

Supplementary Materials

Supplementary Table S1. Components of the frailty index

	Domain	Variable	Scoring
1	Self-rating of health	Self-rating of health	0, 0.25, 0.5, 0.75, or 1
2	Physical condition	Impaired vision	0, 0.25, 0.5, 0.75, or 1
3		Impaired hearing	0, 0.25, 0.5, 0.75, or 1
4		Sleep disturbance	0, 0.33, 0.66, or 1
5		Weight loss	0 or 1
6		Limitation in usual activities due to health problem	0, 0.33, 0.66, or 1
7		Body mass index	0 or 1
8		Grip strength	0 or 1
9	Mental status	I felt I was very depressed*	0, 0.33, 0.66, or 1
10		I felt everything I did was an effort	0, 0.33, 0.66, or 1
11		I felt lonely	0, 0.33, 0.66, or 1
12		I could not get “going”	0, 0.33, 0.66, or 1
13	Cognitive function	Orientation time	0, 0.33, 0.66, or 1
14		Orientation place	0, 0.25, 0.5, 0.75, or 1
15		Registration	0, 0.33, 0.66, or 1

16	Attention	0 or 1
17	Memory recall	0, 0.33, 0.66, or 1
18	Language (writing)	0 or 1
19	Pentagon copying test	0 or 1
20	Activities of daily living	0, 0.5, or 1
21	Help for personal hygiene	0, 0.5, or 1
22	Help for bathing	0, 0.5, or 1
23	Help for getting in/out of bed	0, 0.5, or 1
24	Instrumental activity of daily living	0, 0.5, or 1
25	Help with housework	0, 0.5, or 1
26	Help with meal preparations	0, 0.5, or 1
27	Help with laundry	0, 0.5, or 1
28	Help walking around the house	0, 0.5, or 1
29	Help with using transportation	0, 0.5, or 1
30	Help with shopping	0, 0.5, or 1
31	Help with finances	0, 0.5, or 1
32	Help with phone use	0, 0.5, or 1
33	Help with taking medication	0, 0.5, or 1
34	Chronic conditions	0 or 1

35	Diabetes	0 or 1
36	Chronic lung disease	0 or 1
37	Heart disease	0 or 1
38	Stroke	0, 0.5, or 1
39	Arthritis	0 or 1
40	Urinary incontinence	0 or 1
41	Regular prescribed medications	0 or 1

Note: The depression survey in the Korean Longitudinal Study of Aging underwent a modification during the fifth wave. Specifically, the variable "I had trouble keeping my mind on what I was doing" from the first wave was replaced with the statement "I felt I was very depressed".