

SUPPLEMENTARY FILE 2

Mean scores per health aspect (excluding the answers 'Don't know')

Aspects per dimension	N	Mean ± SD*	'Don't know'
1. Bodily functions			
1.1 ... a medical check has no abnormal results	1922	7.07±1.86	16
1.2 ... impressing as healthy (colour/glance/attitude)	1924	6.75±1.78	14
1.3 ... having age-appropriate physical capacity to function	1927	7.67±1.26	11
1.4 ... not being plagued by complaints of pain	1921	7.59±1.41	17
1.5 ... feeling energetic	1923	7.77±1.22	15
Total of dimension 1: Bodily functions	1897	7.37±1.03	41
2. Mental functions & perception			
2.1 ... being mentally competent and able to think clearly	1923	7.69±1.45	15
2.2 ... having a positive mood	1932	7.14±1.59	6
2.3 ... having self-confidence	1929	7.00±1.68	9
2.4 ... experiencing to have grip on his/her life	1928	7.41±1.49	10
2.5 ... being able to manage the own life situation. Directing it yourself	1925	7.38±1.53	13
Total of dimension 2: Mental functions & perception	1910	7.32±1.30	28
3. Spiritual/existential dimension			
3.1 ... being able to extract meaning out of your life	1908	6.80±1.83	30
3.2 ... being able to do his / her thing	1913	6.90±1.77	25
3.3 ... having ideals and live for it	1917	6.58±1.94	21
3.4 ... having confidence in the future	1918	6.88±1.81	20
3.5 ... being able to accept life as it is and thus be satisfied	1920	7.21±1.74	18
Total of dimension 3: Spiritual/existential dimension	1882	6.87±1.58	56
4. Quality of life			
4.1 ... experiencing a good quality of life	1927	7.71±1.24	11
4.2 ... feeling happy most of the time	1929	7.28±1.46	9
4.3 ... being able to enjoy	1931	7.42±1.52	7
4.4 ... feeling healthy	1932	7.80±1.13	6
4.5 ... flourishing	1930	7.62±1.31	8
4.6 ... experiencing zest for life	1933	7.59±1.33	5
4.7 ... experiencing to be in balance	1926	7.45±1.46	12
Total of dimension 4: Quality of life	1914	7.56±1.13	24
5. Social & societal participation			
5.1 ... being able to maintain social contacts	1929	7.07±1.63	9
5.2 ... having sufficient supportive relationships	1928	6.91±1.73	10
5.3 ... not experiencing loneliness	1932	7.03±1.72	6
5.4 ... feeling accepted by the environment	1928	7.00±1.74	10
5.5 ... participating in society	1925	6.77±1.75	13
5.6 ... doing work (paid or unpaid) that is meaningful to him/her	1916	6.73±1.99	22
Total of dimension 5: Social & societal participation	1900	6.92±1.56	38
6. Daily functioning			
6.1 ... being able to wash and dress oneself (basic ADL)	1927	7.54±1.52	11
6.2 ... being able to provide for his/her own household (e.g. cooking, cleaning, managing money)	1930	7.20±1.59	8
6.3 ... being able to work (paid or unpaid)	1925	6.87±1.78	13
6.4 ... being able to understand medication instructions and follow them (health literacy)	1923	6.95±1.80	15
Total of dimension 6: Daily functioning	1916	7.14±1.43	22

* SD=Standard Deviation