

## SUPPLEMENT S2: Supplementary Results

**Table S1.** Inter-item correlations for the PAQ items of Analysis 1 (vertical and Analysis 2 (Horizontal).

1	2	1	2	3	4	5	6	7	8	9
1										
	1		0.47	0.009	0.38	−0.03	0.38		0.44	0.04
	2	0.51		0.11	0.49	0.09	0.44		0.42	0.10
	3	−0.11	−0.12		0.002	0.54	−0.02		−0.004	0.40
	4	0.44	0.42	−0.09		0.11	0.46		0.49	0.008
	5	−0.06	−0.08	0.60	−0.01		0.004		0.06	0.44
	6	0.44	0.43	−0.07	0.52	0.03			0.44	0.006
	7	0.26	0.27	0.03	0.29	0.03	0.35			
	8	0.41	0.42	−0.09	0.46	−0.07	0.52	0.44		0.01
	9	−0.04	0.005	0.48	−0.02	0.47	0.006	0.12	−0.01	

*Note.* Item 7 was removed from the matrix in Analysis 2, as a PAQ-8 was found to be reliable in Analysis 1.

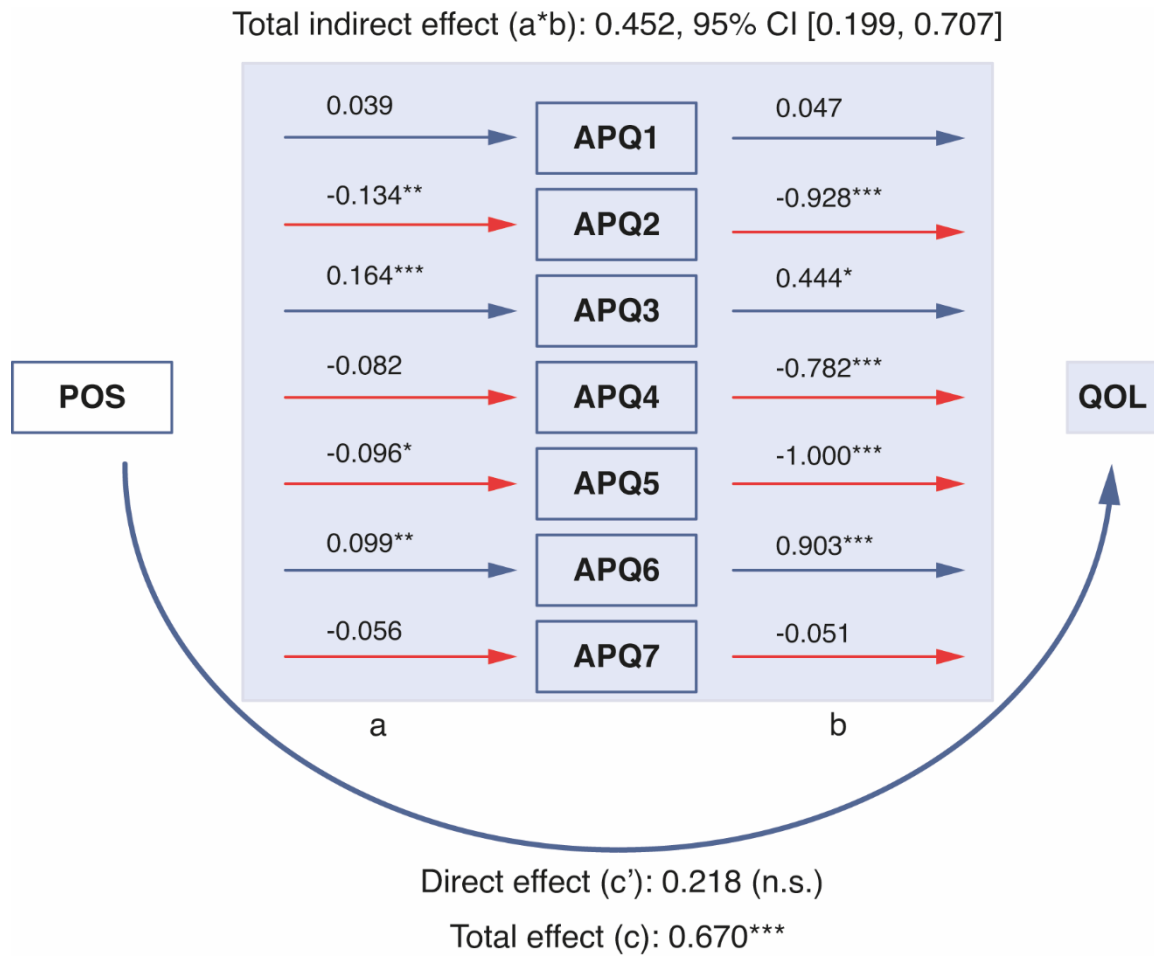
**Table S2.** Standardized loadings for two-factor confirmatory model of the 8-item perceived ageism questionnaire (PAQ) – Analysis 2

Item	Negative (NEG)	Positive (POS)
	Standardized loadings	Standardized loadings
1	0.61	
2	0.69	
3		0.70
4	0.70	
5		0.77
6	0.63	
7		
8	0.67	
9		0.57

*Note.* NEG: perceived negative ageism subscale, POS: perceived positive ageism subscale.

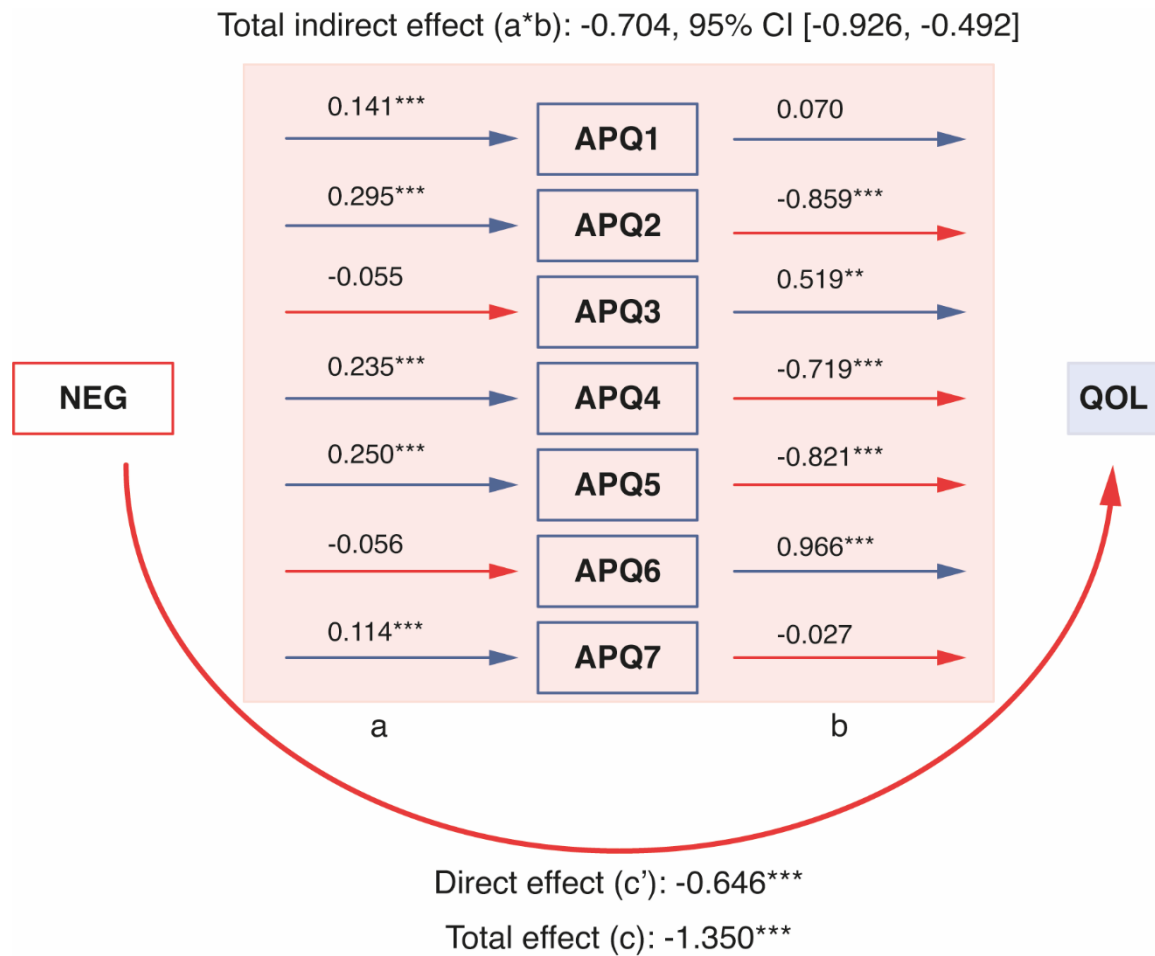
**Table S3.** Descriptives of perceived negative (NEG) and positive (POS) ageism per age group – Analysis 2

		NEG			POS		
		M	SD	min - max	M	SD	min - max
Young-old ( $\leq 67$ )	n = 263	6.09	2.37	5 – 16	9.32	2.36	3 – 15
Old-old ( $> 67$ )	n = 237	7.43	2.66	5 – 19	9.87	2.19	3 – 15



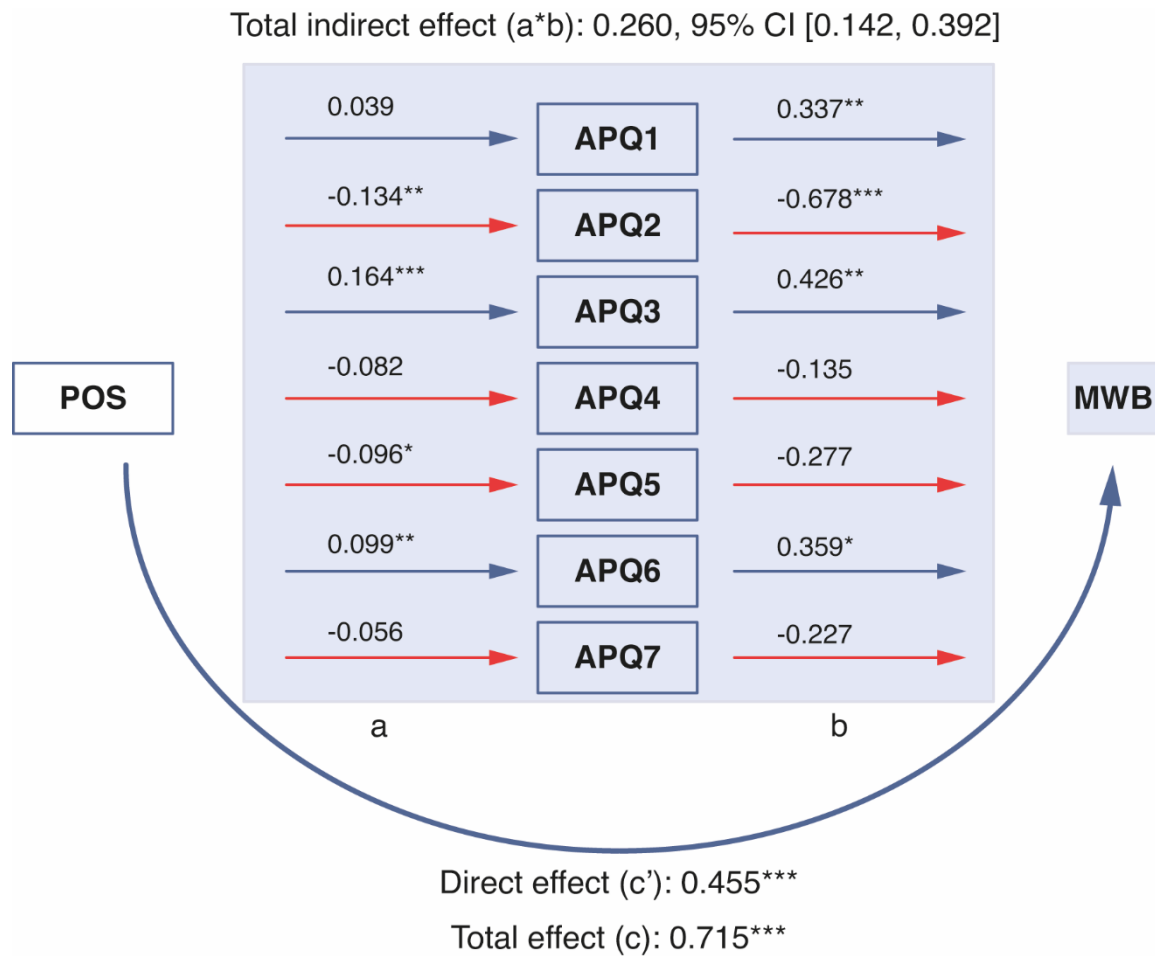
**Figure S1.** Mediation Diagram for the Relationship Between Positive (POS) Perceived Ageism and Quality of Life (QOL) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



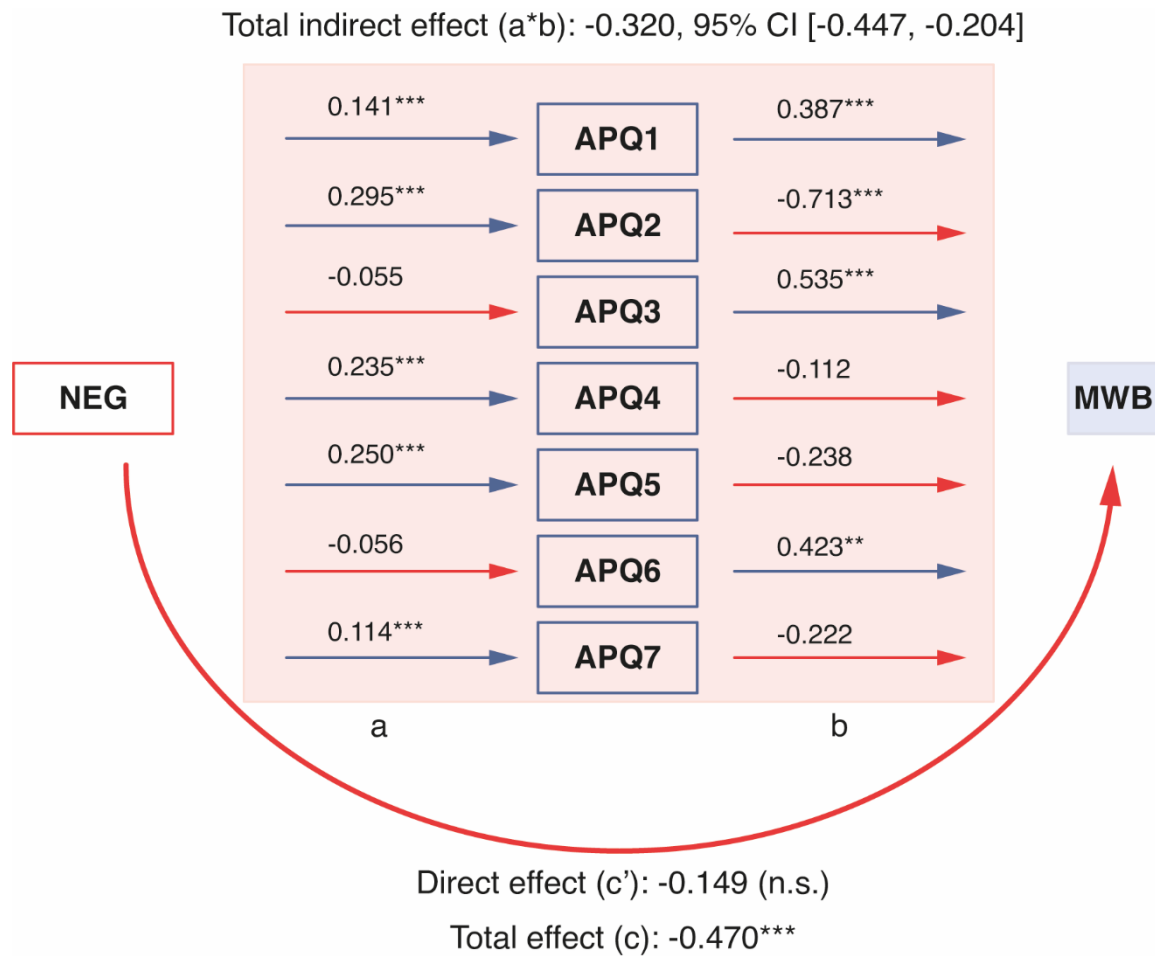
**Figure S2.** Mediation Diagram for the Relationship Between Negative (NEG) Perceived Ageism and Quality of Life (QOL) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



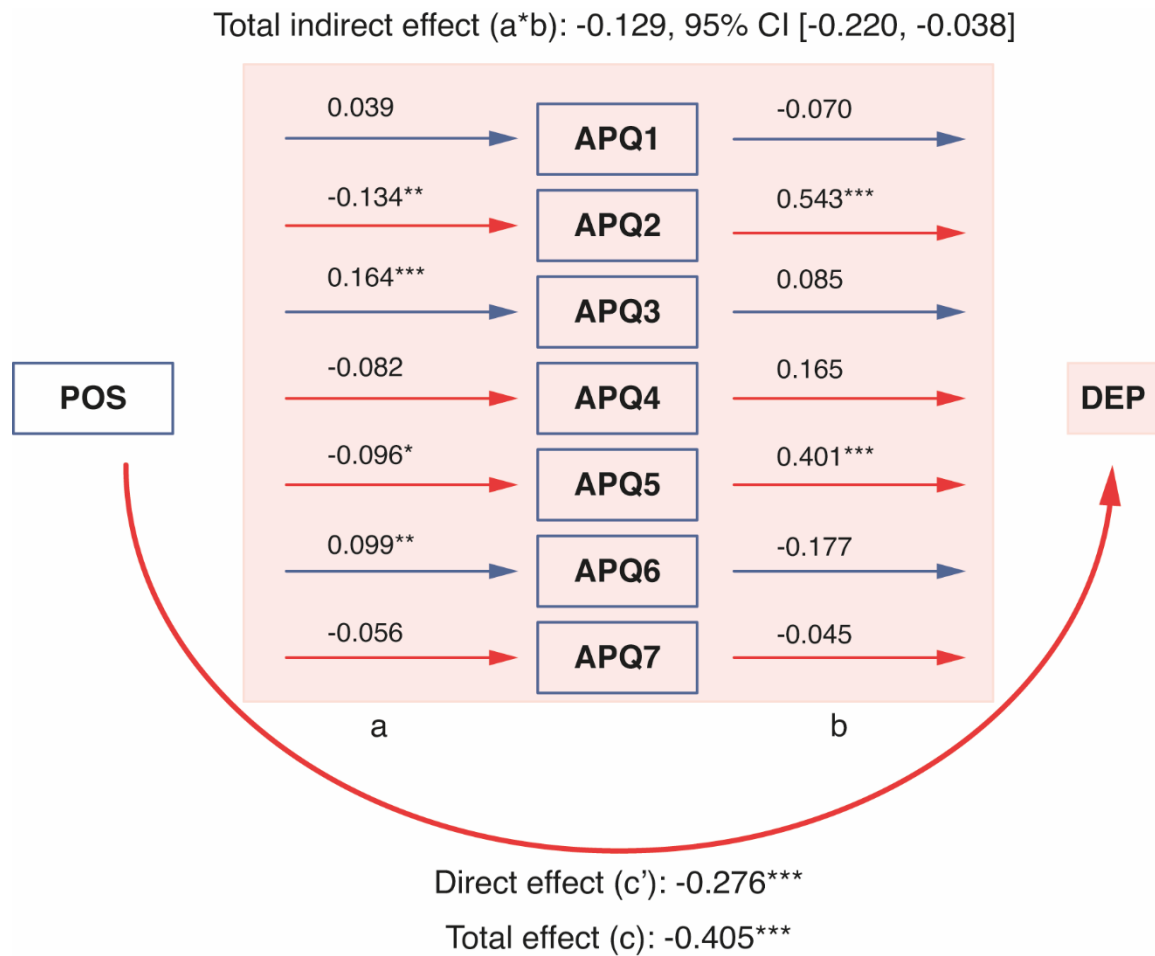
**Figure S3.** Mediation Diagram for the Relationship Between Positive (POS) Perceived Ageism and Mental Well-being (MWB) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



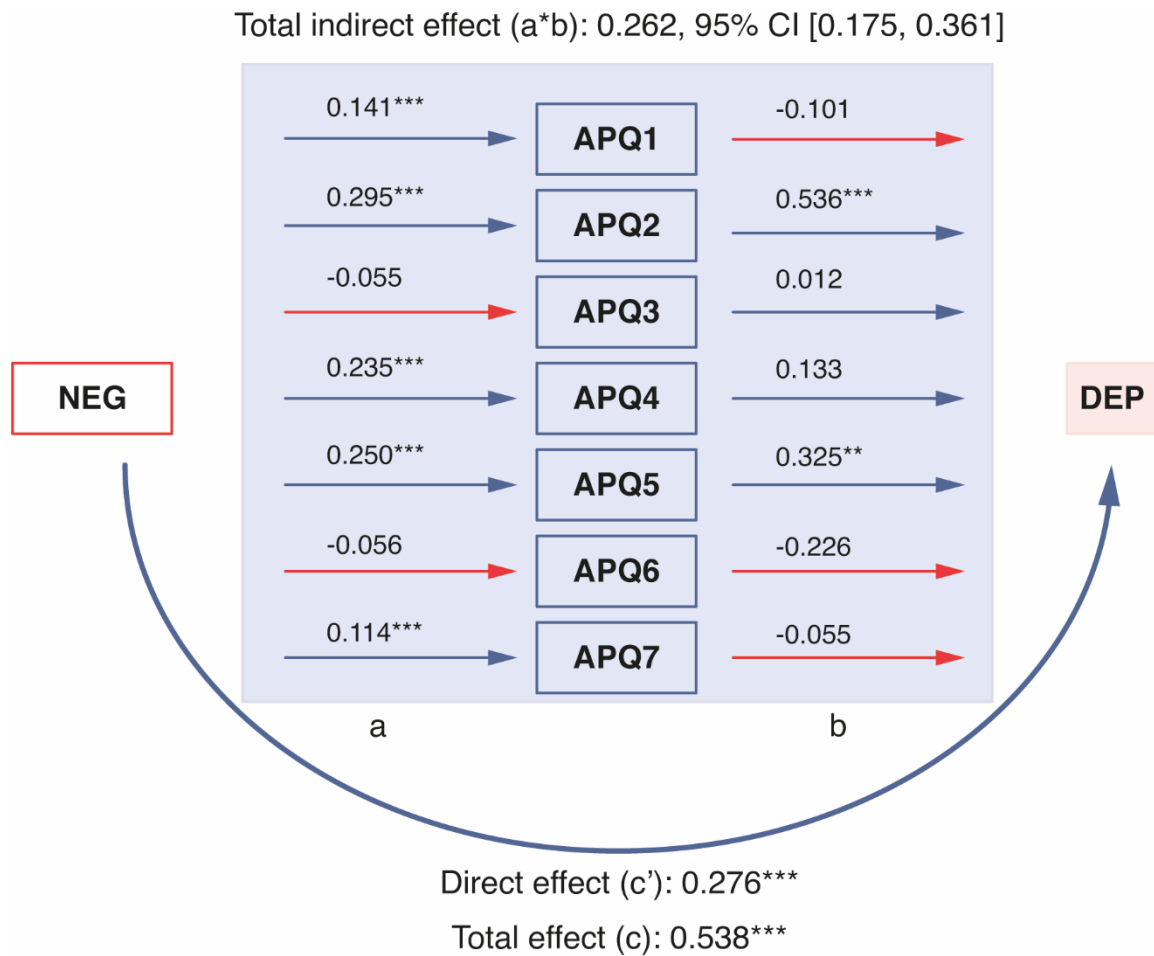
**Figure S4.** Mediation Diagram for the Relationship Between Negative (NEG) Perceived Ageism and Mental Well-being (MWB) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



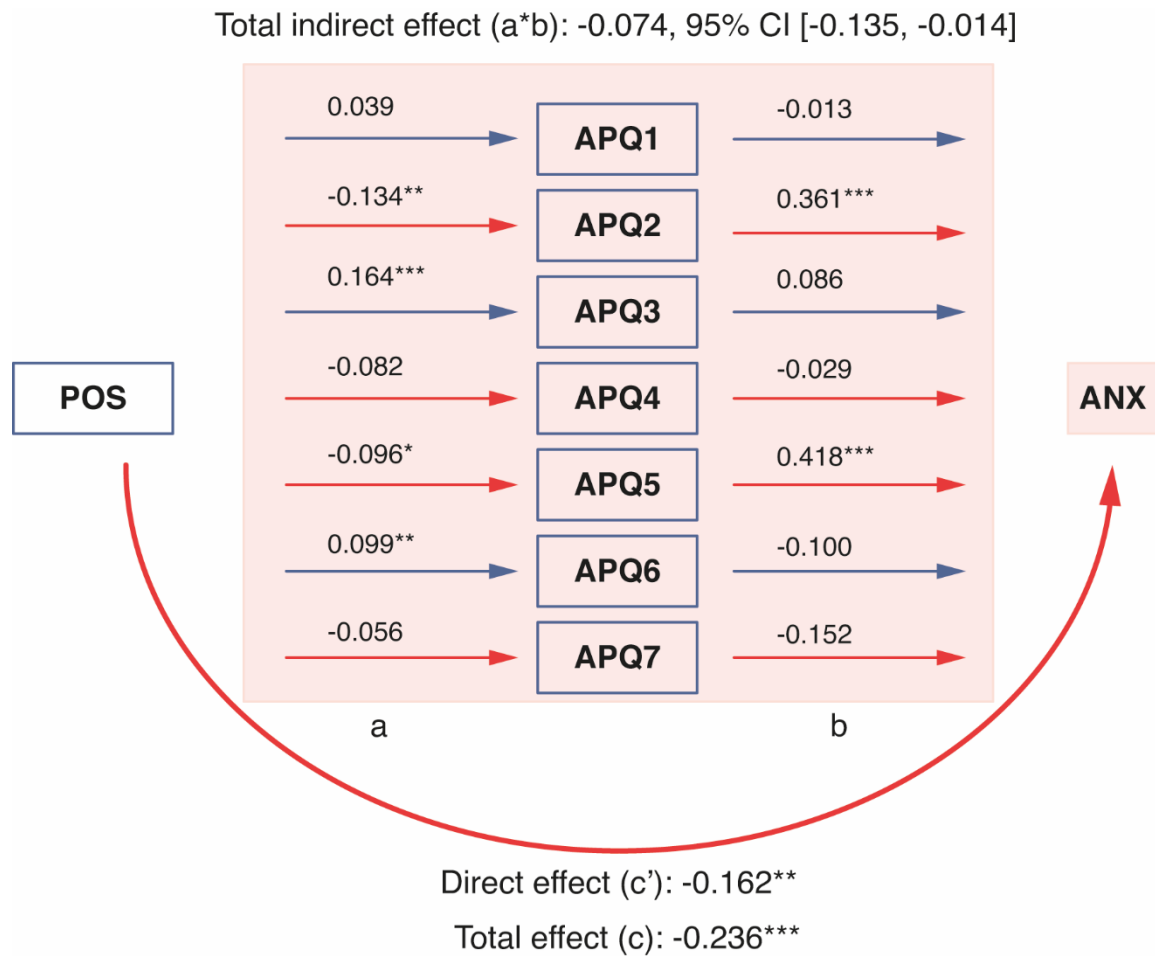
**Figure S5.** Mediation Diagram for the Relationship Between Positive (POS) Perceived Ageism and Depression (DEP) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



**Figure S6.** Mediation Diagram for the Relationship Between Negative (NEG) Perceived Ageism and Depression (DEP) as Mediated by Self-perceptions of Aging (APQ)

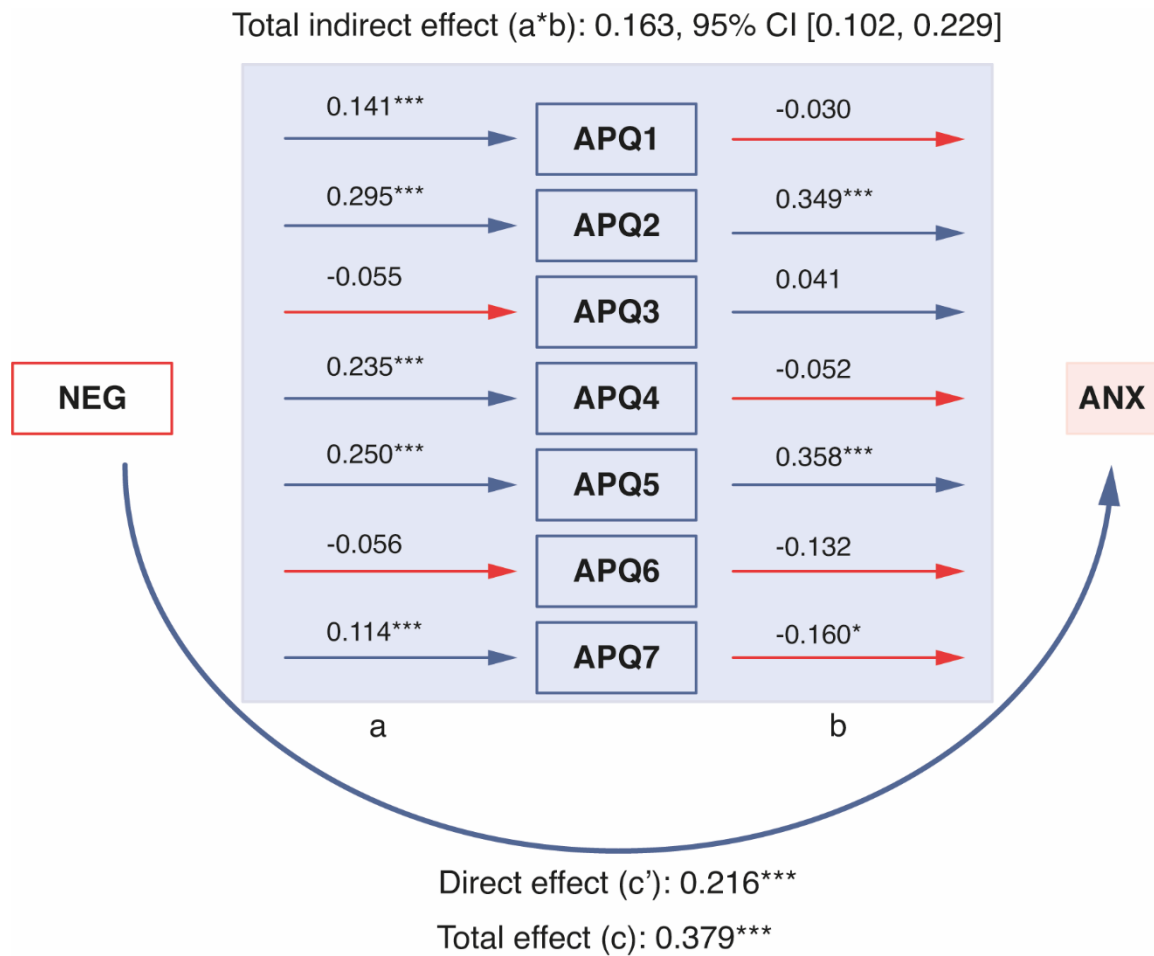
Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



**Figure S7.** Mediation Diagram for the Relationship Between Positive (POS) Perceived Ageism and Anxiety (ANX) as Mediated by Self-perceptions of Aging (APQ)

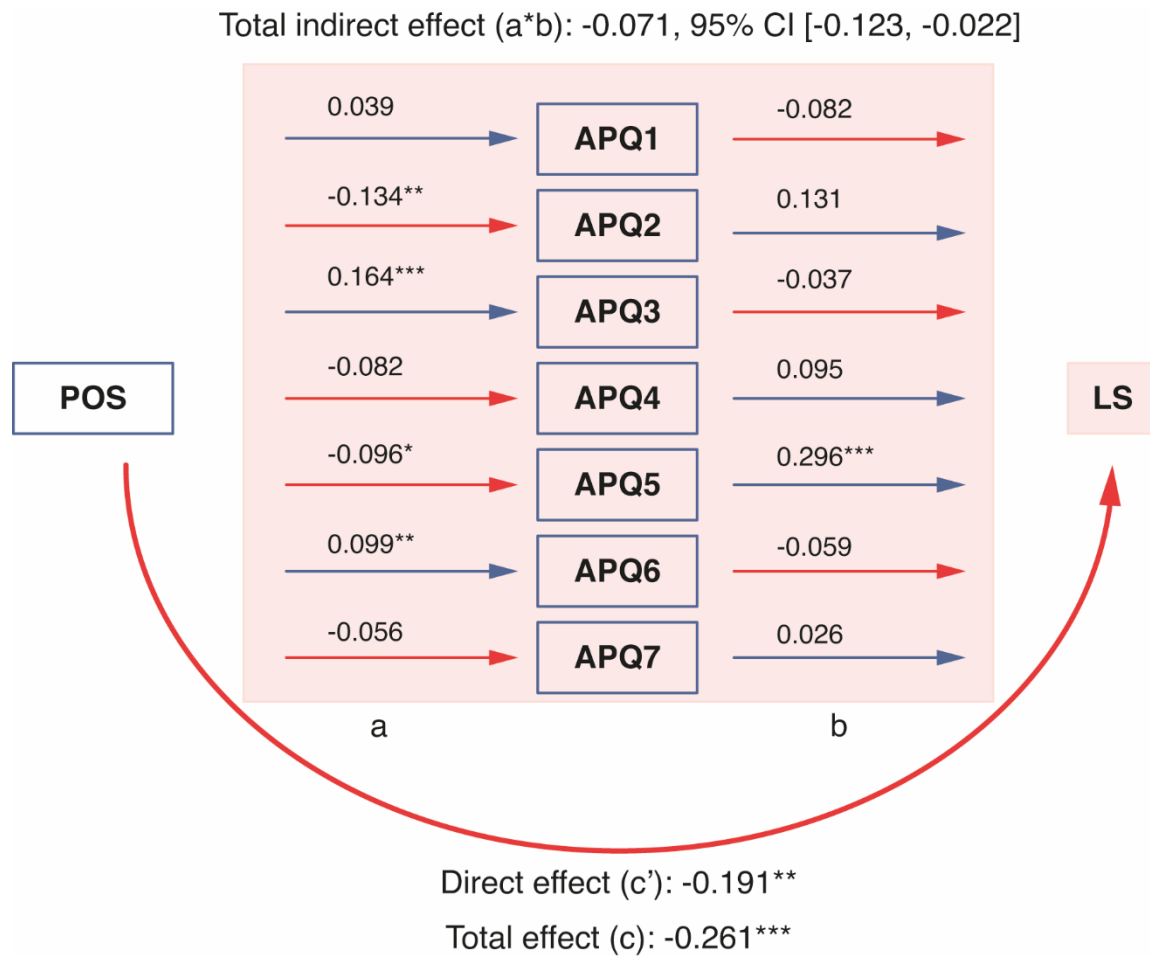
Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$





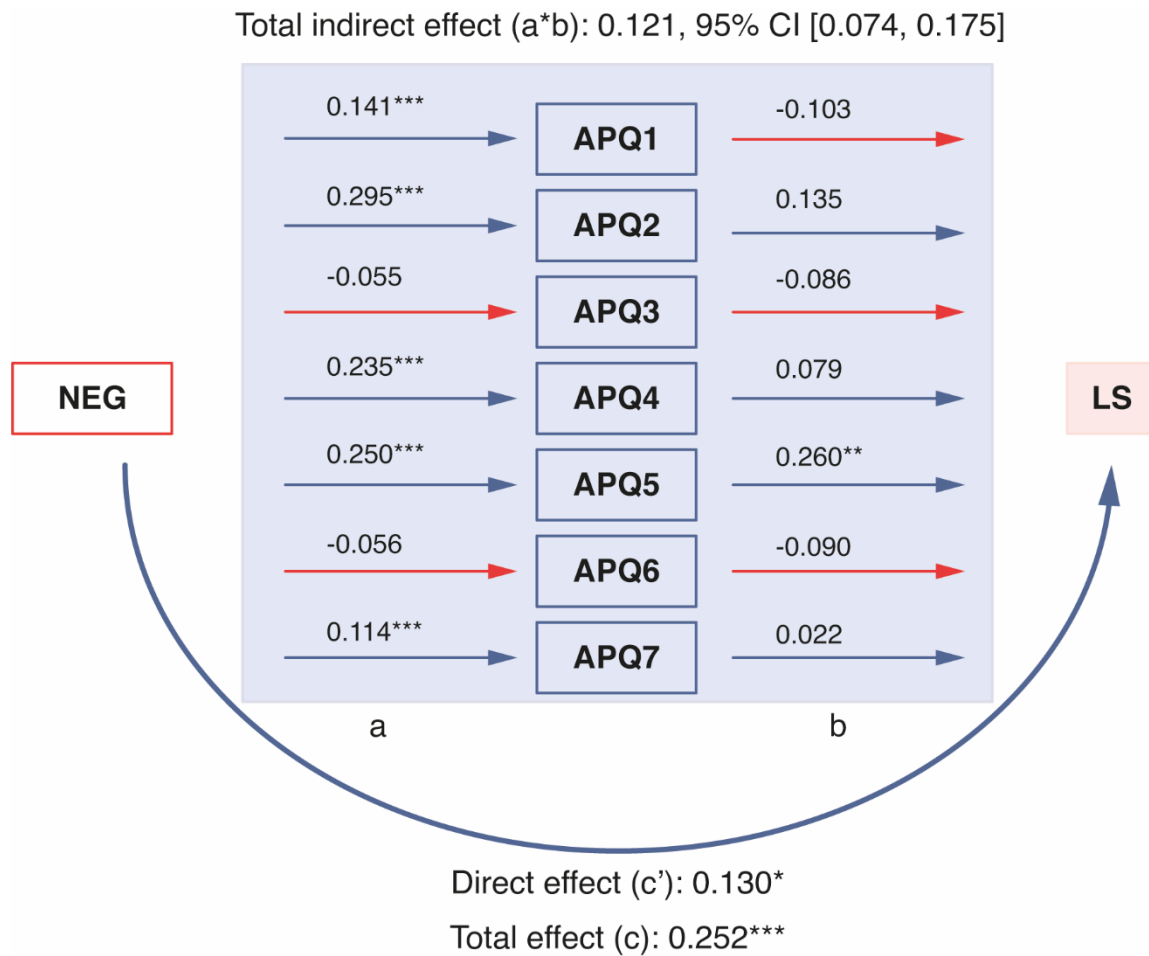
**Figure S8.** Mediation Diagram for the Relationship Between Negative (NEG) Perceived Ageism and Anxiety (ANX) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



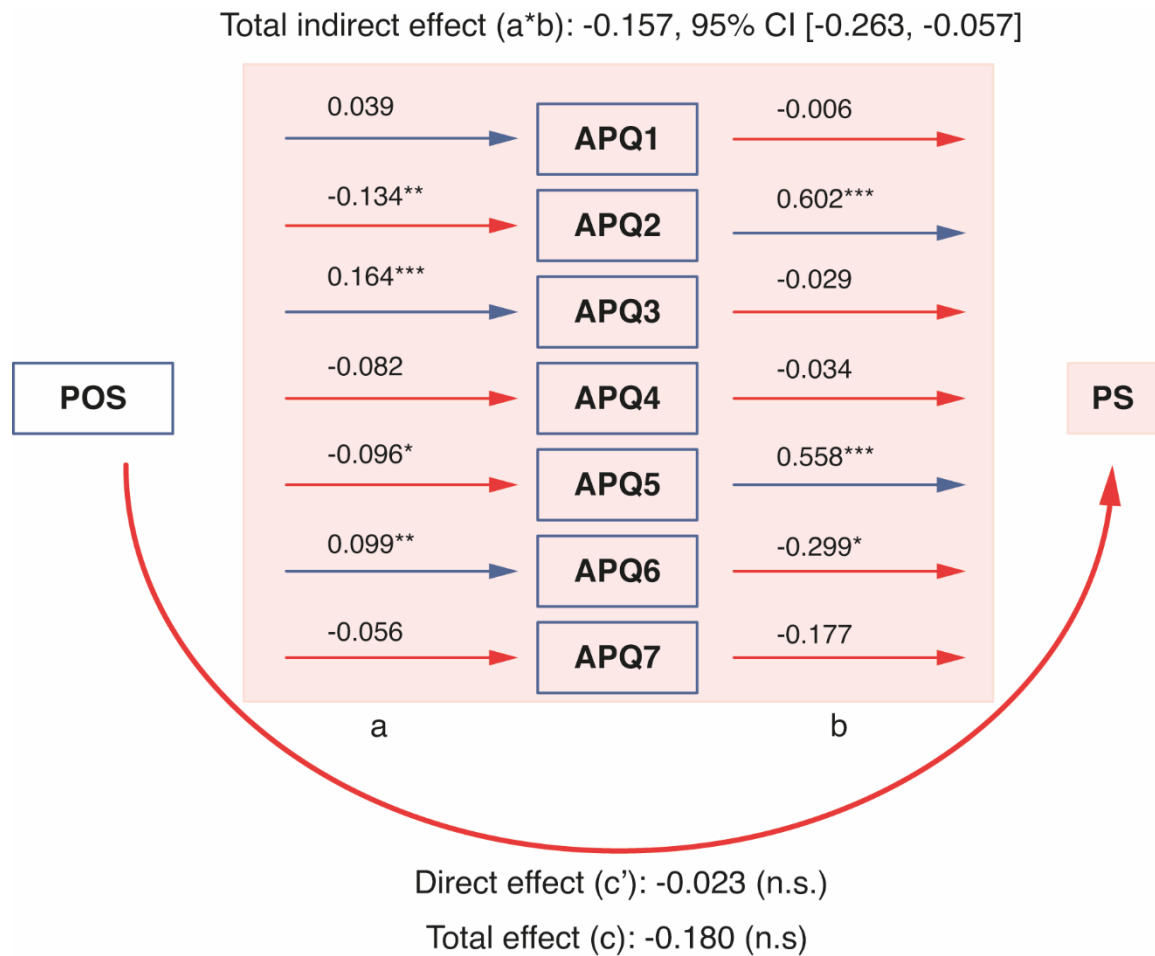
**Figure S9.** Mediation Diagram for the Relationship Between Positive (POS) Perceived Ageism and Loneliness (LS) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



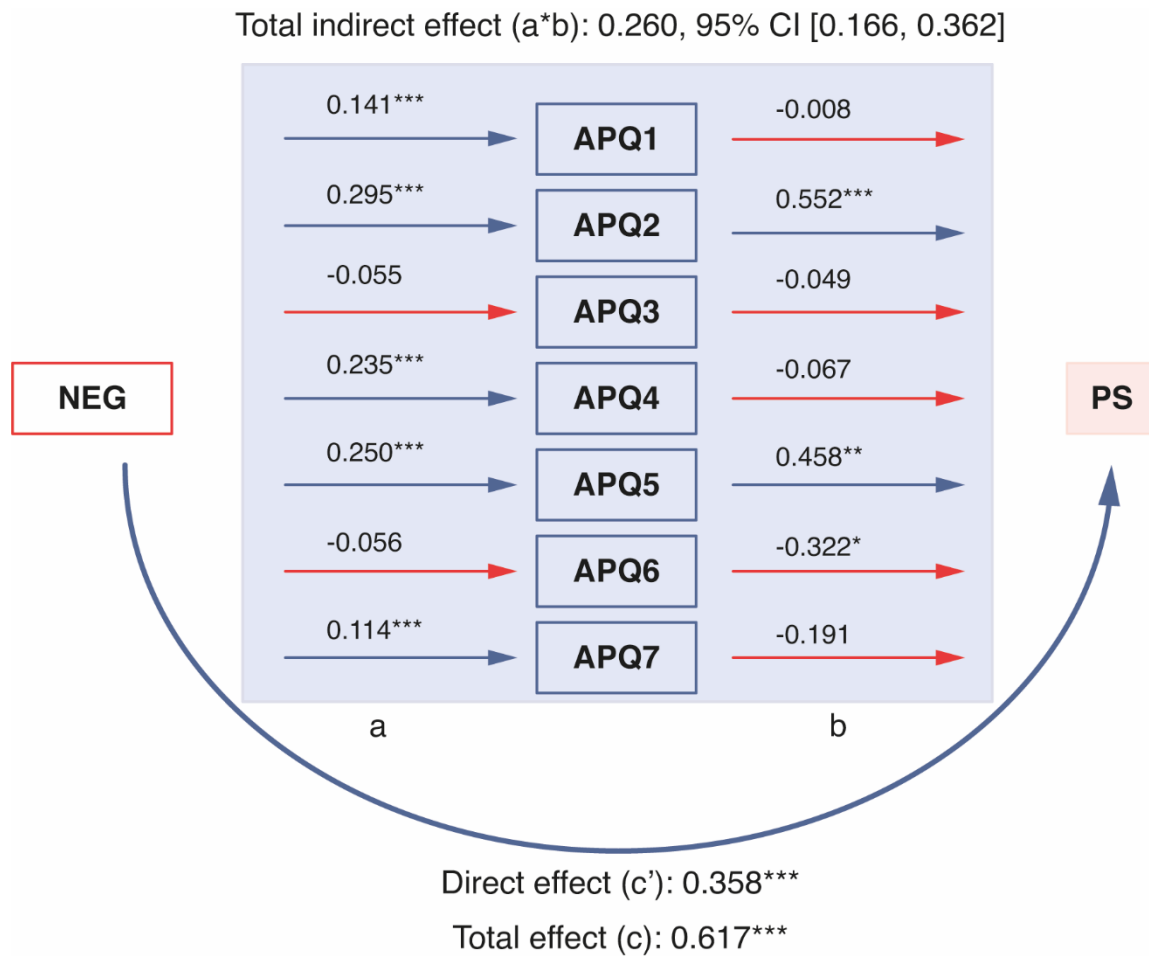
**Figure S10.** Mediation Diagram for the Relationship Between Negative (NEG) Perceived Ageism and Loneliness (LS) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



**Figure S11.** Mediation Diagram for the Relationship Between Positive (POS) Perceived Ageism and Perceived Stress (PS) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$



**Figure S12.** Mediation Diagram for the Relationship Between Negative (NEG) Perceived Ageism and Perceived Stress (PS) as Mediated by Self-perceptions of Aging (APQ)

Note. Values represent unstandardized regression coefficients. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

**Table S4.** Direct and indirect effects, via self-perceptions of aging, of the mediation models.

		NEG (r)			POS (r)		
		B	SE	95% CI	B	SE	95% CI
Depression	Direct	0.309***	0.087	[0.14, 0.48]	-0.313***	0.083	[-0.47, -0.15]
	Indirect	0.253	0.047	[0.17, 0.35]	-0.129	0.041	[-0.21, -0.05]
Anxiety	Direct	0.236***	0.068	[0.11, 0.37]	-0.190**	0.061	[-0.31, -0.07]
	Indirect	0.157	0.031	[0.10, 0.22]	-0.072	0.028	[-0.13, -0.02]
Loneliness	Direct	0.152**	0.052	[0.05, 0.26]	-0.209***	0.057	[-0.32, -0.10]
	Indirect	0.114	0.025	[0.07, 0.17]	-0.070	0.023	[-0.12, -0.03]
Perceived stress	Direct	0.365***	0.097	[0.18, 0.56]	-0.067	0.099	[-0.26, 0.13]
	Indirect	0.265	0.050	[0.17, 0.36]	-0.155	0.047	[-0.26, -0.07]
Quality of Life	Direct	-0.678***	0.135	[-0.95, -0.42]	0.299	0.153	[-0.01, 0.59]
	Indirect	-0.714	0.103	[-0.92, -0.51]	0.463	0.114	[0.24, 0.69]
Mental well-being	Direct	-0.200	0.104	[-0.40, 0.00]	0.479***	0.106	[0.27, 0.69]
	Indirect	-0.311	0.056	[-0.42, -0.21]	0.270	0.059	[0.16, 0.39]

*Note.* NEG: perceived negative ageism subscale, POS: perceived positive ageism subscale. B represents unstandardized regression weights. Square brackets are used to enclose the lower and upper limits of a confidence interval (CI). Outcomes are derived from a path-analysis, including all paths of interest, estimated with Maximum Likelihood. \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$