

Table S1. Included studies and the attributes, antecedents, consequents and empirical elements of concept analysis

ELEMENTS	CHARACTERISTICS/CODE	LITERATURE DESCRIPTION
ATTRIBUTES	Resources available <b>A3, D3, E1, F1, I1, R1, R14, H3, R22, S3</b>	Environmental Capital; Cultural Capital; Economic Capital; Social Capital; Social Relationships; Family and Friends; Love and Friendship; Having Divine Support; Faith in God; Spirituality.
	Positive behaviors <b>B2, B3, E2, I1, N1, M4, P6, P7, R1, R14, H3, E5, D4, D6, A9, C6, S4</b>	Courage and Strength; Resistance; Hardiness; Positive sense of self and an optimistic outlook on life; Strong positivity demonstrated by identity projects, redemptive sequences and narrative openness; Positive comparison with others; Interpersonal Control; Mastery; Belief in self; Competence; Maintaining purpose; Determination; Sense of purpose; Self-determination; Strives toward goal achievement; Prosocial Behavior; Expressing Gratitude; Sense of Humor; Ability to use humor; Problem-solving skills; Meaningful work and activities; Flexibility; Creativity; Autonomy; Recovery; Sustainability; Warrior; Adaptive; Moving-On; Self-esteem; Esteem; Strong self-efficacy.
ANTECEDENTS	Sociodemographic Characteristic <b>B1, C5, D1, D2, E3, I1, M3, P4, P8, R2, R3, R9, R10, T1, A9, D4, E6, M5, R17, R20, S2, S3, T6</b>	age (older people > 65 years old, including 80 and over), gender (female and male), education (higher), income (higher) and status marital (have a partner)
	Experiences of Adversity <b>A3, B2, B3, B4, C2, C3, E3, F1, M2, M3, N2, M4, P3, P5, P6, R5, R7, R8, R9, E5, I2, P10, R19, S2</b>	Impaired Health Condition; Deficit Communication; Impaired mental health condition; Impaired social condition; Trauma exposure; Interpersonal; Preconception; Stressor; Chronic pain
	Life experiences <b>A3, A8, B1, B2, B4, M2, R9, T2, P11</b>	Contentment with their lives; Lived Experience; Reminiscences; Memories of a past loss can serve purposes of reconciling with ageing through an affirmation of self as resilient; Effective problem-solving history; Wisdom (wisdom attainment; wisdom that comes from having lived a life); Perceived financial situation

	<p>Physiology factors</p> <p><b>R12, W2</b></p>	<p>Autonomic nervous system, hypothalamic-pituitary axis, innate immunity, renin-angiotensin system, insulin/growth hormone/IGF-1 pathways and their interactions with Genetic, environmental, physiologic, cellular, molecular functions may influence degree of resilience; White matter integrity of the GCC (genu of corpus callosum) and Grit (domain CD-RISC) were association</p>
	<p>Social context</p> <p><b>B2, B3, C2, C4, D3, G1, H1, I1, M1, P8, R5, R8, R13, U1, U2, W1, A9, B5, E4, H4, P12, R20, T6</b></p>	<p>Personal relationships: Social competence; Family as support; Family relations; Family cohesion; Secure relationships; Accord relationships; Social relations; Social connectedness; Religiosity; Participation and social cohesion; Friends support (friends and particularly friends in similar circumstances are a great source of support); Family and friend networks; Social networks; Gerotranscendence</p> <p>Environmental support: Material resources; Social support (social policies, employment, neighbourhood, economy, health, social care e other services, rehabilitation, guide dogs, third sector); Environmental systems; Social and welfare services; Social resources (health and social care); Access to formal support; Community resources; Community level; Housing; Peer support; Engagement with art.</p>
	<p>Intrinsic aspects</p> <p><b>A8, B2, C4, D3, F1, M2, P6, P7, R1, R2, R5, R8, R9, R15, A9, E4, H4, P12, P13</b></p>	<p>Have purpose or goals: Capacity building and support provided by case professionals; Moving forward with life; Curiosity/ever-seeking; "Head-On" approach to challenge (study participants expressed the belief that one should make plans when faced with a dilemma and not just sit around waiting for something to happen); Meaningfulness; Maintaining continuity; Having and maintaining interests; Perseverance; Meaning, purpose and growth</p> <p>Maintenance balance: Perceived Control; Personal control; Equanimity</p> <p>Beliefs: Spirituality and religiosity; Prayer; Spiritual Grounding</p>
	<p>Health conditions</p> <p><b>C2, C5, D3, M1, M4, F1, H2, P3, P4, P5, P7, R2, R14, T4, W1, A10, C6, D5, H3, P12, R20, S2</b></p>	<p>Lifestyle: Independence and autonomy; Performance preserved from activities of daily living; Mobility; Self-care activities; Looking after yourself (self-care); Self-efficacy; "Self-efficacy, outcome expectations and exercise behavior"; Looking after yourself (self-care); Self-preservation; Self-determination; Non-obese body mass; Non-smoker; Satisfaction with quality of sleep; Having a good appetite; Brain fitness; Self-compassion</p> <p>Express emotions: Positive emotions; Emotional expression and communication; Emotional regulation; Humor; Hope (low hopelessness scores also predicted greater resilience); Self-esteem; Optimism; Facing fear; Moral compass, ethics, altruism; Cognitive and emotional flexibility; Resignation; Confrontation</p>

	<p>Express self-awareness</p> <p>A3, A8, B2, B1, C4, F1, M2, R2, R5, R8, T3</p>	<p>Strong sense of identity; Extending self to others; Ceaseless self-improvement; Accept one-self; Accept situation; Maintenance of self-identity; Adaptable personality; Personal competence; Self and personality; Everyday competence; Self-reliance; Self-reflection (self-criticism and the perception of being caregiver or care receiver) the availability of supportive relationships and reciprocity in these relationships as central elements in the development of resilience; “Maverick” (Being mavericks - unconventional); Existential aloneness.</p>
CONSEQUENTS	<p>Components of mental health</p> <p>A2, A6, B4, C3, C5, D1, D2, L1, P1, P6, P7, R6, R10, R15, S1, T1, V1, W2, A10, P11, M5, E5</p>	<p>Control of symptoms psychological: Less depressive symptoms; Less depression; Less apathy; Less anxiety</p> <p>Control of emotions: Control of stressful events; Control of stress and negative affect/negative emotion; Stress reduction; Control daily negative emotion; Lower emotional distress; Emotional stability; Express happiness; Maintaining a strong positive self-concept; Express daily positive emotion; Emotional maturity; Gratitude</p>
	<p>Positive perspective and experience of ageing</p> <p>A1, A2, A3, A7, B3, B4, C2, C3, C5, E1, F1, H1, M1, M3, O1, P3, P4, R1, R2, R4, R11, R13, R15, R16, S1, T3, U2, V1, A10, E5, P11, P12, R21, T6, S4, R22, S5, D4, E6, E8, R18, A9, G2, E7, E8, C7, F3, H4, S3</p>	<p>Active aging: Well-being; Quality of life; Life satisfaction; Successful aging (life satisfaction; morale; health-promoting lifestyle); Self-rated successful ageing; Longevity; Ageing with integrity; Experience an quiet ageing; Savoring life; Being active; Keeping active and busy; Outdoor visits; Walking; Going to churchill</p> <p>Independence and autonomy: Different strategies to maintain a sense of independence; Fast gait speed; Keep doing a job and earning a living; Resilience demonstrated more protective for risk of dependence for activities of daily livings in older people (65-84 years); Reduced risk of dependence on activities of daily living; Express stoic attitudes (wisdom and moderation) in facing increasing frailty; Driving abilities</p> <p>Values socialization: Greater social participation; Greater perception social support; Maintain active social (to value intergenerationality and relationship with youngest); Value interaction with friends, family and neighbours; Volunteering</p> <p>Personal behavior: Personal growth; Purpose in life; Continuity; Perseverance; Self-acceptance; Redemption; Acquiring an empowering perspective; Learning to let go and moving on'; Remaining active and keeping busy; Individual innovativeness; Sense Purpose; Religiosity; Spirituality</p>

	<p>Grief and loss experience</p> <p><b>B2, D1, P9, R14, E4</b></p>	<p>Recovery with loss; Protection factor against widowhood; They lived active lives, indicating a relatively stable, healthy level of psychological, and physical functioning following the death of their spouse; do not express denial or avoid talking about the loss</p>
	<p>Coping strategies</p> <p><b>A1, A8, B4, E1, H1, M4, R1, R4, O1, V1, E7, F2, N3, R19</b></p>	<p>Problem-solving; Coping escape (avoids stressful situations); Practical coping; Emotional coping; Spiritual coping; Problem coping; Emotional coping; Coping styles; Coping resources; Courage and resourcefulness; Speaking it out was expressed as a strategy to relieve hardship; Successfully coping with adversity; Coping with unfavorable situations, recovery and/or maintenance of health, personal and family protection; Strategy of coping with vulnerabilities; Strategy of coping with discrimination; Coping to financial hardship; Coping to nutrition risk</p>
	<p>Health perspective</p> <p><b>A4, H2, I1, L1, P9, T1, R7, R12, R14, P14, E9</b></p>	<p>Positive health self-report; Good physical and mental health; Less impact related to the treatment of chronic and acute conditions; Expresses homeostasis conditions and basal levels</p>
	<p>Optimistic perspective</p> <p><b>A6, C1, D3, F1, M1, R2, P11, E4, P12, R18, R21</b></p>	<p>Optimism; Maintaining a positive outlook on life; Positive reappraisal; Positive Attitude; Express positive and being thankful for life; Happiness; Good humor</p>
<b>EMPIRICAL ELEMENTS</b>	<p>Scales</p> <p><b>A2, A4, A7, C1, C5, H2, M1, N2, P1, P2, P8, R6, R7, V1, W2, M2, I2, R11, B1, R9, T1, T4, E2, D1, A1, R4, T2, P6, P7, P8, B2, D2, S1, P7, L1, C6, E7, P11, P12, R19, R20, S3, S5, A9, E4, E6, F3, G2, P12, S2, F2, P14, A10, B5, C7, H4, N3, P10, R17, H3, D4, D6, P13</b></p>	<p>Connor Davidson Resilience Scale (Four domains - grit, active coping self-efficacy, accommodative coping self-efficacy e spirituality); The Resilience Scale (Two domains - personal competence; acceptance of self and life); Simplified Resilience Score=Leave Behind Questionnaire + Resilience Scale; Brief Resilient Coping Scale; Dispositional Resilience Scale; Groningen Ageing Resilience Inventory; The Hardy-Gill Resilience Scale; Resilience in Older Adults Survey; The Ego-Resilience Scale; John Henry Active Coping level; Psychological Resilience Scale for Adults; Psychological Resilience Against Physical Difficulties Index (PRAPDI).</p>

	<p>Interventions and qualitative assessment</p> <p>A3, A5, B3, C2, C3, C4, E1, F1, H1, M3, N1, P3, R2, P4, R3, R5, R13, R15, T3, U1, W1, E4, R21, T6, T5, R21, R18, F2, E8, E4</p>	<p>To explore significant life events and experiences; To explore events of adversity and confrontation; To explore resilience; To explore support mechanisms; To measure social support; To measure self-efficacy; To measure self-awareness; To explore physical and cognitive performance; To explore how is it getting old; To explore resilient characteristics.</p> <p>In context of the COVID-19 Pandemic: To explore challenges experienced; How COVID-19 affected their lives; What the changes in that period were; To explore social networks and assistance from government agencies or communities during the pandemic; To explore impact financial hardship during COVID-19; To explore strategies, resources and processes do older adults.</p>
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