

SUPPLEMENTARY INFORMATION

Effects of physical, mental, passive, cultural, and social leisure activities on episodic memory across adulthood

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Supplementary Table S1. Descriptive statistics.

	Mean or number	<i>SD</i>	Skewness	Kurtosis
Age (years)	50.12	17.57	-0.08	1.80
Sex (women/men) ^a	784/773			
Education (years)	14.66	4.16	0.38	2.92
Vocabulary scale (WAIS-R)	12.75	1.71	0.09	2.64
Mini Mental State Examination	28.59	1.35	-0.90	3.35
Beck Depression Inventory	6.54	5.03	0.69	2.65
Physical activity ^b	1.29	3.48	4.11	23.62
Television ^b	13.67	9.86	1.71	8.46
Radio ^b	17.91	17.37	1.55	5.44
Computer use ^b	5.04	12.72	3.04	12.31
Reading ^b	7.67	8.49	2.36	11.09
Hobbies ^b	3.03	6.17	3.25	16.33
Cultural activities (fr)	3.77	2.14	-0.49	2.19
Social activities (fr)	4.27	1.85	-0.57	3.00
Source memory (%)	60.25	18.58	-0.23	2.22
Recognition (%)	84.88	11.24	-1.56	6.12

Note. ^a Dichotomous variable

^b Total time = frequency x duration

fr = frequency, WAIS-R = Wechsler Adult Intelligence Scale-Revised

Supplementary Table S2. Correlations among variables in the total sample.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1. Age (years)	—														
2. Education (years)	-.26***	—													
3. Vocabulary (WAIS-R)	-.01	.36***	—												
4. MMSE	-.27***	.14***	.18***	—											
5. BDI	.08**	-.23***	-.16***	-.05*	—										
6. Physical activity ^a	-.15***	.11***	.02	.03	-.06*	—									
7. Television ^a	.15***	-.18***	-.10***	-.05	.12***	-.03	—								
8. Radio ^a	-.06*	-.03	-.07**	-.01	.06*	.03	.04	—							
9. Computer use ^a	-.25***	.26***	.09***	.10***	-.10***	.14***	-.08**	.00	—						
10. Reading ^a	-.10***	.36***	.22***	.09***	-.16***	.07**	-.16***	.01	.12***	—					
11. Hobbies ^a	.20***	-.14***	-.02	-.07**	.04	-.05	.08***	.03	-.08**	-.01	—				
12. Cultural activities ^b	-.20***	.36***	.21***	.13***	-.16***	.11***	-.06*	.05*	.15***	.24***	.03	—			
13. Social activities ^b	-.07**	.08**	.04	.00	-.10***	.07**	.00	.01	.02	.02	-.01	.21***	—		
14. Source memory (%)	-.58***	.21***	.09***	.22***	-.09***	.15***	-.08**	.06*	.24***	.06*	-.05*	.16***	.09***	—	
15. Recognition (%)	-.43***	.18***	.06*	.18***	-.10***	.11***	-.08**	.05*	.18***	.05*	-.07**	.11***	.05	.47***	—

Note. ^a Total time = frequency x duration

^b Frequency

WAIS-R = Wechsler Adult Intelligence Scale-Revised, MMSE = Mini Mental State Examination, BDI = Beck Depression Inventory

* p < 0.05, ** p < 0.01, *** p < 0.001