

## Supplementary Tables and Figures

**Table S1** Twelve-Item Simplified Psychological Resilience Score.

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**Fig. S1** Flow Chart of Participants Selection.

**Table S1** Twelve-Item Simplified Psychological Resilience Score

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Resilience items
1. I feel it is impossible for me to reach the goals that I would like to strive for*
2. So far, I have gotten the important things I want in life
3. If something can go wrong for me, it will*
4. I am satisfied with my life
5. I feel that what happens in life is often determined by factors beyond my control*
6. I can do the things that I want to do
7. The future seems hopeless to me and I can't believe that things are changing for the better*
8. When I really want to do something, I usually find a way to succeed at it
9. In most ways, my life is close to ideal
10. I can do just about anything I set my mind to
11. There is really no way I can solve the problems I have*
12. I have a sense of direction and purpose in life

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\*Health and Retirement Study items were reverse coded to make them comparable to the Wagnild and Young items.

**Table S2** Hazard Ratios for All-cause Mortality and Psychological Resilience (quartiles), HRS 2006-2008 (follow-up time < 9 years), N=10,569.

	Q1	Q2	Q3	Q4	P value
	HR	HR	HR	HR	for
	(95% CI)	(95% CI)	(95% CI)	(95% CI)	trend
N	2,627	2,604	2,696	2,642	
N of deaths	909	625	510	354	
Person-years	20398.01	21455.22	22582.43	22684.59	
Model 1	1	0.668	0.571	0.450	
		(0.603, 0.740)	(0.512, 0.637)	(0.398, 0.510)	<2e-16*
Model 2	1	0.672	0.573	0.461	
		(0.606, 0.745)	(0.514, 0.640)	(0.406, 0.523)	<2e-16*
Model 3	1	0.720	0.632	0.516	
		(0.649, 0.800)	(0.565, 0.706)	(0.454, 0.587)	<2e-16*
Model 4	1	0.772	0.701	0.590	
		(0.694, 0.858)	(0.626, 0.785)	(0.518, 0.673)	<2e-16*

Follow-up time = last age – entry age; HR: Hazard Ratio

Model 1: no covariates;

Model 2: Model 1 + sex, race, BMI;

Model 3: Model 2 + diabetes, heart disease, stroke, cancer, hypertension;

Model 4: Model 3 + smoking, physical activity, marital status.

\*P Value < 0.05 (two-sided)

**Table S3** Hazard Ratios for All-cause Mortality and Psychological Resilience (quartiles), HRS 2006-2008 (follow-up time  $\geq 9$  years), N=8,272.

	<b>Q1</b>	<b>Q2</b>	<b>Q3</b>	<b>Q4</b>	<b>P value for trend</b>
	<b>HR (95% CI)</b>	<b>HR (95% CI)</b>	<b>HR (95% CI)</b>	<b>HR (95% CI)</b>	
N	1,721	1,983	2,189	2,291	
N of deaths	296	291	281	223	
Person-years	22601.26	26394.88	29240.1	31004.84	
Model 1	1	0.785 (0.667, 0.923)	0.714 (0.606, 0.841)	0.630 (0.529, 0.751)	<b>1.20e-07*</b>
Model 2	1	0.778 (0.660, 0.917)	0.702 (0.595, 0.829)	0.631 (0.528, 0.754)	<b>1.82e-07*</b>
Model 3	1	0.831 (0.704, 0.980)	0.762 (0.644, 0.902)	0.690 (0.576, 0.827)	<b>3.36e-05*</b>
Model 4	1	0.885 (0.749, 1.045)	0.832 (0.702, 0.987)	0.771 (0.642, 0.927)	<b>4.27e-03*</b>

Follow-up time = last age – entry age; HR: Hazard Ratio

Model 1: no covariates;

Model 2: Model 1 + sex, race, BMI;

Model 3: Model 2 + diabetes, heart disease, stroke, cancer, hypertension;

Model 4: Model 3 + smoking, physical activity, marital status.

\*P Value < 0.05 (two-sided)

**Table S4** Hazard Ratios for Cardiovascular Mortality and Psychological Resilience (quartiles), HRS 2006-2008, N=10,569; Hazard Ratio (95% Confidence interval).

<b>Psychological Resilience Quartiles</b>	<b>N</b>	<b>N of deaths</b>	<b>Person-years</b>	<b>Model 1</b>	<b>Model 2</b>	<b>Model 3</b>	<b>Model 4</b>
<b>Q1(1.93,8.05)</b>	2,627	453	27,510.27	1	1	1	1
<b>Q2(8.07,9.38)</b>	2,604	319	30,003.10	0.665(0.575, 0.768)	0.680(0.587, 0.787)	0.767(0.661, 0.890)	0.823(0.708, 0.955)
<b>Q3(9.40,10.55)</b>	2,696	272	32,121.53	0.572(0.492, 0.666)	0.585(0.501, 0.682)	0.681(0.582, 0.796)	0.758(0.647, 0.888)
<b>Q4(10.57,12.00)</b>	2,642	182	33,070.43	0.421(0.354, 0.502)	0.434(0.363, 0.518)	0.528(0.440, 0.633)	0.597(0.496, 0.718)
<b>Continuous (per 1 SD)</b>	10,569	1,226	122,705	0.755(0.716, 0.797)	0.763(0.722, 0.806)	0.816(0.772, 0.862)	0.852(0.805, 0.901)

Model 1: attained age;

Model 2: additionally adjusting for sex, race, and BMI;

Model 3: additionally adjusting for diabetes, heart disease, stroke, cancer, and hypertension;

Model 4: additionally adjusting for smoking, physical activity, and marital status.

**Fig. S1** Sample screening flow chart