

Association of Tenacious Goal Pursuit and Flexible Goal Adjustment with Out-of-Home Mobility Among Community-Dwelling Older People

Aging Clinical and Experimental Research

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Supplementary table. Items of the tenacious goal pursuit and flexible goal adjustment scales used in the current study, and the distribution of the responses in each item (n=186).

Item	Response distribution %				
	0	1	2	3	4
<i>Tenacious goal pursuit</i>					
1. Even when things seem hopeless, I keep on fighting to reach my goals	1	5	3	51	40
2. I stick to my goals and projects even in the face of great difficulties	1	13	6	44	36
3. The harder a goal is to achieve, the more appeal it has to me	6	19	16	33	25
4. I can be very stubborn/obstinate in pursuing my goals	2	13	9	39	36
<i>Flexible goal adjustment</i>					
1. If I do not get something I want, I take it with patience	0	9	6	37	48
2. I find it easy to see something positive even in a serious mishap	3	11	12	43	31
3. When everything seems to be going wrong, I can usually find a bright side to a situation	2	8	9	49	33
4. In general, I am not upset very long about an opportunity passed up	1	6	5	48	39

Note. The item scores range from strongly disagree (0) to strongly agree (4).