

Additional file 1: Table S1. The Tokyo Metropolitan Institute of Gerontology Index of Competence

Subscales	Answers	
Instrumental Activities of Daily Living (IADL)		
1 Can you use public transportation (bus or train) by yourself ?	1. Yes	0. No
2 Are you able to shop for daily necessities ?	1. Yes	0. No
3 Are you able to prepare meals by yourself ?	1. Yes	0. No
4 Are you able to pay bills ?	1. Yes	0. No
5 Can you handle your own banking ?	1. Yes	0. No
Intellectual Activity		
6 Are you able to fill out forms for your pension ?	1. Yes	0. No
7 Do you read newspapers ?	1. Yes	0. No
8 Do you read books or magazines ?	1. Yes	0. No
9 Are you interested in news stories or programs dealing with health ?	1. Yes	0. No
Social Role		
10 Do you visit the homes of friends ?	1. Yes	0. No
11 Are you sometimes called on for advice ?	1. Yes	0. No
12 Are you able to visit sick friends ?	1. Yes	0. No
13 Do you sometimes initiate conversations with young people ?	1. Yes	0. No