

Supplementary Materials

Table S1. Difference between sociodemographic variables and survival self-care practices.

IADL								BADL						
Frequency					Variety			Frequency				Variety		
	N	Σ	SD	t	Σ	SD	t	N	Σ	SD	t	Σ	SD	t
Participants	101	3.55	1.33		3.20	1.04		105	2.56	0.48		4.03	0.66	
Age														
<75	51	3.54	1.33	-.260	3.25	1.04	.548	55	2.45	0.38	-2.693*	3.93	.67	-1.666
>75	50	3.55	1.35		3.14	1.07		50	3.08	0.47		4.14	.64	
Sex														
Male	13	2.41	1.46	3.355**	2.43	1.02	3.084**	17	2.47	0.48	.951	3.94	.66	.597
Female	88	4.06	1.26		3.32	1.00		88	2.58	0.43		4.05	.66	
Education level														
Basic	55	4.02	1.34	.921	3.29	1.15	.973	57	3.00	0.46	.996	4.11	.62	1.304
Advanced	46	3.45	1.33		3.09	.91		48	2.52	0.45		3.94	.71	
Convivence														
Alone	45	3.38	1.23	-1.524	3.20	1.01	.017	46	2.53	0.48	-.561	4.09	.63	.808
Accompanied	56	4.07	1.40		3.19	1.09		59	2.58	0.41		3.98	.68	
Confident														
Yes	55	4.05	1.45	1.171	3.31	1.02	1.183	56	2.47	0.37	-2.371*	4.02	.75	-.187
No	46	3.43	1.17		3.07	1.08		49	3.07	0.50		4.04	.55	
*p< .05; **p<.005														
Note: basic education = 8 or fewer years of schooling; advanced education =9 or more years of schooling.														

Table S2. Difference between sociodemographic variables and maintenance self-care practices.

	Physical								Cognitive								Social								Spiritual							
	Frequency				Variety				Frequency				Variety				Frequency				Variety				Frequency				Variety			
	N	Σ	SD	t	Σ	SD	t	N	Σ	SD	t	Σ	SD	t	N	Σ	SD	t	Σ	SD	t	N	Σ	SD	t	Σ	SD	t				
Total	98	2.43	1.26		1.35	0.56		63	1.57	1.02		1.83	0.94		43	1.22	0.36		1.09	0.29		13	1.07	0.43		1.33	0.65					
Age																																
<75	52	3.00	1.35	2.253*	1.40	.57	1.074	28	2.08	1.10	1.466	1.82	.98	.113	23	1.21	0.37	-.108	1.04	0.21	-.761	4	1.30	0.13	1.155	1.75	0.96	1.530				
>75	46	2.22	1.10		1.28	.54		35	1.46	0.52		1.79	.91		20	1.22	0.37		1.11	0.30		9	1.00	0.16		1.14	0.38					
Sex																																
Male	17	3.43	1.52	-	1.59	.71	-	10	2.27	1.41	-1.706	2.30	1.25	-	8	1.23	0.31	-.075	1.13	0.35	-.337	0	0	0		0.00	0.00					
				3.387**			1.928							1.765																		
Female	81	2.30	1.13		1.30	.51		53	1.51	0.50		1.74	.86		35	1.22	0.39		1.09	0.28		13	1.07	0.43		1.33	0.65					
Education level																																
Basic	55	2.45	1.25	.372	1.34	.58	-.393	30	1.40	0.48	-	1.70	.88	-.863	19	1.27	0.40	.872	1.11	0.32	.761	8	1.15	0.51	.550	1.43	0.79	.405				
											2.062*																					
Advanced	43	2.39	1.28		1.37	.54		33	2.11	1.08		1.91	.99		24	1.20	0.34		1.04	0.32		5	1.00	0.25		1.25	0.50					
Convivence																																
Alone	42	2.31	1.31	-1.179	1.38	.62	.521	30	2.11	1.04	1.891	2.00	.98	1.593	22	1.23	0.43	.323	1.09	0.29	.503	7	1.08	0.51	-.130	1.17	0.41	-				
																												1.069				
Accompanied	56	2.51	1.51		1.32	.51		33	1.56	0.56		1.62	.87		21	1.20	0.28		1.05	0.22		6	1.12	0.34		1.60	0.89					
Confident																																
Yes	56	2.50	1.50	.978	1.38	.53	.841	35	2.08	1.08	1.510	1.91	.99	.857	27	1.28	0.40	1.437	1.08	0.27	.172	6	1.52	0.52	.130	1.60	0.89	1.069				
No	42	2.32	1.32		1.29	.60		28	1.44	0.49		1.70	.87		16	1.11	0.29		1.07	0.25		7	1.51	0.51		1.17	0.41					
*p< .05; **p<.005																																
Note: basic education = 8 or fewer years of schooling; advanced education =9 or more years of schooling.																																

*p< .05; **p<.005

Note: basic education = 8 or fewer years of schooling; advanced education =9 or more years of schooling.

Table S3. Difference between sociodemographic variables and developmental self-care practices.

	Technology							Reflection							New						
	Frequency				Variety			Frequency				Variety			Frequency				Variety		
	N	Σ	SD	t	Σ	SD	t	N	Σ	SD	t	Σ	SD	t	N	Σ	SD	t	Σ	SD	t
Participants	23	1.11	0.48		1.04	0.37		29	0.43	0.32		1.00	0.00	-	45	1.34	0.55		1.33	0.64	
Age																					
<75	11	0.58	0.58	-1.368	1.09	0.30	.585	12	0.41	0.22	-.074	1.00	0.00	-	26	1.27	0.49	-1.026	1.27	0.53	-.783
>75	12	1.25	1.01		1.00	0.43		17	0.42	0.40		1.00	0.00		19	1.44	1.03		1.42	0.77	
Sex																					
Male	5	0.48	0.40	1.237	1.00	0.00	.239	6	1.10	0.59	-2.596**	1.00	0.00	-	11	1.27	0.31	.661	1.38	0.70	.902
Female	18	1.17	0.49		1.06	0.42		23	0.35	0.16		1.00	0.00		34	1.37	1.01		1.18	0.41	
Education level																					
Basic	10	1.06	0.31	-.432	1.10	0.32	.640	17	0.36	0.17	-1.142	1.00	0.00	-	21	1.34	0.55	-.005	1.29	0.72	-.463
Advanced	13	1.15	0.59		1.00	0.41		12	0.50	0.47		1.00	0.00		24	1.35	0.56		1.38	0.58	
Convivence																					
Alone	9	1.00	0.36	-.804	1.00	0.50	-.448	13	0.50	0.45	1.196	1.00	0.00	-	18	1.47	1.07	1.229	1.39	0.61	.472
Accompanied	14	1.17	0.53		1.07	0.27		16	0.35	0.14		1.00	0.00		27	1.26	0.46		1.30	0.67	
Confident																					
Yes	18	1.13	0.51	.256	1.06	0.42	.293	19	0.31	0.16	-2.645*	1.00	0.00	-	36	1.37	0.58	.562	1.31	0.67	-.578
No	5	1.06	0.39		1.00	0.00		10	1.01	0.45		1.00	0.00		9	1.25	0.45		1.44	0.53	

*p<.05; **p<.005

Note: basic education = 8 or fewer years of schooling; advanced education =9 or more years of schooling.