Marital status						
	Single	16 (3.4)	194 (41.8)	254 (54.7)	7.783	.100
	Married or in union	4 (1.0)	154 (39.8)	229 (59.2)		
	Widowed/separated/divorced	0 (.0)	18 (47.4)	20 (52.6)		
Living arrangements						
	Living alone/with children/with grandchildren	2 (1.8)	51 (46.4)	57 (51.8)	5.001	.544
	Living with a partner/with a partner and children and/or grandchildren	6 (1.7)	153 (43.1)	196 (55.2)		
	Living with parents and/or grandparents/with other relatives	8 (2.6)	110 (36.4)	184 (60.9)		
	Living with friends/other types	4 (2.2)	74 (40.9)	103 (56.9)		
Employment situation						
	Unemployed/retired	10 (2.0)	204 (40.4)	291 (57.6)	.244	.885
	Employed	10 (2.3)	184 (41.5)	249 (56.2)		
Income level (€/month)						
	> 2001	15 (2.8)	209 (38.6)	318 (58.7)	5.609	.230
	1001-2000	2 (.8)	109 (45.0)	131 (54.1)		
	< 1000	3 (1.8)	70 (42.7)	91 (55.5)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S1-6. Association between the ability to manage emotions (Know how to say "no" when necessary) and the sociodemographic characteristics of the participants.

Know how to say "no" when necessary		Frequency N (%)			χ^2	<i>p</i>
		Never/ Almost never	Sometimes/ Quite often	Often/ Always		
Age (years)						
	< 22	22 (10.2)	111 (51.4)	83 (38.4)	16.905	.002
	22-39	48 (11.7)	193 (47.2)	168 (41.1)		
	≥ 40	30 (9.3)	200 (62.1)	92 (28.6)		
Gender						
	Male	32 (10.5)	169 (55.4)	104 (34.1)	1.021	.600
	Female	68 (10.6)	335 (52.1)	240 (37.3)		
Place of origin						
	Rural area	29 (8.4)	193 (55.9)	123 (35.7)	3.208	.201
	Urban area	71 (11.8)	311 (51.6)	221 (36.7)		
Education						
	Less than college or university	12 (9.2)	72 (55.4)	46 (35.4)	.421	.810
	College or university	88 (10.8)	432 (52.8)	298 (36.4)		
Autonomy level						
	Alone	86 (10.5)	434 (53.2)	296 (36.3)	.001	.999
	Family/profesional/other support	14 (10.6)	70 (53.0)	48 (36.4)		
Marital status						
	Single	55 (11.9)	227 (48.9)	182 (39.2)	6.328	.176
	Married or in union	38 (9.8)	220 (56.8)	129 (33.3)		
	Widowed/separated/divorced	3 (7.9)	23 (60.5)	12 (31.6)		
Living arrangements						
	Living alone/with children/with grandchildren	12 (10.9)	65 (59.1)	33 (30.0)	6.715	.348
	Living with a partner/with a partner and children and/or grandchildren	36 (10.1)	195 (54.9)	124 (34.9)		
	Living with parents and/or grandparents/with other relatives	38 (12.6)	148 (49.0)	116 (38.4)		
	Living with friends/other types	14 (7.7)	96 (49.0)	71 (38.4)		
Employment situation						
	Unemployed/retired	52 (10.3)	265 (52.5)	188 (37.2)	.425	.809
	Employed	48 (10.8)	239 (54.0)	156 (35.2)		
Income level (€/month)						
	> 2001	57 (10.5)	270 (49.8)	215 (39.7)	8.478	.076
	1001-2000	29 (12.0)	141 (58.3)	72 (29.8)		
	< 1000	14 (8.5)	93 (56.7)	57 (34.8)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S1-7. Association between the ability to manage emotions (In general, be satisfied with yourself) and the sociodemographic characteristics of the participants.

In general, be satisfied with yourself		Frequency N (%)			χ^2	<i>p</i>
		Never/ Almost never	Sometimes/ Quite often	Often/ Always		
Age (years)						
	< 22	25 (11.6)	98 (45.4)	93 (43.1)	13.155	.011
	22-39	22 (5.4)	188 (46.0)	199 (48.7)		
	≥ 40	19 (5.9)	170 (52.8)	133 (41.3)		
Gender						
	Male	19 (6.2)	145 (47.5)	141 (46.2)	.543	.762
	Female	47 (7.0)	311 (48.1)	285 (44.9)		
Place of origin						
	Rural area	21 (6.1)	176 (51.0)	148 (42.9)	2.055	.358
	Urban area	45 (7.5)	280 (46.4)	278 (46.1)		
Education						
	Less than college or university	16 (12.3)	72 (55.4)	42 (32.3)	13.193	.001
	College or university	50 (6.1)	384 (46.9)	384 (46.9)		
Autonomy level						
	Alone	53 (6.5)	397 (48.7)	366 (44.9)	2.214	.331
	Family/profesional/other support	13 (9.8)	59 (44.7)	60 (45.5)		
Marital status						
	Single	36 (7.8)	219 (47.2)	209 (45.0)	8.742	.068
	Married or in union	26 (6.7)	183 (47.3)	178 (46.0)		
	Widowed/separated/divorced	1 (2.6)	27 (71.1)	10 (26.3)		
Living arrangements						
	Living alone/with children/with grandchildren	2 (1.8)	71 (64.5)	37 (33.6)	17.355	.008
	Living with a partner/with a partner and children and/or grandchildren	22 (6.2)	167 (47.0)	166 (46.8)		
	Living with parents and/or grandparents/with other relatives	26 (8.6)	135 (44.7)	141 (46.8)		
	Living with friends/other types	16 (8.8)	83 (45.9)	82 (45.3)		
Employment situation						
	Unemployed/retired	42 (8.3)	234 (46.3)	229 (45.3)	3.589	.166
	Employed	24 (5.4)	222 (50.1)	197 (44.5)		
Income level (€/month)						
	> 2001	46 (8.5)	251 (46.3)	245 (45.2)	12.060	.017
	1001-2000	9 (3.7)	135 (55.8)	98 (40.5)		
	< 1000	11 (6.7)	70 (42.7)	83 (50.6)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Figure S1. Association between the motivations (Persist in reaching your goals) and the sociodemographic characteristics of the participants.

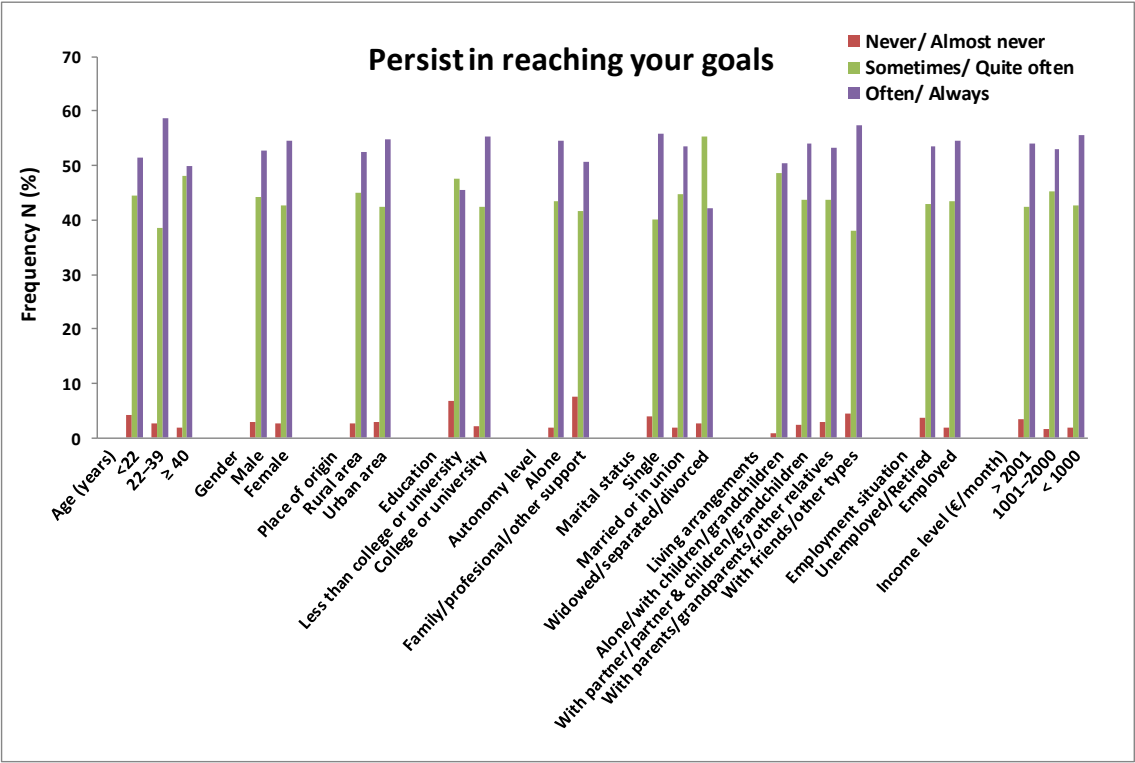


Figure S2. Association between the motivations (Do things for the pleasure of doing them) and the sociodemographic characteristics of the participants.

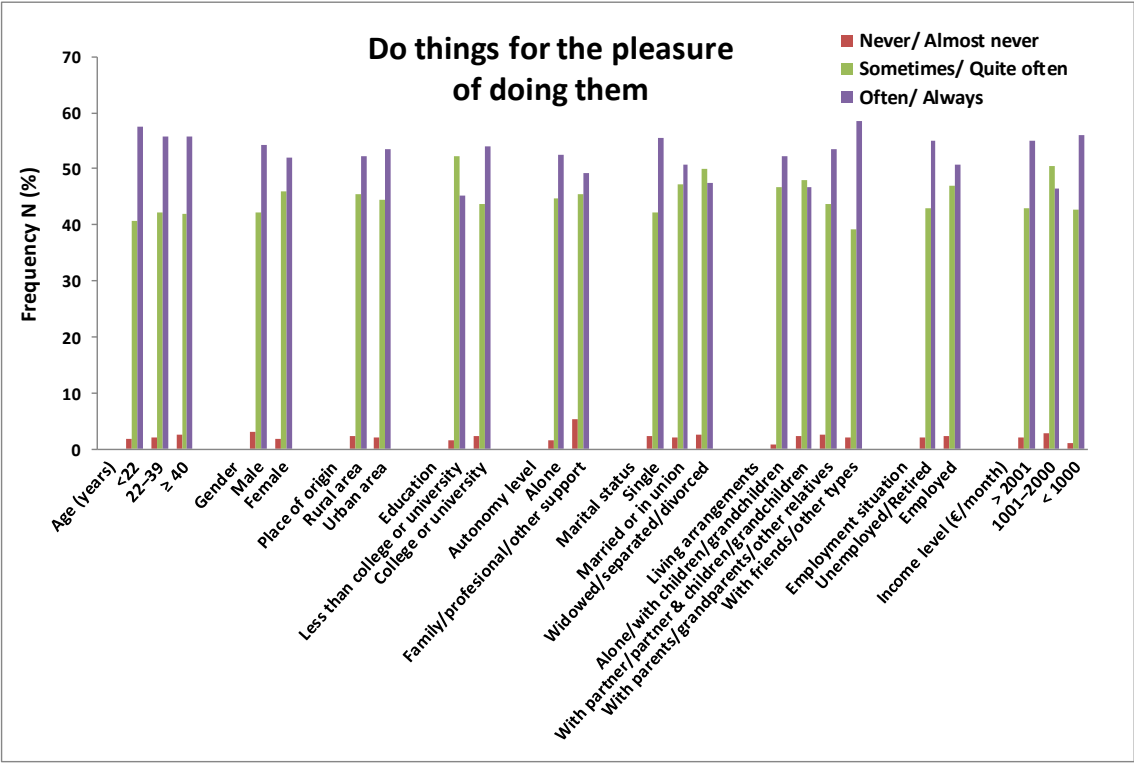


Figure S3. Association between the motivations (Do things for the recognition of others) and the sociodemographic characteristics of the participants.

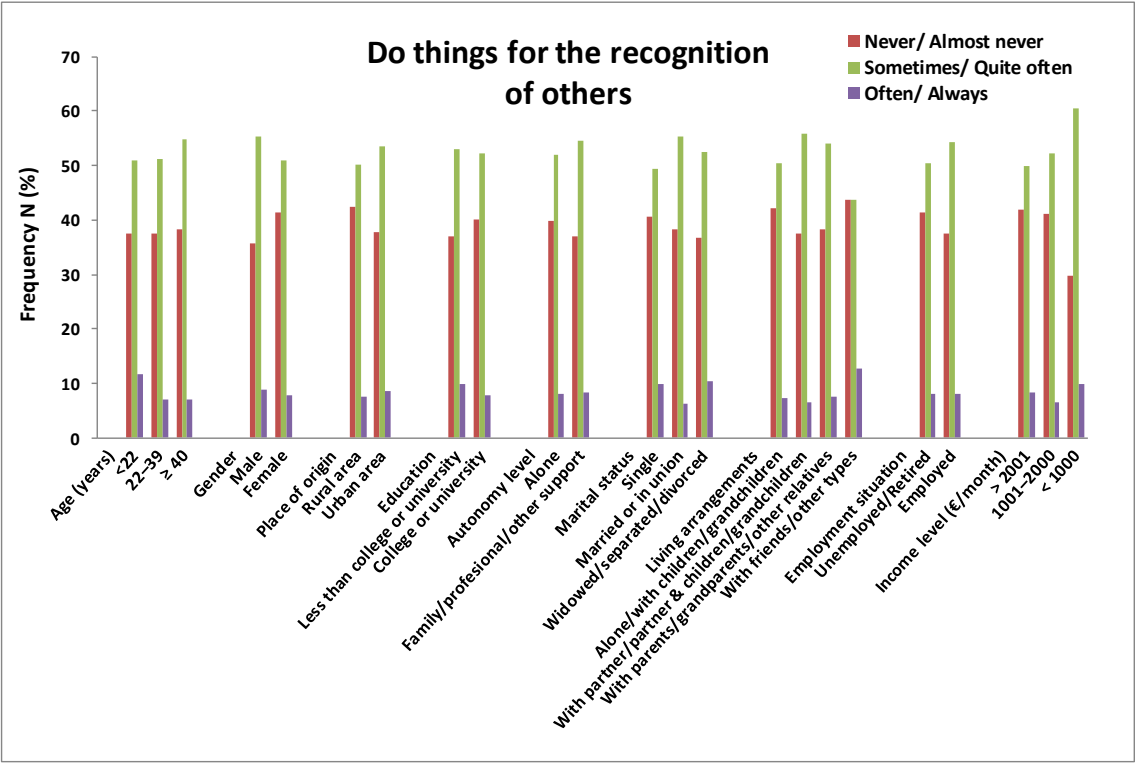


Table S2-1. Association between the self-efficacy (Perform personal care activities) and the sociodemographic characteristics of the participants.

Perform personal care activities		Frequency N (%)			χ^2	<i>p</i>
		Not be/ unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)						
< 22		5 (2.3)	211 (97.7)	0 (.0)	2.990	.560
22-39		7 (1.7)	399 (98.0)	1 (.2)		
≥ 40		3 (.9)	319 (99.1)	0 (.0)		
Gender						
Male		6 (2.0)	298 (97.7)	1 (.3)	2.532	.282
Female		9 (1.4)	632 (98.6)	0 (.0)		
Place of origin						
Rural area		5 (1.4)	339 (98.3)	1 (.3)	1.806	.405
Urban area		10 (1.7)	591 (98.3)	0 (.0)		
Education						
Less than college or university		5 (3.8)	125 (96.2)	0 (.0)	5.087	.079
College or university		10 (1.2)	805 (98.7)	1 (.1)		
Autonomy level						
Alone		9 (1.1)	804 (98.8)	1 (.1)	8.765	.012
Family/profesional/other support		1 (5.0)	19 (95.0)	0 (.0)		
Marital status						
Single		10 (2.2)	452 (97.6)	1 (.2)	2.556	.635
Married or in union		5 (1.3)	381 (98.7)	0 (.0)		
Widowed/separated/divorced		0 (.0)	38 (100.0)	0 (.0)		
Living arrangements						
Living alone/with children/with grandchildren		1 (.9)	108 (99.1)	0 (.0)	2.031	.917
Living with a partner/with a partner and children and/or grandchildren		6 (1.7)	347 (98.0)	1 (.3)		
Living with parents and/or grandparents/with other relatives		5 (1.7)	297 (98.3)	0 (.0)		
Living with friends/other types		3 (1.7)	178 (98.3)	0 (.0)		
Employment situation						
Unemployed/retired		8 (1.6)	497 (98.4)	0 (.0)	1.146	.564
Employed		7 (1.6)	433 (98.2)	1 (.2)		
Income level (€/month)						
> 2001		9 (1.7)	532 (98.3)	0 (.0)	5.041	.283
1001-2000		3 (1.2)	238 (98.8)	0 (.0)		
< 1000		3 (1.8)	160 (97.6)	1 (.6)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S2-2. Association between the self-efficacy (Perform physical exercise) and the sociodemographic characteristics of the participants.

Perform physical exercise		Frequency N (%)			χ^2	<i>p</i>
		Not be/ unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)						
	< 22	14 (6.5)	202 (93.5)	0 (.0)	2.005	.735
	22-39	20 (4.9)	386 (94.8)	1 (.2)		
	≥ 40	17 (5.3)	305 (94.7)	0 (.0)		
Gender						
	Male	12 (3.9)	292 (95.7)	1 (.3)	4.186	.123
	Female	40 (6.2)	601 (93.8)	0 (.0)		
Place of origin						
	Rural area	20 (5.8)	324 (93.9)	1 (.3)	1.845	.398
	Urban area	32 (5.3)	569 (94.7)	0 (.0)		
Education						
	Less than college or university	10 (7.7)	120 (92.3)	0 (.0)	1.551	.461
	College or university	42 (5.1)	773 (94.7)	1 (.1)		
Autonomy level						
	Alone	39 (4.8)	774 (95.1)	1 (.1)	5.740	.057
	Family/profesional/other support	13 (9.8)	119 (90.2)	0 (.0)		
Marital status						
	Single	28 (6.0)	434 (93.7)	1 (.2)	1.084	.897
	Married or in union	21 (5.4)	365 (94.6)	0 (.0)		
	Widowed/separated/divorced	2 (5.3)	36 (94.7)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	5 (4.6)	104 (95.4)	0 (.0)	2.333	.887
	Living with a partner/with a partner and children and/or grandchildren	22 (6.2)	331 (93.5)	1 (.3)		
	Living with parents and/or grandparents/with other relatives	16 (5.3)	286 (94.7)	0 (.0)		
	Living with friends/other types	9 (5.0)	172 (95.0)	0 (.0)		
Employment situation						
	Unemployed/retired	27 (5.3)	478 (94.7)	0 (.0)	1.197	.550
	Employed	25 (5.7)	415 (94.1)	1 (.2)		
Income level (€/month)						
	> 2001	28 (5.2)	513 (94.8)	0 (.0)	5.374	.251
	1001-2000	13 (5.4)	228 (94.6)	0 (.0)		
	< 1000	11 (6.7)	152 (92.7)	1 (.6)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S2-3. Association between the self-efficacy (Perform activities to keep your mind active) and the sociodemographic characteristics of the participants.

Perform activities to keep your mind active		Frequency N (%)			χ^2	<i>p</i>
		Not be/ unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)						
	< 22	6 (2.8)	210 (97.2)	0 (.0)	2.402	.662
	22-39	10 (2.5)	396 (97.3)	1 (.2)		
	≥ 40	5 (1.6)	317 (98.4)	0 (.0)		
Gender						
	Male	6 (2.0)	298 (97.7)	1 (.3)	2.231	.328
	Female	15 (2.3)	626 (97.7)	0 (.0)		
Place of origin						
	Rural area	8 (2.3)	336 (97.4)	1 (.3)	1.770	.413
	Urban area	13 (2.2)	588 (97.8)	0 (.0)		
Education						
	Less than college or university	8 (6.2)	122 (93.8)	0 (.0)	10.892	.004
	College or university	13 (1.6)	802 (98.3)	1 (.1)		
Autonomy level						
	Alone	16 (2.0)	797 (97.9)	1 (.1)	1.895	.388
	Family/profesional/other support	5 (3.8)	127 (96.2)	0 (.0)		
Marital status						
	Single	10 (2.2)	452 (97.6)	1 (.2)	1.094	.895
	Married or in union	10 (2.6)	376 (97.4)	0 (.0)		
	Widowed/separated/divorced	1 (2.6)	37 (97.4)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	5 (4.6)	104 (95.4)	0 (.0)	5.199	.519
	Living with a partner/with a partner and children and/or grandchildren	8 (2.3)	345 (97.5)	1 (.3)		
	Living with parents and/or grandparents/with other relatives	5 (1.7)	297 (98.3)	0 (.0)		
	Living with friends/other types	3 (1.7)	178 (98.3)	0 (.0)		
Employment situation						
	Unemployed/retired	11 (2.2)	494 (97.8)	0 (.0)	1.156	.556
	Employed	10 (2.3)	430 (97.5)	1 (.2)		
Income level (€/month)						
	> 2001	11 (2.0)	530 (98.0)	0 (.0)	4.982	.289
	1001-2000	6 (2.5)	235 (97.5)	0 (.0)		
	< 1000	4 (2.4)	159 (97.0)	1 (.6)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S2-4. Association between the self-efficacy (Perform household chores) and the sociodemographic characteristics of the participants.

Perform household chores		Frequency N (%)			χ^2	<i>p</i>
		Not be/ unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)						
	< 22	6 (2.8)	210 (97.2)	0 (.0)	6.797	.033
	22-39	3 (.7)	401 (99.3)	0 (.0)		
	≥ 40	11 (3.4)	309 (96.6)	0 (.0)		
Gender						
	Male	13 (4.3)	289 (95.7)	0 (.0)	10.153	.001
	Female	7 (1.1)	632 (97.9)	0 (.0)		
Place of origin						
	Rural area	9 (2.6)	334 (97.4)	0 (.0)	.645	.422
	Urban area	11 (1.8)	587 (98.2)	0 (.0)		
Education						
	Less than college or university	7 (5.4)	123 (94.6)	0 (.0)	7.702	.006
	College or university	13 (1.6)	798 (98.4)	0 (.0)		
Autonomy level						
	Alone	17 (2.1)	792 (97.9)	0 (.0)	.016	.899
	Family/profesional/other support	3 (2.3)	19 (97.7)	0 (.0)		
Marital status						
	Single	7 (1.5)	453 (98.5)	0 (.0)	3.087	.214
	Married or in union	10 (2.6)	375 (97.4)	0 (.0)		
	Widowed/separated/divorced	2 (5.4)	35 (94.6)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	2 (1.9)	106 (98.1)	0 (.0)	4.588	.205
	Living with a partner/with a partner and children and/or grandchildren	12 (3.4)	341 (96.6)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	4 (1.3)	296 (98.7)	0 (.0)		
	Living with friends/other types	2 (1.1)	178 (98.9)	0 (.0)		
Employment situation						
	Unemployed/retired	8 (1.6)	495 (98.4)	0 (.0)	1.487	.223
	Employed	12 (2.7)	426 (97.3)	0 (.0)		
Income level (€/month)						
	> 2001	9 (1.7)	530 (98.3)	0 (.0)	2.435	.296
	1001-2000	5 (2.1)	234 (97.9)	0 (.0)		
	< 1000	6 (3.7)	157 (96.3)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S2-5. Association between the self-efficacy (Perform everyday activities on the street) and the sociodemographic characteristics of the participants.

Perform everyday activities on the street	Frequency N (%)			χ^2	<i>p</i>
	Not be/unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)					
< 22	5 (2.3)	211 (97.7)	0 (.0)	1.903	.386
22-39	5 (1.2)	399 (98.8)	0 (.0)		
≥ 40	3 (.9)	317 (99.1)	0 (.0)		
Gender					
Male	5 (1.7)	297 (98.3)	0 (.0)	.245	.620
Female	8 (1.3)	631 (98.7)	0 (.0)		
Place of origin					
Rural area	4 (1.2)	339 (98.8)	0 (.0)	.184	.668
Urban area	9 (1.5)	589 (98.5)	0 (.0)		
Education					
Less than college or university	4 (3.1)	126 (96.6)	0 (.0)	3.182	.074
College or university	9 (1.1)	802 (98.9)	0 (.0)		
Autonomy level					
Alone	11 (1.4)	798 (98.6)	0 (.0)	.020	.887
Family/profesional/other support	2 (1.5)	20 (98.5)	0 (.0)		
Marital status					
Single	9 (2.0)	451 (98.0)	0 (.0)	2.402	.301
Married or in union	3 (.8)	382 (99.2)	0 (.0)		
Widowed/separated/divorced	1 (2.7)	36 (97.3)	0 (.0)		
Living arrangements					
Living alone/with children/with grandchildren	2 (1.9)	106 (98.1)	0 (.0)	.611	.894
Living with a partner/with a partner and children and/or grandchildren	4 (1.1)	349 (98.9)	0 (.0)		
Living with parents and/or grandparents/with other relatives	5 (1.7)	295 (98.3)	0 (.0)		
Living with friends/other types	2 (1.1)	178 (98.9)	0 (.0)		
Employment situation					
Unemployed/retired	8 (1.6)	495 (98.4)	0 (.0)	.346	.556
Employed	5 (1.1)	433 (98.9)	0 (.0)		
Income level (€/month)					
> 2001	10 (1.9)	529 (98.1)	0 (.0)	2.544	.280
1001-2000	1 (.4)	238 (99.6)	0 (.0)		
< 1000	2 (1.2)	161 (98.8)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S2-6. Association between the self-efficacy (Interact with other people) and the sociodemographic characteristics of the participants.

Interact with other people		Frequency N (%)			χ^2	<i>p</i>
		Not be/ unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)						
	< 22	14 (6.5)	202 (93.5)	14 (6.5)	10.335	.006
	22-39	18 (4.5)	386 (95.5)	18 (4.5)		
	≥ 40	4 (1.3)	316 (98.8)	4 (1.3)		
Gender						
	Male	14 (4.6)	288 (95.4)	0 (.0)	.583	.445
	Female	23 (3.6)	616 (96.4)	0 (.0)		
Place of origin						
	Rural area	13 (3.8)	330 (96.2)	0 (.0)	.029	.865
	Urban area	24 (4.0)	574 (96.0)	0 (.0)		
Education						
	Less than college or university	9 (6.9)	121 (93.1)	0 (.0)	3.573	.059
	College or university	28 (3.5)	783 (96.5)	0 (.0)		
Autonomy level						
	Alone	26 (3.2)	783 (96.8)	0 (.0)	7.874	.005
	Family/profesional/other support	11 (8.3.0)	121 (91.7)	0 (.0)		
Marital status						
	Single	27 (5.9)	433 (94.1)	0 (.0)	7.884	.019
	Married or in union	8 (2.1)	377 (97.9)	0 (.0)		
	Widowed/separated/divorced	1 (2.7)	36 (97.3)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	3 (2.8)	105 (97.2)	0 (.0)	3.901	.272
	Living with a partner/with a partner and children and/or grandchildren	10 (2.8)	343 (97.2)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	17 (5.7)	283 (94.3)	0 (.0)		
	Living with friends/other types	7 (3.9)	173 (96.1)	0 (.0)		
Employment situation						
	Unemployed/retired	22 (4.4)	481 (95.6)	0 (.0)	.558	.455
	Employed	15 (3.4)	423 (96.6)	0 (.0)		
Income level (€/month)						
	> 2001	26 (4.8)	513 (95.2)	0 (.0)	2.736	.255
	1001-2000	6 (2.5)	233 (97.5)	0 (.0)		
	< 1000	5 (3.1)	158 (96.6)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S2-7. Association between the self-efficacy (Perform educational activities) and the sociodemographic characteristics of the participants.

Perform educational activities		Frequency N (%)			χ^2	<i>p</i>
		Not be/ unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)						
	< 22	4 (1.9)	212 (98.1)	0 (.0)	1.706	.426
	22-39	5 (1.2)	399 (98.8)	0 (.0)		
	≥ 40	2 (.6)	318 (99.4)	0 (.0)		
Gender						
	Male	6 (2.0)	296 (98.0)	0 (.0)	1.788	.181
	Female	6 (.9)	633 (99.1)	0 (.0)		
Place of origin						
	Rural area	5 (1.5)	338 (98.5)	0 (.0)	.143	.706
	Urban area	7 (1.2)	591 (98.8)	0 (.0)		
Education						
	Less than college or university	2 (1.5)	128 (98.5)	0 (.0)	.083	.773
	College or university	10 (1.2)	801 (98.8)	0 (.0)		
Autonomy level						
	Alone	9 (1.1)	800 (98.9)	0 (.0)	1.213	.271
	Family/profesional/other support	3 (2.3)	129 (97.7)	0 (.0)		
Marital status						
	Single	8 (1.7)	452 (98.3)	0 (.0)	3.196	.202
	Married or in union	2 (.5)	383 (99.5)	0 (.0)		
	Widowed/separated/divorced	1 (2.7)	36 (97.3)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	2 (1.9)	106 (98.1)	0 (.0)	2.507	.474
	Living with a partner/with a partner and children and/or grandchildren	4 (1.1)	349 (98.9)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	2 (.7)	298 (99.3)	0 (.0)		
	Living with friends/other types	4 (2.2)	176 (97.8)	0 (.0)		
Employment situation						
	Unemployed/retired	7 (1.4)	496 (98.6)	0 (.0)	.116	.733
	Employed	5 (1.1)	433 (98.8)	0 (.0)		
Income level (€/month)						
	> 2001	8 (1.5)	531 (98.5)	0 (.0)	1.994	.369
	1001-2000	1 (.4)	238 (99.6)	0 (.0)		
	< 1000	3 (1.8)	160 (98.2)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S2-8. Association between the self-efficacy (Perform leisure activities) and the sociodemographic characteristics of the participants.

Perform leisure activities		Frequency N (%)			χ^2	<i>p</i>
		Not be/ unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)						
	< 22	7 (3.2)	209 (96.8)	0 (.0)	3.658	.161
	22-39	8 (2.0)	396 (98.0)	0 (.0)		
	≥ 40	3 (.9)	317 (99.1)	0 (.0)		
Gender						
	Male	6 (2.0)	296 (98.0)	0 (.0)	0.13	.909
	Female	12 (1.9)	627 (98.1)	0 (.0)		
Place of origin						
	Rural area	5 (1.5)	338 (98.5)	0 (.0)	.596	.440
	Urban area	13 (2.2)	585 (97.8)	0 (.0)		
Education						
	Less than college or university	3 (2.3)	127 (97.7)	0 (.0)	.125	.723
	College or university	15 (1.8)	796 (98.2)	0 (.0)		
Autonomy level						
	Alone	14 (1.7)	795 (98.3)	0 (.0)	1.022	.312
	Family/profesional/other support	4 (3.0)	128 (97.0)	0 (.0)		
Marital status						
	Single	12 (2.6)	448 (97.4)	0 (.0)	1.961	.375
	Married or in union	6 (1.6)	379 (98.4)	0 (.0)		
	Widowed/separated/divorced	0 (.0)	37 (100.0)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	2 (1.9)	106 (98.1)	0 (.0)	.082	.994
	Living with a partner/with a partner and children and/or grandchildren	7 (2.0)	346 (98.0)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	6 (2.0)	294 (98.0)	0 (.0)		
	Living with friends/other types	3 (1.7)	177 (98.3)	0 (.0)		
Employment situation						
	Unemployed/retired	10 (2.0)	493 (98.0)	0 (.0)	.033	.857
	Employed	8 (1.8)	430 (98.2)	0 (.0)		
Income level (€/month)						
	> 2001	13 (2.4)	526 (97.6)	0 (.0)	1.675	.433
	1001-2000	3 (1.3)	236 (98.7)	0 (.0)		
	< 1000	2 (1.2)	161 (98.8)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S2-9. Association between the self-efficacy (Manage your money) and the sociodemographic characteristics of the participants.

Manage your money		Frequency N (%)			χ^2	<i>p</i>
		Not be/ unsure of being able	Neither unsure nor sure of being able	Quite/ totally sure of being able		
Age (years)						
	< 22	11 (5.1)	205 (94.9)	0 (.0)	10.537	.005
	22-39	6 (1.5)	398 (98.5)	0 (.0)		
	≥ 40	4 (1.3)	316 (98.8)	0 (.0)		
Gender						
	Male	6 (2.0)	296 (98.0)	0 (.0)	.122	.727
	Female	15 (2.3)	624 (97.7)	0 (.0)		
Place of origin						
	Rural area	7 (2.0)	336 (98.0)	0 (.0)	.090	.764
	Urban area	14 (2.3)	584 (97.7)	0 (.0)		
Education						
	Less than college or university	5 (3.8)	125 (96.2)	0 (.0)	1.802	.179
	College or university	16 (2.0)	795 (98.0)	0 (.0)		
Autonomy level						
	Alone	15 (1.9)	794 (98.1)	0 (.0)	3.767	.052
	Family/profesional/other support	6 (4.5)	126 (95.5)	0 (.0)		
Marital status						
	Single	14 (3.0)	446 (97.0)	0 (.0)	2.912	.233
	Married or in union	5 (1.3)	380 (98.7)	0 (.0)		
	Widowed/separated/divorced	1 (2.7)	36 (97.3)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	1 (0.9)	107 (99.1)	0 (.0)	2.971	.396
	Living with a partner/with a partner and children and/or grandchildren	6 (1.7)	347 (98.3)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	10 (3.3)	290 (96.7)	0 (.0)		
	Living with friends/other types	4 (2.2)	176 (97.8)	0 (.0)		
Employment situation						
	Unemployed/retired	12 (2.4)	491 (97.6)	0 (.0)	.117	.732
	Employed	9 (2.1)	429 (97.9)	0 (.0)		
Income level (€/month)						
	> 2001	15 (2.8)	524 (97.2)	0 (.0)	2.919	.232
	1001-2000	2 (.8)	237 (99.2)	0 (.0)		
	< 1000	4 (2.5)	159 (97.5)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S3-1. Association between the social support (Have a wide social circle) and the sociodemographic characteristics of the participants.

Have a wide social circle		Frequency N (%)			χ^2	<i>p</i>
		Disagree	Neither agree nor disagree	Agree		
Age (years)						
	< 22	50 (23.4)	164 (76.6)	0 (.0)	.700	.705
	22-39	86 (21.6)	313 (78.4)	0 (.0)		
	≥ 40	64 (20.3)	251 (79.7)	0 (.0)		
Gender						
	Male	59 (19.7)	241 (80.3)	0 (.0)	.909	.340
	Female	141 (22.4)	488 (77.6)	0 (.0)		
Place of origin						
	Rural area	79 (23.4)	258 (76.6)	0 (.0)	1.146	.284
	Urban area	121 (20.4)	471 (79.6)	0 (.0)		
Education						
	Less than college or university	35 (26.9)	95 (73.1)	0 (.0)	2.604	.107
	College or university	165 (20.7)	634 (79.3)	0 (.0)		
Autonomy level						
	Alone	168 (21.1)	630 (78.9)	0 (.0)	.759	.384
	Family/profesional/other support	32 (24.4)	99 (75.6)	0 (.0)		
Marital status						
	Single	101 (22.1)	356 (77.9)	0 (.0)	1.422	.491
	Married or in union	80 (21.2)	297 (78.8)	0 (.0)		
	Widowed/separated/divorced	11 (29.7)	26 (70.3)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	24 (22.2)	84 (77.8)	0 (.0)	.632	.889
	Living with a partner/with a partner and children and/or grandchildren	74 (21.4)	271 (78.6)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	67 (22.6)	230 (77.4)	0 (.0)		
	Living with friends/other types	35 (19.6)	144 (80.4)	0 (.0)		
Employment situation						
	Unemployed/retired	110 (22.2)	386 (77.8)	0 (.0)	.265	.607
	Employed	90 (20.8)	343 (79.2)	0 (.0)		
Income level (€/month)						
	> 2001	119 (22.3)	415 (77.7)	0 (.0)	.621	.733
	1001-2000	46 (19.7)	187 (80.3)	0 (.0)		
	< 1000	35 (21.6)	127 (78.4)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S3-2. Association between the social support (Have good social and communication skills) and the sociodemographic characteristics of the participants.

Have good social and communication skills		Frequency N (%)			χ^2	<i>p</i>
		Disagree	Neither agree nor disagree	Agree		
Age (years)						
	< 22	27 (12.6)	187 (87.4)	0 (.0)	3.361	.186
	22-39	44 (11.0)	355 (89.0)	0 (.0)		
	≥ 40	25 (7.9)	290 (92.1)	0 (.0)		
Gender						
	Male	35 (11.7)	265 (88.3)	0 (.0)	.850	.357
	Female	61 (9.7)	568 (90.3)	0 (.0)		
Place of origin						
	Rural area	36 (10.7)	301 (89.3)	0 (.0)	.069	.792
	Urban area	60 (10.1)	532 (89.9)	0 (.0)		
Education						
	Less than college or university	19 (14.6)	111 (85.4)	0 (.0)	2.991	.084
	College or university	77 (9.6)	722 (90.4)	0 (.0)		
Autonomy level						
	Alone	76 (9.5)	722 (90.5)	0 (.0)	4.006	.045
	Family/profesional/other support	20 (15.3)	111 (84.7)	0 (.0)		
Marital status						
	Single	56 (12.3)	401 (87.7)	0 (.0)	2.535	.282
	Married or in union	34 (9.0)	343 (91.0)	0 (.0)		
	Widowed/separated/divorced	3 (8.1)	34 (91.9)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	12 (11.1)	96 (88.9)	0 (.0)	.930	.818
	Living with a partner/with a partner and children and/or grandchildren	34 (9.9)	311 (90.1)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	34 (11.4)	263 (88.6)	0 (.0)		
	Living with friends/other types	16 (8.9)	163 (91.1)	0 (.0)		
Employment situation						
	Unemployed/retired	49 (9.9)	447 (90.1)	0 (.0)	.237	.626
	Employed	47 (10.9)	386 (89.1)	0 (.0)		
Income level (€/month)						
	> 2001	60 (11.2)	474 (88.8)	0 (.0)	1.967	.374
	1001-2000	24 (10.3)	209 (89.7)	0 (.0)		
	< 1000	12 (7.4)	150 (92.6)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S3-3. Association between the social support (Feel lonely) and the sociodemographic characteristics of the participants.

Feel lonely		Frequency N (%)			χ^2	p
		Disagree	Neither agree nor disagree	Agree		
Age (years)						
	< 22	136 (63.6)	78 (36.4)	0 (.0)	6.564	.038
	22-39	259 (64.9)	140 (35.1)	0 (.0)		
	≥ 40	229 (72.7)	86 (27.3)	0 (.0)		
Gender						
	Male	205 (68.3)	95 (31.7)	0 (.0)	.225	.635
	Female	420 (66.8)	209 (33.2)	0 (.0)		
Place of origin						
	Rural area	223 (66.2)	114 (33.8)	0 (.0)	.293	.588
	Urban area	402 (67.9)	190 (32.1)	0 (.0)		
Education						
	Less than college or university	76 (58.5)	54 (41.5)	0 (.0)	5.335	.021
	College or university	549 (68.7)	250 (31.3)	0 (.0)		
Autonomy level						
	Alone	541 (67.8)	257 (32.2)	0 (.0)	.689	.406
	Family/profesional/other support	84 (64.1)	47 (35.9)	0 (.0)		
Marital status						
	Single	292 (63.9)	165 (36.1)	0 (.0)	9.967	.007
	Married or in union	279 (74.0)	98 (26.0)	0 (.0)		
	Widowed/separated/divorced	24 (64.9)	13 (35.1)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	59 (54.6)	49 (45.4)	0 (.0)	27.213	<.000
	Living with a partner/with a partner and children and/or grandchildren	261 (75.7)	84 (24.3)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	178 (59.9)	119 (40.1)	0 (.0)		
	Living with friends/other types	127 (70.9)	52 (29.1)	0 (.0)		
Employment situation						
	Unemployed/retired	321 (64.7)	175 (35.3)	0 (.0)	3.165	.075
	Employed	304 (70.2)	129 (29.8)	0 (.0)		
Income level (€/month)						
	> 2001	345 (64.6)	189 (35.4)	0 (.0)	5.334	.069
	1001-2000	160 (68.7)	73 (31.3)	0 (.0)		
	< 1000	120 (74.1)	42 (25.9)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S3-4. Association between the social support (Count on other people who comfort you) and the sociodemographic characteristics of the participants.

Count on other people who comfort you		Frequency N (%)			χ^2	<i>p</i>
		Disagree	Neither agree nor disagree	Agree		
Age (years)						
	< 22	6 (2.8)	208 (97.2)	0 (.0)	.724	.696
	22-39	16 (4.0)	383 (96.0)	0 (.0)		
	≥ 40	13 (4.1)	302 (95.6)	0 (.0)		
Gender						
	Male	13 (4.3)	287 (95.7)	0 (.0)	.391	.532
	Female	22 (3.5)	607 (96.5)	0 (.0)		
Place of origin						
	Rural area	12 (3.6)	325 (96.4)	0 (.0)	.062	.803
	Urban area	23 (3.9)	569 (96.1)	0 (.0)		
Education						
	Less than college or university	8 (6.2)	122 (93.8)	0 (.0)	2.374	.123
	College or university	27 (3.4)	772 (96.6)	0 (.0)		
Autonomy level						
	Alone	30 (3.8)	768 (96.2)	0 (.0)	.001	.974
	Family/profesional/other support	5 (3.8)	126 (96.2)	0 (.0)		
Marital status						
	Single	18 (3.9)	439 (96.1)	0 (.0)	.194	.908
	Married or in union	15 (4.0)	362 (96.0)	0 (.0)		
	Widowed/separated/divorced	2 (5.4)	35 (94.6)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	4 (3.7)	104 (96.3)	0 (.0)	5.473	.140
	Living with a partner/with a partner and children and/or grandchildren	18 (5.2)	327 (94.8)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	11 (3.7)	286 (96.3)	0 (.0)		
	Living with friends/other types	2 (1.1)	177 (98.9)	0 (.0)		
Employment situation						
	Unemployed/retired	18 (3.6)	478 (96.4)	0 (.0)	.056	.812
	Employed	17 (3.9)	416 (96.1)	0 (.0)		
Income level (€/month)						
	> 2001	20 (3.7)	514 (96.3)	0 (.0)	.008	.996
	1001-2000	9 (3.9)	224 (96.1)	0 (.0)		
	< 1000	6 (3.7)	156 (96.3)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S3-5. Association between the social support (Have the support of other people for anything you need) and the sociodemographic characteristics of the participants.

Have the support of other people for anything you need		Frequency N (%)			χ^2	<i>p</i>
		Disagree	Neither agree nor disagree	Agree		
Age (years)						
	< 22	7 (3.3)	207 (96.7)	0 (.0)	1.508	.470
	22-39	21 (5.3)	378 (94.7)	0 (.0)		
	≥ 40	17 (5.4)	298 (94.6)	0 (.0)		
Gender						
	Male	17 (5.7)	283 (94.3)	0 (.0)	.651	.420
	Female	28 (4.5)	601 (95.5)	0 (.0)		
Place of origin						
	Rural area	23 (3.9)	569 (96.1)	0 (.0)	1.116	.291
	Urban area	32 (5.4)	560 (94.6)	0 (.0)		
Education						
	Less than college or university	9 (6.9)	121 (93.1)	0 (.0)	1.418	.234
	College or university	36 (4.5)	763 (95.5)	0 (.0)		
Autonomy level						
	Alone	40 (5.0)	758 (95.0)	0 (.0)	.349	.555
	Family/profesional/other support	5 (3.8)	126 (96.2)	0 (.0)		
Marital status						
	Single	26 (5.7)	431 (94.3)	0 (.0)	.910	.635
	Married or in union	16 (4.2)	361 (95.8)	0 (.0)		
	Widowed/separated/divorced	2 (5.4)	35 (94.6)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	5 (4.6)	103 (95.4)	0 (.0)	1.232	.745
	Living with a partner/with a partner and children and/or grandchildren	19 (5.5)	326 (94.5)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	15 (5.1)	282 (94.9)	0 (.0)		
	Living with friends/other types	6 (3.4)	173 (96.6)	0 (.0)		
Employment situation						
	Unemployed/retired	27 (5.4)	469 (94.6)	0 (.0)	.830	.362
	Employed	18 (4.2)	415 (95.8)	0 (.0)		
Income level (€/month)						
	> 2001	28 (5.2)	506 (94.8)	0 (.0)	.435	.804
	1001-2000	10 (4.3)	223 (95.7)	0 (.0)		
	< 1000	7 (4.3)	155 (95.7)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S3-6. Association between the social support (Count on other people who inform and help you) and the sociodemographic characteristics of the participants.

Count on other people who inform and help you		Frequency N (%)			χ^2	<i>p</i>
		Disagree	Neither agree nor disagree	Agree		
Age (years)						
	< 22	13 (6.1)	201 (93.9)	0 (.0)	.249	.883
	22-39	25 (6.3)	374 (93.7)	0 (.0)		
	≥ 40	17 (5.4)	298 (94.6)	0 (.0)		
Gender						
	Male	17 (5.7)	283 (94.3)	0 (.0)	.102	.749
	Female	39 (6.2)	590 (93.8)	0 (.0)		
Place of origin						
	Rural area	32 (5.0)	560 (95.0)	0 (.0)	.903	.342
	Urban area	39 (6.6)	553 (93.4)	0 (.0)		
Education						
	Less than college or university	11 (8.5)	119 (91.5)	0 (.0)	1.580	.209
	College or university	45 (5.6)	754 (94.4)	0 (.0)		
Autonomy level						
	Alone	5 (6.1)	126 (93.9)	0 (.0)	.126	.722
	Family/profesional/other support	7 (5.3)	124 (94.7)	0 (.0)		
Marital status						
	Single	34 (7.4)	423 (92.6)	0 (.0)	2.159	.340
	Married or in union	19 (5.0)	358 (95.0)	0 (.0)		
	Widowed/separated/divorced	3 (8.1)	34 (91.9)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	7 (6.5)	101 (93.5)	0 (.0)	.652	.884
	Living with a partner/with a partner and children and/or grandchildren	23 (6.7)	322 (93.3)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	17 (5.7)	280 (94.3)	0 (.0)		
	Living with friends/other types	9 (5.0)	170 (95.0)	0 (.0)		
Employment situation						
	Unemployed/retired	35 (7.1)	461 (92.9)	0 (.0)	1.987	.159
	Employed	21 (4.8)	412 (95.2)	0 (.0)		
Income level (€/month)						
	> 2001	34 (6.4)	500 (93.6)	0 (.0)	.255	.880
	1001-2000	13 (5.6)	220 (94.4)	0 (.0)		
	< 1000	9 (5.6)	153 (94.4)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table S3-7. Association between the social support (Feel valued and appreciated by the people around you) and the sociodemographic characteristics of the participants.

Feel valued and appreciated by the people around you		Frequency N (%)			χ^2	<i>p</i>
		Disagree	Neither agree nor disagree	Agree		
Age (years)						
	< 22	11 (5.1)	203 (94.9)	0 (.0)	3.451	.178
	22-39	17 (4.3)	382 (95.7)	0 (.0)		
	≥ 40	7 (2.2)	308 (97.8)	0 (.0)		
Gender						
	Male	11 (3.7)	289 (96.3)	0 (.0)	.052	.820
	Female	25 (4.0)	604 (96.0)	0 (.0)		
Place of origin						
	Rural area	13 (3.9)	324 (96.1)	0 (.0)	.000	.983
	Urban area	23 (3.9)	569 (96.1)	0 (.0)		
Education						
	Less than college or university	12 (9.2)	118 (90.8)	0 (.0)	11.639	.001
	College or university	24 (3.0)	775 (97.0)	0 (.0)		
Autonomy level						
	Alone	30 (3.8)	768 (96.2)	0 (.0)	.203	.652
	Family/profesional/other support	6 (4.6)	125 (95.4)	0 (.0)		
Marital status						
	Single	25 (5.5)	432 (94.5)	0 (.0)	8.670	.013
	Married or in union	7 (1.9)	370 (98.1)	0 (.0)		
	Widowed/separated/divorced	3 (8.1)	34 (91.9)	0 (.0)		
Living arrangements						
	Living alone/with children/with grandchildren	4 (3.7)	104 (96.3)	0 (.0)	2.765	.429
	Living with a partner/with a partner and children and/or grandchildren	9 (2.6)	336 (97.4)	0 (.0)		
	Living with parents and/or grandparents/with other relatives	15 (5.1)	282 (94.9)	0 (.0)		
	Living with friends/other types	8 (4.5)	171 (95.5)	0 (.0)		
Employment situation						
	Unemployed/retired	23 (4.6)	473 (95.4)	0 (.0)	1.659	.198
	Employed	13 (3.0)	420 (97.0)	0 (.0)		
Income level (€/month)						
	> 2001	28 (5.2)	506 (94.8)	0 (.0)	6.335	.042
	1001-2000	5 (2.1)	228 (97.9)	0 (.0)		
	< 1000	3 (1.9)	159 (98.1)	0 (.0)		

NOTE: N=Number of participants, χ^2 =Chi-square test, *p*=significance, α -Risk=.05

Table-S4. Cross table of age and gender, in four age groups, for the sample description.

		GENDER		Total
		Male	Female	
Age range	18-29	Count	291	798
		Expected count	328,5	760,5
		% within age range	26,7%	73,3%
		% within gender	49,2%	58,3%
		% of the total	14,9%	40,7%
	30-49	Count	143	325
		Expected count	141,2	326,8
		% within age range	30,6%	69,4%
		% within gender	24,2%	23,8%
		% of the total	7,3%	16,6%
	50-64	Count	105	184
		Expected count	87,2	201,8
		% within age range	36,3%	63,7%
		% within gender	17,8%	13,5%
		% of the total	5,4%	9,4%
	>65	Count	52	61
		Expected count	34,1	78,9
		% within age range	46,0%	54,0%
		% within gender	8,8%	4,5%
		% of the total	2,7%	3,1%
Total		Count	591	1368
		Expected count	591,0	1368,0
		% within age range	30,2%	69,8%
		% within gender	100,0%	100,0%
		% of the total	30,2%	69,8%

PRESENTACIÓN Y CONFIDENCIALIDAD**PRESENTACIÓN**

Se trata de una investigación cuyo objetivo es estudiar las **ACTIVIDADES CONJUNTAS REALIZADAS POR MIEMBROS DE DISTINTAS GENERACIONES**, para el diseño de pautas precisas de intervención que mejoren su bienestar y calidad de vida.

Para ello solicitamos su valiosa colaboración en la siguiente encuesta.

No existen respuestas correctas o incorrectas, sólo situaciones habituales diferentes. La mejor respuesta es la que refleje honestamente su realidad y punto de vista.

COMPROMISO DE CONFIDENCIALIDAD Y ANONIMATO

Sus respuestas son totalmente confidenciales y sólo tratadas a efectos estadísticos globales, de acuerdo con las normas éticas y deontológicas aplicables a toda investigación científica.

Esta encuesta es anónima, por lo que en ningún caso será posible su identificación a través de los datos que proporcione.

AGRADECIMIENTO

Le agradecemos su generosa y necesaria colaboración sin la cual no sería posible realizar esta investigación.

RECONOCIMIENTO

Se trata de una investigación pre-doctoral financiada por la JCyL (EDU/1083/2013) y la Unión Europea (FEDER 2014-2020) a A. Canedo, dentro del Grupo de Investigación de Excelencia (JCyL, GREX259, Dir JN García) cuyo objetivo es estudiar las **ACTIVIDADES CONJUNTAS REALIZADAS POR MIEMBROS DE DISTINTAS GENERACIONES**, para el diseño de pautas precisas de intervención que mejoren el bienestar de los participantes.

CONSENTIMIENTO INFORMADO

Si acepta colaborar en esta investigación, marque la opción "Acepto colaborar voluntariamente en el estudio" y complete la encuesta confidencial y anónima.

Para avanzar pulse **SIGUIENTE**.

En todo momento puede retroceder en la encuesta y modificar sus respuestas. Para ello, debe pulsar **ANTERIOR**.

Cuando haya concluido sus respuestas, pulse **FINALIZAR Y ENVIAR**.

1. ACEPTACIÓN DE COLABORACIÓN

- ☐ Acepto colaborar voluntariamente en el estudio
- ☐ No acepto colaborar en el estudio



Acción Conjunta Intergeneracional (ACIG)

DATOS DEMOGRÁFICOS (DDM)

2. Indique la fecha de nacimiento de su

MADRE

DD	MM	AAAA
<input type="text"/>	<input type="text"/>	<input type="text"/>

3. Indique la fecha de nacimiento de su

PADRE

DD	MM	AAAA
<input type="text"/>	<input type="text"/>	<input type="text"/>

4. Género

- ☐ Hombre
- ☐ Mujer

5. Fecha de nacimiento

Día / Mes / Año

DD	MM	AAAA
<input type="text"/>	<input type="text"/>	<input type="text"/>

6. Edad

7. Nacionalidad

- ☐ Española
- ☐ Extranjera
- ☐ Española y otra

8. Lugar de procedencia

- ☐ Zona rural pueblo pequeño
- ☐ Zona rural pueblo grande
- ☐ Zona urbana ciudad pequeña
- ☐ Zona urbana ciudad grande

9. Núcleo poblacional de residencia

- ☐ Localidad de menos de 250 habitantes
- ☐ Localidad de 250-2000 habitantes
- ☐ Localidad de 2001-50.000 habitantes
- ☐ Localidad de 50.001-300.000 habitantes
- ☐ Localidad de más de 300.000 habitantes

10. Estado Civil

- ☐ No procede
- ☐ Soltero/a
- ☐ Casado/a o en pareja
- ☐ Viudo/a
- ☐ Separado/a
- ☐ Divorciado/a

11. ¿Dónde vive actualmente?

- ☐ En mi casa
- ☐ En casa de un familiar
- ☐ En casa de un amigo/a
- ☐ En un centro o residencia

12. ¿Con quién vive actualmente?

- ☐ Solo
- ☐ En pareja
- ☐ En pareja con hijos
- ☐ En pareja con nietos
- ☐ En pareja con hijos y nietos
- ☐ Con mis hijos
- ☐ Con mis nietos
- ☐ Con hijos y nietos
- ☐ Con mis padres
- ☐ Con mis abuelos
- ☐ Con mis padres y abuelos
- ☐ Con otros familiares
- ☐ Con amigos
- ☐ Otro (especifique)

13. ¿Qué nivel de estudios ha alcanzado?

- ☐ Estudios Primarios
- ☐ Estudios Secundarios
- ☐ Estudios Profesionales
- ☐ Estudios Universitarios

14. Autonomía Personal

	Solo/a	Con ayuda de un familiar/es	Con ayuda de un profesional/es	Con ayuda de otra persona/as
Habitualmente realizo las actividades de la vida diaria	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Acción Conjunta Intergeneracional (ACIG)

Actividad Laboral (DDM)

15. En relación con la actividad laboral, ¿en qué situación se encuentra?

- ☐ En desempleo
- ☐ Trabajando
- ☐ Percibiendo una pensión (contributiva o no contributiva)

Acción Conjunta Intergeneracional (ACIG)

Desempleo (DDM)

16. En relación a su situación de desempleo, se encuentra:

- ☐ Percibiendo la prestación por desempleo
- ☐ Cobrando la ayuda familiar
- ☐ No percibo ingresos fijos
- ☐ Otro (especifique)

Acción Conjunta Intergeneracional (ACIG)

Pensión (DDM)

17. Percibo una pensión por:

- ☐ Jubilación (ordinaria, anticipada, parcial, flexible, especial)
- ☐ Incapacidad permanente (total, absoluta o gran invalidez)
- ☐ Fallecimiento (viudedad, orfandad o en favor de familiares)
- ☐ Invalidez

Acción Conjunta Intergeneracional (ACIG)

Ocupación (DDM)

18. ¿Cuál es su ocupación actual o lo era antes del desempleo o la jubilación?

- ☐ Educación
- ☐ Sanidad
- ☐ Administración y Servicios
- ☐ Industria y Construcción
- ☐ Alimentación y Medio Natural
- ☐ Estudiante
- ☐ Otro (especifique)

19. Ejerce o ejercía dicha ocupación como:

- ☐ Empleador
- ☐ Empresario sin asalariados o trabajador independiente
- ☐ Miembro de una cooperativa
- ☐ Asalariado del sector público
- ☐ Asalariado del sector privado
- ☐ No compete



Acción Conjunta Intergeneracional (ACIG)

Ingresos (DDM)

20. Aproximadamente, ¿qué ingresos recibe al mes?

- ☐ Más de 2500 euros/mes
- ☐ Entre 2001-2500 euros/mes
- ☐ Entre 1501-2000 euros/mes
- ☐ Entre 1001-1500 euros/mes
- ☐ Entre 501-1000 euros/mes
- ☐ Menos de 500 euros/mes



Acción Conjunta Intergeneracional (ACIG)

Asociación (DDM)

21. ¿Pertenece a alguna asociación de afectados?

- ☐ Sí
- ☐ No



Acción Conjunta Intergeneracional (ACIG)

Tipo de Asociación (DDM)

22. Señale el tipo de asociación de afectados a la que pertenece:

- ☐ Discapacidad visual
- ☐ Discapacidad auditiva
- ☐ Discapacidad psíquica
- ☐ Discapacidad motórica
- ☐ Trastornos de aprendizaje
- ☐ Trastornos de conducta
- ☐ Trastornos de la comunicación
- ☐ Trastornos del espectro autista (TEA)
- ☐ Trastorno por déficit de atención con hiperactividad (TDAH)
- ☐ Otro (especifique)



Acción Conjunta Intergeneracional (ACIG)

APOYO SOCIAL PERCIBIDO (ASP)

Apoyo Instrumental (ASP)

23. Indique si recibe algún tipo de APOYO INSTRUMENTAL relacionado con su cuidado personal (aseo, seguimiento de dietas), desplazamiento y/o movilidad, la realización de las tareas del hogar, trámites y/o gestiones administrativas...

☐ Sí

☐ No



Acción Conjunta Intergeneracional (ACIG)

QUIÉNES - Apoyo Instrumental (ASP)

24. Señale por parte de QUIÉNES recibe dicho apoyo instrumental y el grado de satisfacción que ello le produce

	Nada satisfecho	Poco satisfecho	Algo satisfecho	Bastante satisfecho	Muy satisfecho
Mi pareja	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis hijos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis nietos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis padres	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis abuelos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis hermanos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Otros miembros de mi familia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis amistades	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis vecinos, conocidos, compañeros de trabajo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asociaciones, organizaciones o personas en mi misma situación	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Servicios de salud, sociales y sus profesionales	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
La escuela y sus profesionales	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instituciones religiosas y sus miembros	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Acción Conjunta Intergeneracional (ACIG)

APOYO SOCIAL PERCIBIDO (ASP)

Apoyo Emocional (ASP)

25. Indique si recibe algún tipo de APOYO EMOCIONAL expresado por la vía del cariño, la confianza, la escucha, la empatía, la transmisión física de afectos, el acompañamiento, sentimientos de complicidad, de preocupación por su vida personal y/o familiar...

☐ Sí

☐ No



Acción Conjunta Intergeneracional (ACIG)

QUIÉNES - Apoyo Emocional (ASP)

26. Señale por parte de QUIÉNES recibe dicho apoyo emocional y el grado de satisfacción que ello le produce

	Nada satisfecho	Poco satisfecho	Algo satisfecho	Bastante satisfecho	Muy satisfecho
Mi pareja	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis hijos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis nietos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis padres	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis abuelos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis hermanos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Otros miembros de mi familia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis amistades	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mis vecinos, conocidos, compañeros de trabajo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Asociaciones, organizaciones o personas en mi misma situación	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Servicios de salud, sociales y sus profesionales	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
La escuela y sus profesionales	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Instituciones religiosas y sus miembros	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

82. SATISFACCIÓN que le produce utilizar junto con estas personas herramientas educativas virtuales, de ofimática, y sitios web:

	Nada satisfecho	Poco satisfecho	Algo satisfecho	Bastante satisfecho	Muy satisfecho
Mi pareja	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mi hijo/a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mi nieto/a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mi padre/madre	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mi abuelo/a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mi hermano/a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Otro miembro de mi familia	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Un amigo/a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Un vecino/a, conocido/a	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Un colega o compañero/a de trabajo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Una persona en mi misma situación (problemática)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persona / profesional de una asociación /organización / institución	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Persona / Profesional de los servicios de salud, sociales o educativos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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PERFILES PSICOLÓGICOS (PEP)

EMOCIONES (PEP-IE)

□

83. Indique la frecuencia con que...

	Nunca o casi nunca	De vez en cuando	A veces	Normalmente	Bastante a menudo	Muchas veces	Siempre
Sabe identificar lo que siente	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sabe reconocer lo que sienten los demás por sus gustos, su voz	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Expresa sus sentimientos abiertamente	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Controla sus emociones y hace que estas no afecten a sus pensamientos o formas de actuar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Empatiza con lo que le ha sucedido o esta sucediendo a otra persona	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sabe decir "no" cuando sabe que algo no le conviene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
En general, ¿está usted satisfecho/a de sí mismo/a?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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MOTIVACIÓN (PEP-MOT)

84. Indique la frecuencia con que...

	Nunca o casi nunca	De vez en cuando	A veces	Normalmente	Bastante a menudo	Muchas veces	Siempre
Persiste usted hasta conseguir sus objetivos	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hace las cosas por la satisfacción que le reporta conseguir las	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
¿Hace las cosas para obtener el reconocimiento y/o aprobación de los demás?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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ATRIBUCIONES (PEP-ATR)

85. Cuando consigue alcanzar sus metas, habitualmente piensa que se debe a...

- ☐ Su esfuerzo
- ☐ Su capacidad o talento
- ☐ Su buena suerte
- ☐ La facilidad de la tarea

86. Cuando no consigue alcanzar sus metas, habitualmente piensa que se debe a...

- ☐ Su falta de esfuerzo
- ☐ Su escasa capacidad o talento
- ☐ Su mala suerte
- ☐ La excesiva dificultad de la tarea



AUTOEFICACIA (PEP-AE)

87. ¿En qué medida se siente capaz de ser autónomo e independiente para llevar a cabo las siguientes actividades?

	No soy capaz	Poco seguro de poder hacerlo	Ni seguro ni inseguro de poder hacerlo	Bastante seguro de poder hacerlo	Totalmente seguro de poder hacerlo
Cuidado personal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ejercicio físico	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Actividades para mantener activa su mente o mejorar su memoria	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tareas del hogar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Actividades cotidianas en la calle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relacionarse con otras personas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participar en actividades formativas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Participar en actividades para ocupar su tiempo libre o de ocio	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Administrar su dinero	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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SOCIAL (PEP-DS)

88. Indique en qué medida está de acuerdo con las siguientes afirmaciones:

	Totalmente en desacuerdo	Más bien en desacuerdo	Ni de acuerdo, ni en desacuerdo	Más bien de acuerdo	Totalmente de acuerdo
Tengo un círculo social amplio	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tengo buenas habilidades sociales y comunicativas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Me siento sólo	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Puedo contar con personas que me reconfortan y animan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tengo el apoyo de personas para cualquier gestión que tenga que realizar	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cuento con personas que me informan y ayudan ante situaciones o asuntos que escapan a mi entendimiento	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Me siento valorado/a y apreciado/a por las personas que me rodean	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



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HA COMPLETADO LA ENCUESTA

Gracias por su colaboración y contribución a la presente investigación