Supplementary Table 1 Association between somatic and psychological discomfort and HRQOL through repeated measure

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Discomfort symptoms | Age < 60 (N=523) | 　 | 60 ≤ Age < 70 (N=584) | 　 | Age ≥ 70 (N=596) |
| Estimate | SE | p-value | 　 | Estimate | SE | p-value | 　 | Estimate | SE | p-value |
| Intercept | 66.10 | 5.17 | <.0001 |  | 82.88 | 13.27 | <.0001 |  | 111.43 | 16.25 | <.0001 |
| Fatigue | -1.20 | 0.24 | <.0001 |  | -0.81 | 0.23 | 0.0004 |  | -0.88 | 0.22 | <.0001 |
| Pain | -0.72 | 0.25 | 0.004 |  | -1.05 | 0.22 | <.0001 |  | -0.86 | 0.20 | <.0001 |
| Sleep disturbances | -0.91 | 0.28 | 0.001 |  | -0.39 | 0.23 | 0.09 |  | -0.12 | 0.21 | 0.56 |
| Indigestion | -0.21 | 0.29 | 0.46 |  | -0.40 | 0.56 | 0.12 |  | -0.69 | 0.25 | 0.006 |
| Depression/anxiety | -1.50 | 0.31 | <.0001 |  | -0.88 | 0.26 | 0.0006 |  | -0.81 | 0.24 | 0.0007 |

Mixed model was used and adjusted for age, gender, history of diagnosed diseases, current employment, current marital status, current smoking, current alcohol drinking, education years, and regular exercise.

Supplementary Table 2 Association between change in somatic and psychological discomfort and change in HRQOL

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Change ofdiscomfort symptoms | Age < 60 (N=523) | 　 | 60 ≤ Age < 70 (N=584) | 　 | Age ≥ 70 (N=596) |
| B (SE) | β | p-value | 　 | B (SE) | β |  p-value | 　 | B (SE) | β | p-value  |
| Intercept | 19.11(9.34) |  | 0.04 |  | -27.30(17.01) |  | 0.11 |  | -13.04(17.22) |  | 0.45 |
| Fatigue | -0.43(0.33) | -0.06 | 0.19 |  | -0.60(0.29) | -0.10 | 0.04 |  | -0.15(0.30) | -0.02 | 0.62 |
| Pain | -0.72(0.34) | -0.10 | 0.03 |  | -0.61(0.28) | -0.10 | 0.03 |  | -0.82(0.28) | -0.13 | 0.003 |
| Sleep disturbances | -0.64(0.39) | -0.08 | 0.10 |  | 0.15(0.31) | 0.02 | 0.63 |  | -0.16(0.30) | -0.02 | 0.59 |
| Indigestion | 0.16(0.43) | 0.02 | 0.71 |  | 0.03(0.34) | 0.004 | 0.93 |  | -0.83(0.35) | -0.10 | 0.02 |
| Depression/anxiety | -1.58(0.41) | -0.18 | <.0001 |  | -0.23(0.34) | -0.03 | 0.51 |  | -0.62(0.35) | -0.08 | 0.08 |

B, unstandardized coefficient; SE, standard error; β, standardized coefficient

Multiple regression model was used and adjusted for age, gender, history of diagnosed diseases, current employment, current marital status, current smoking, current alcohol drinking, education years, and regular exercise.