Science Advances

Supplementary Materials for

Subjective well-being across the life course among non-industrialized populations

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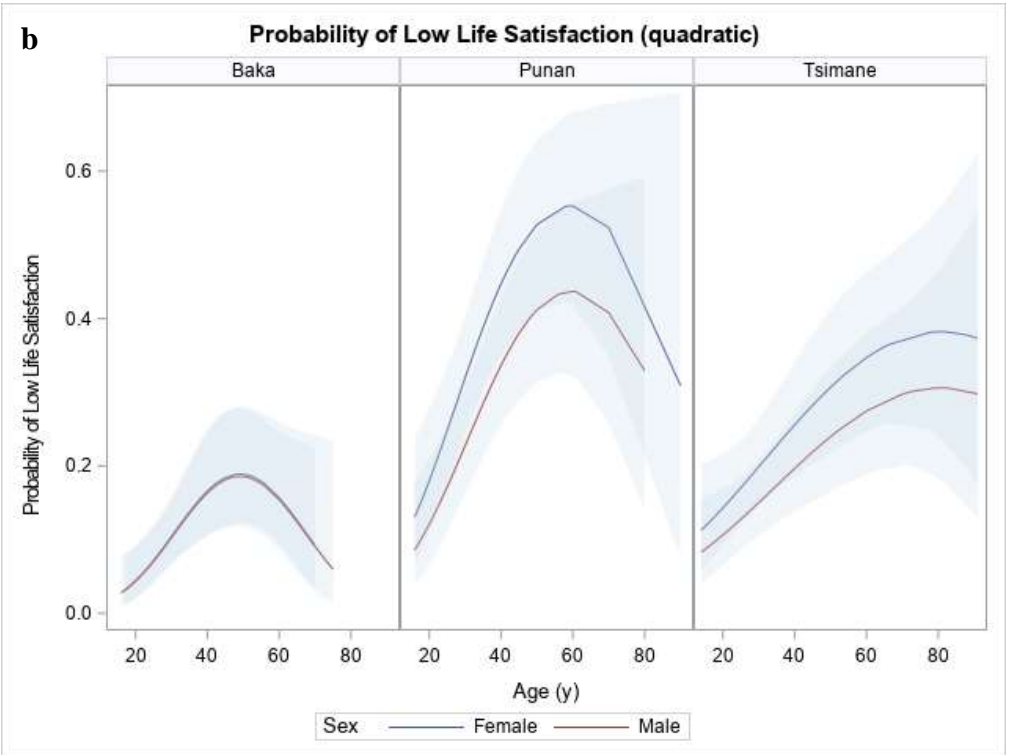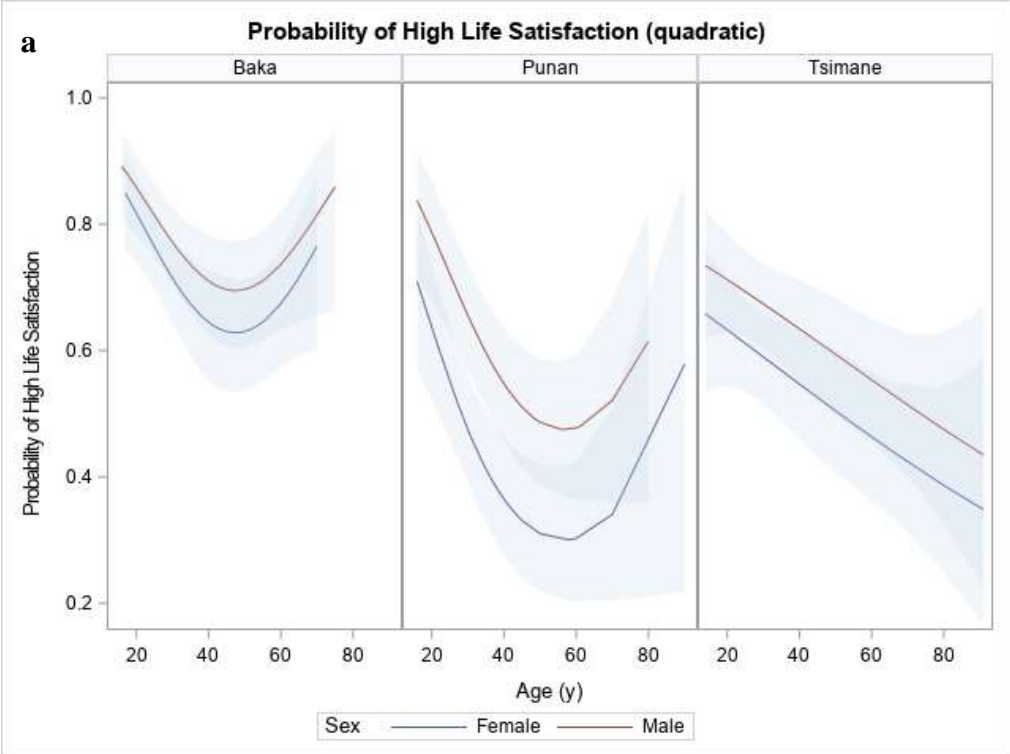
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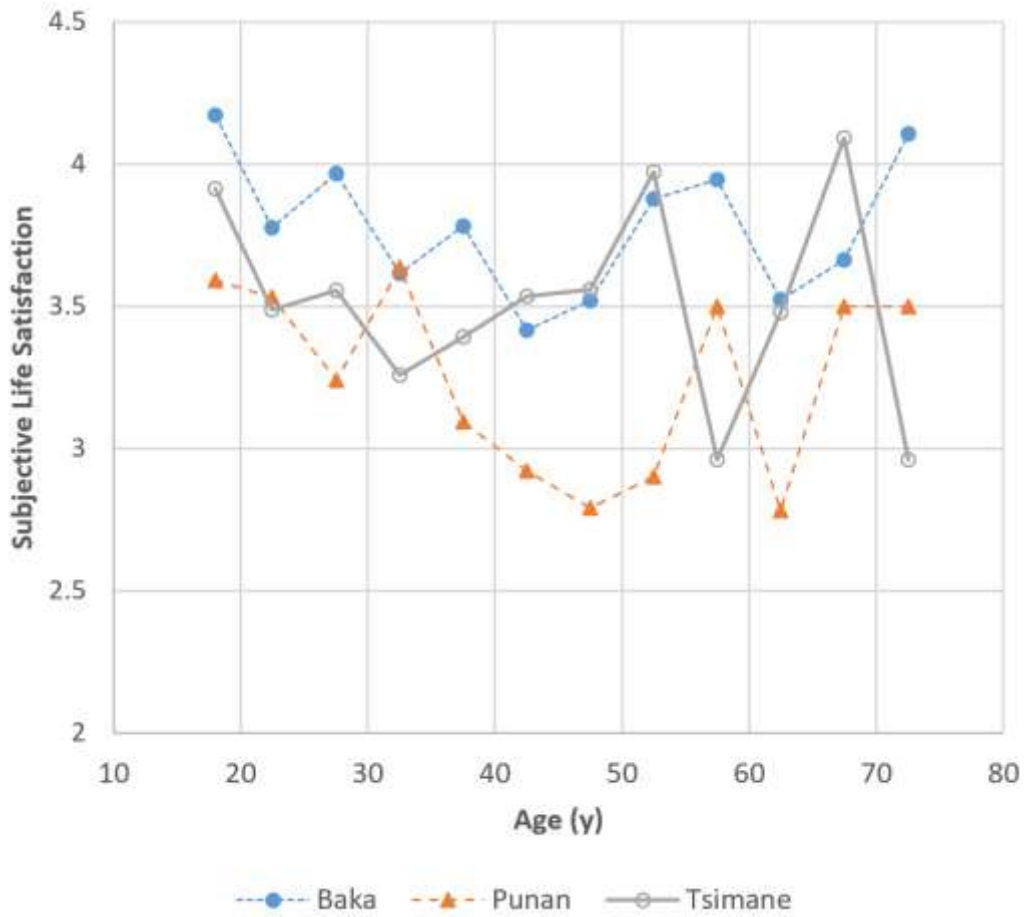
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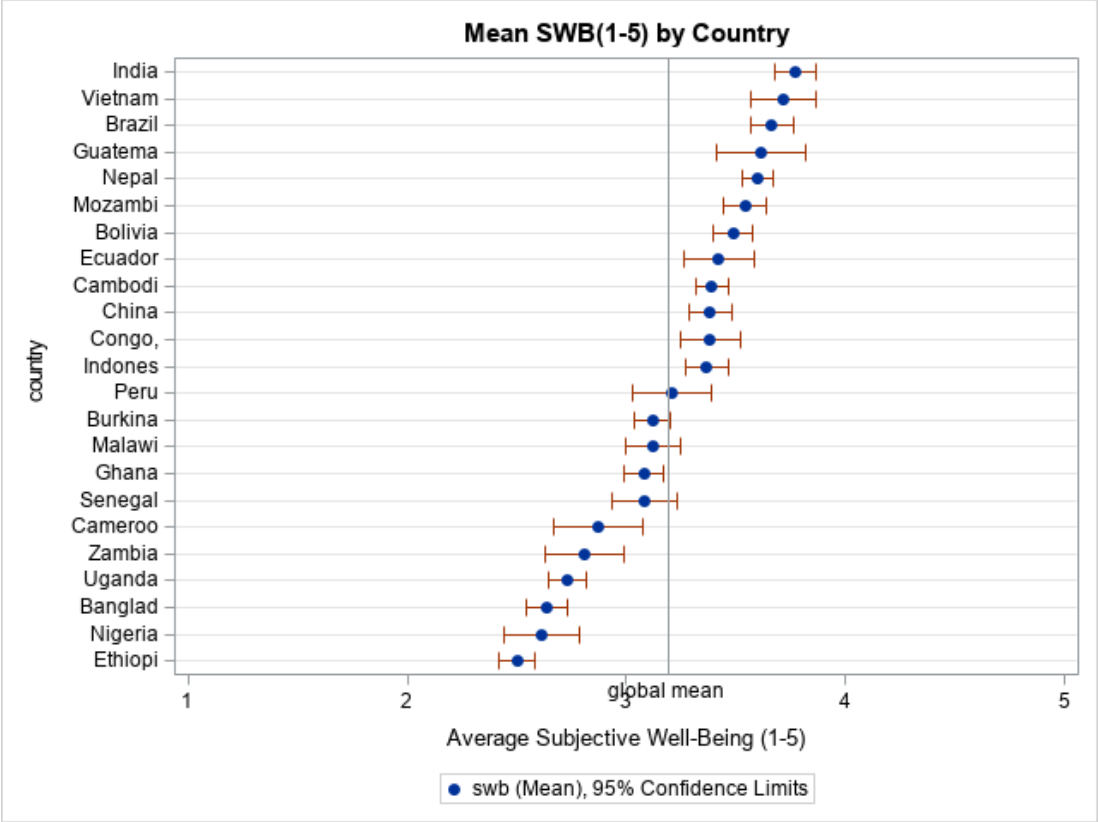
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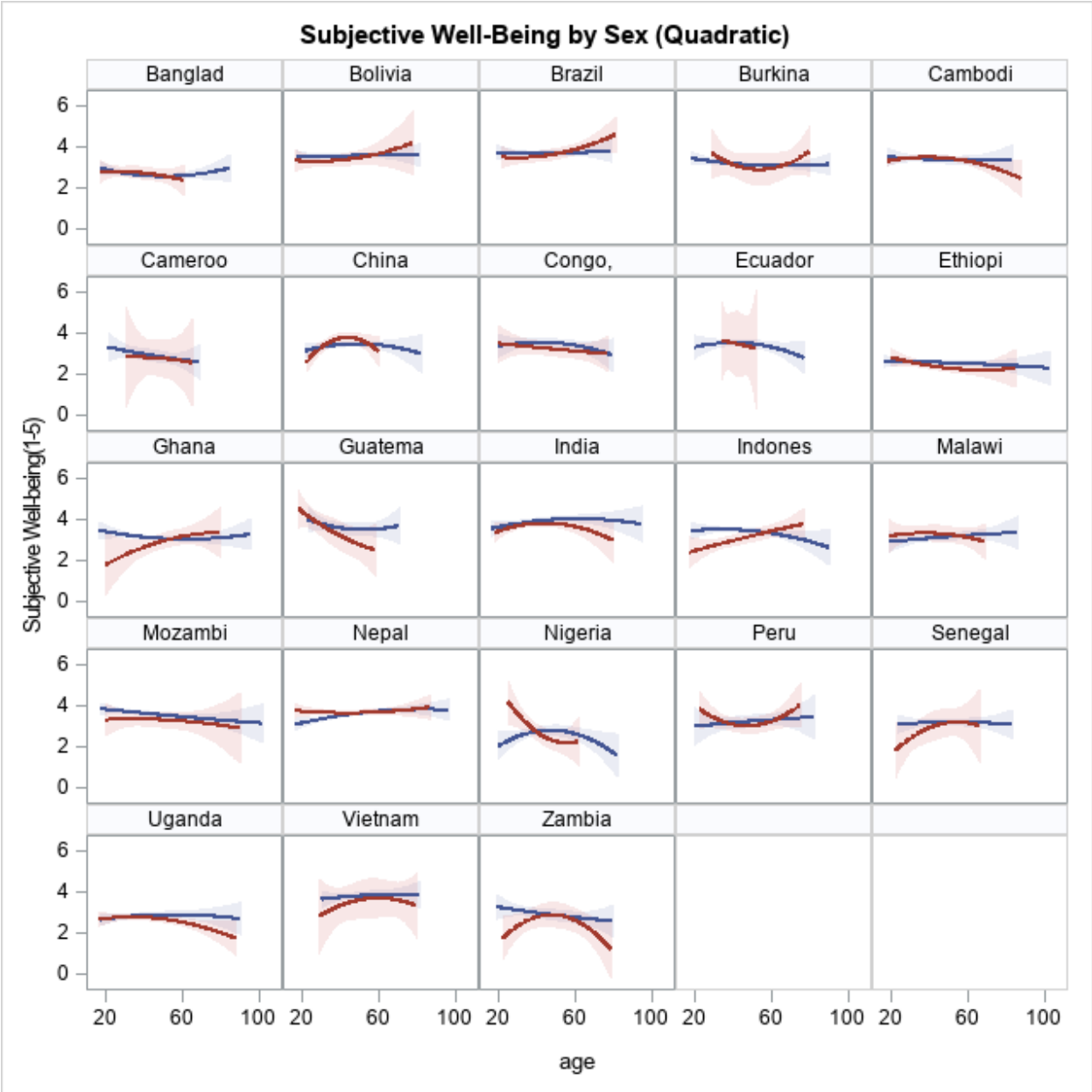
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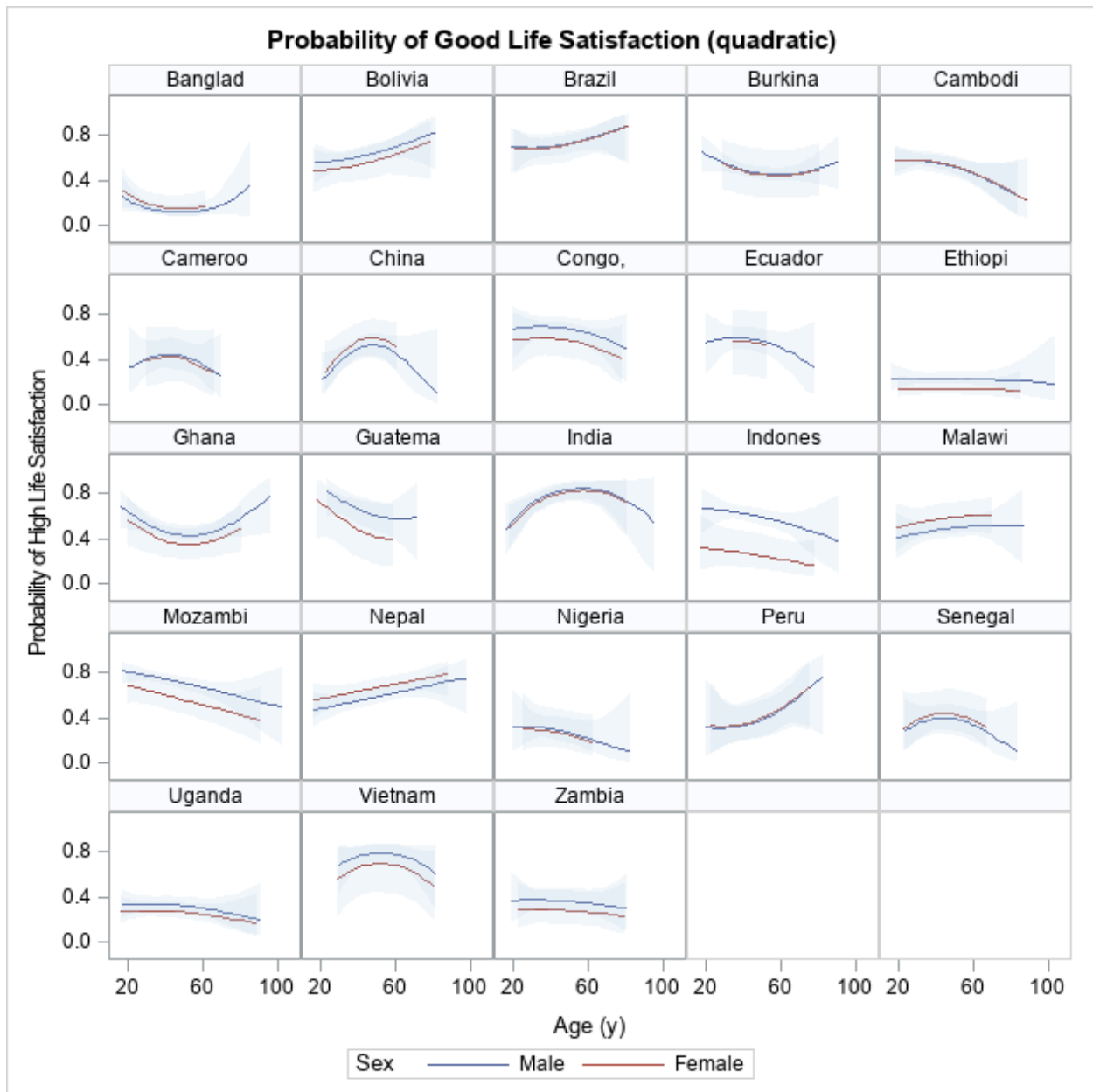
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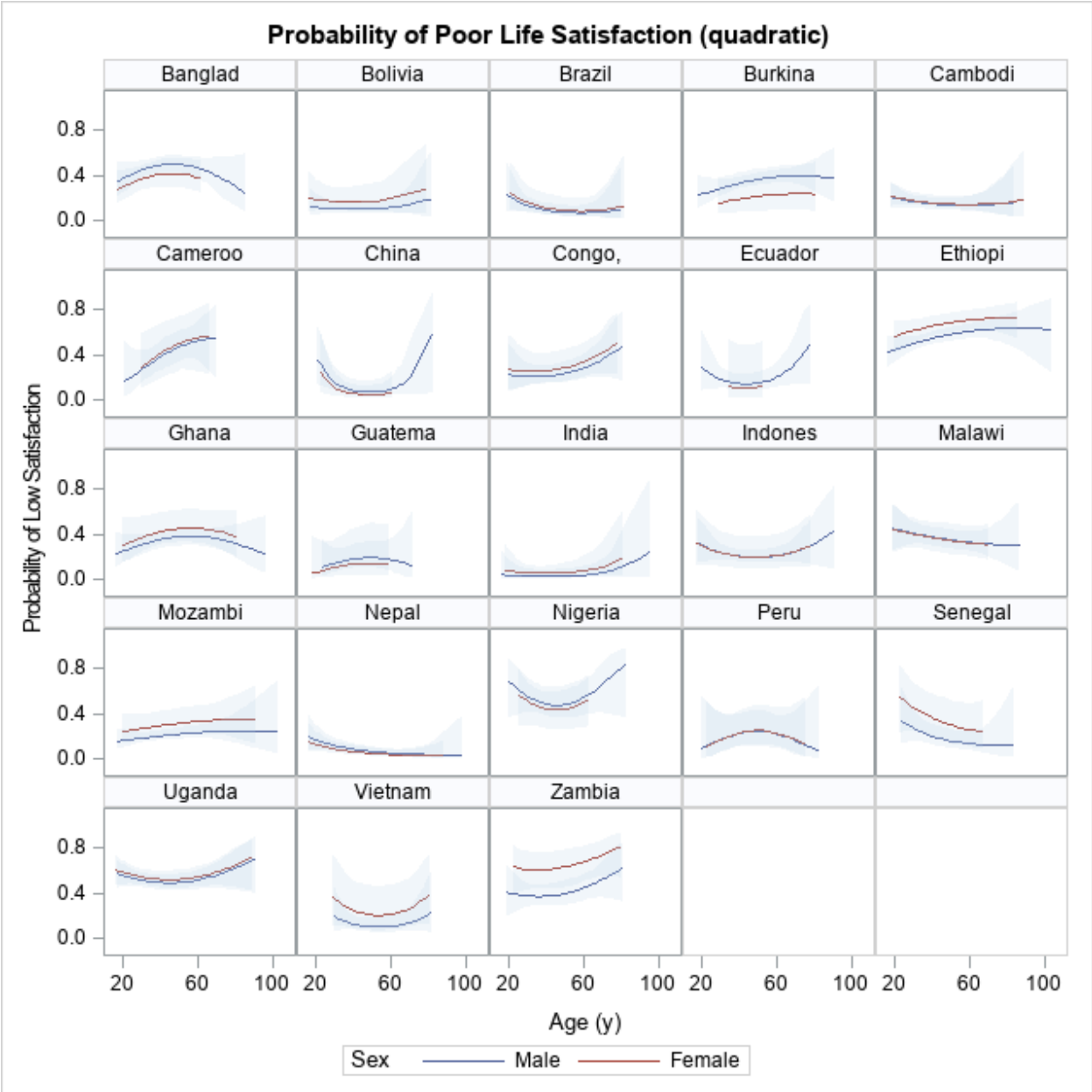
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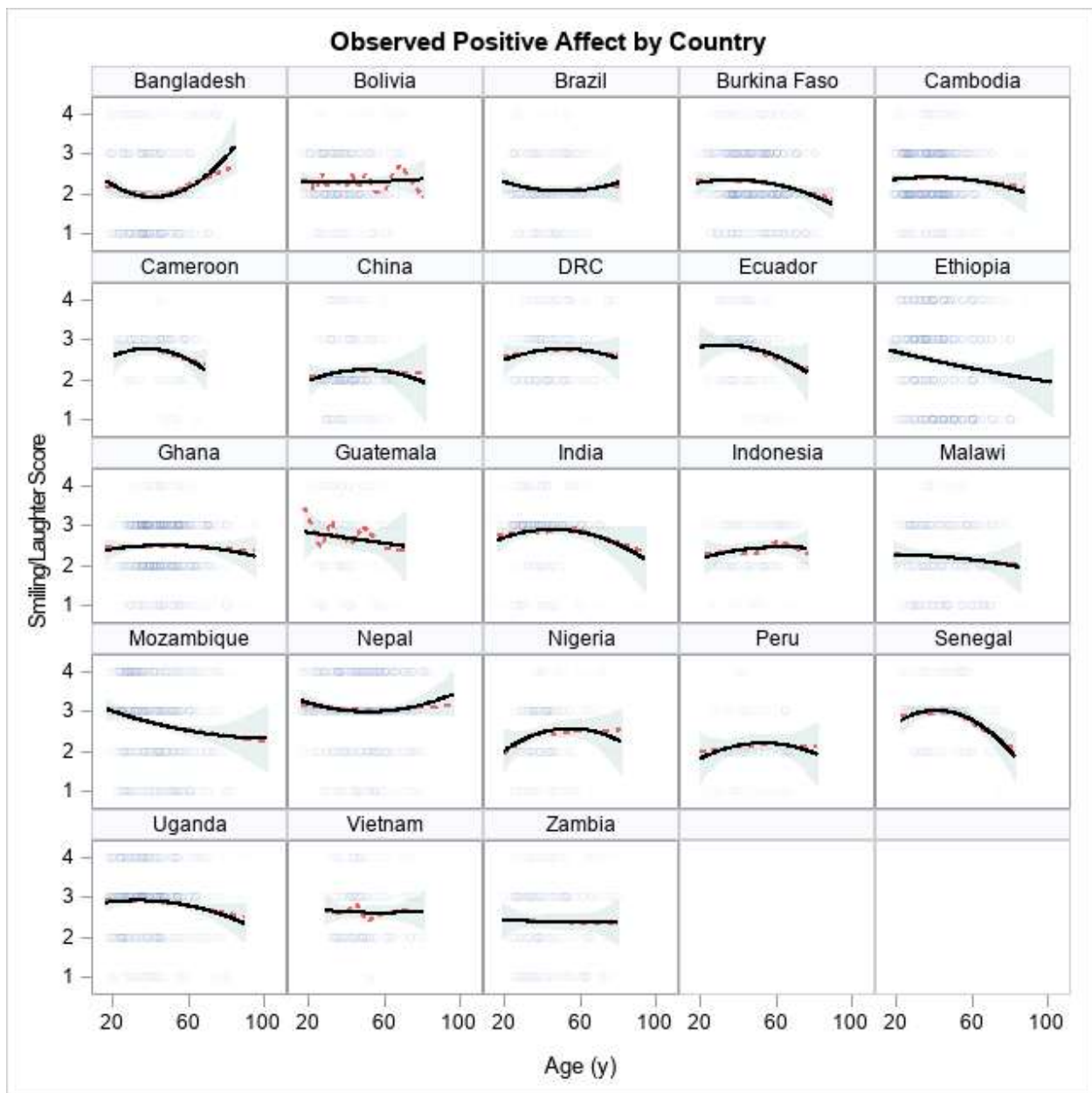
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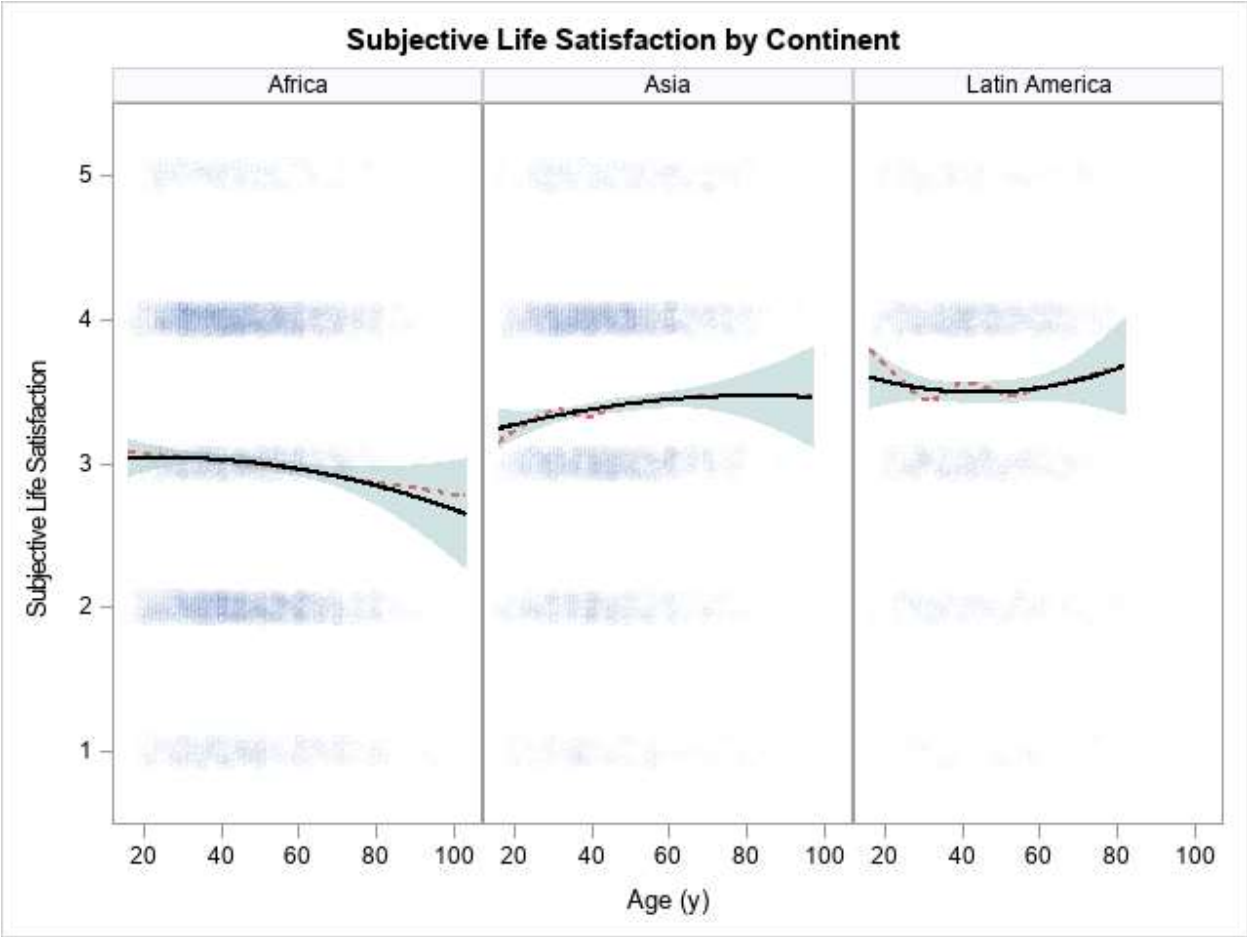
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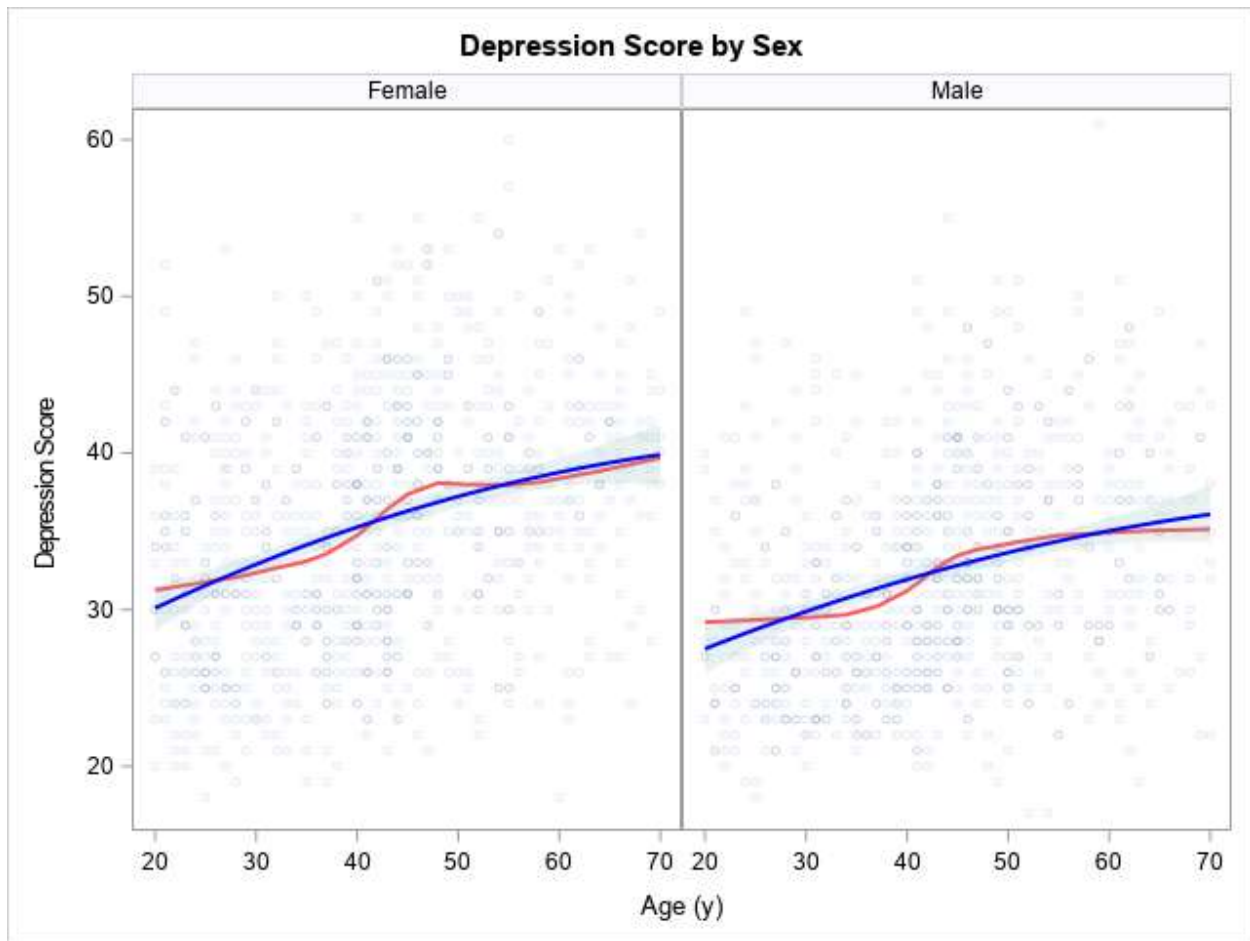
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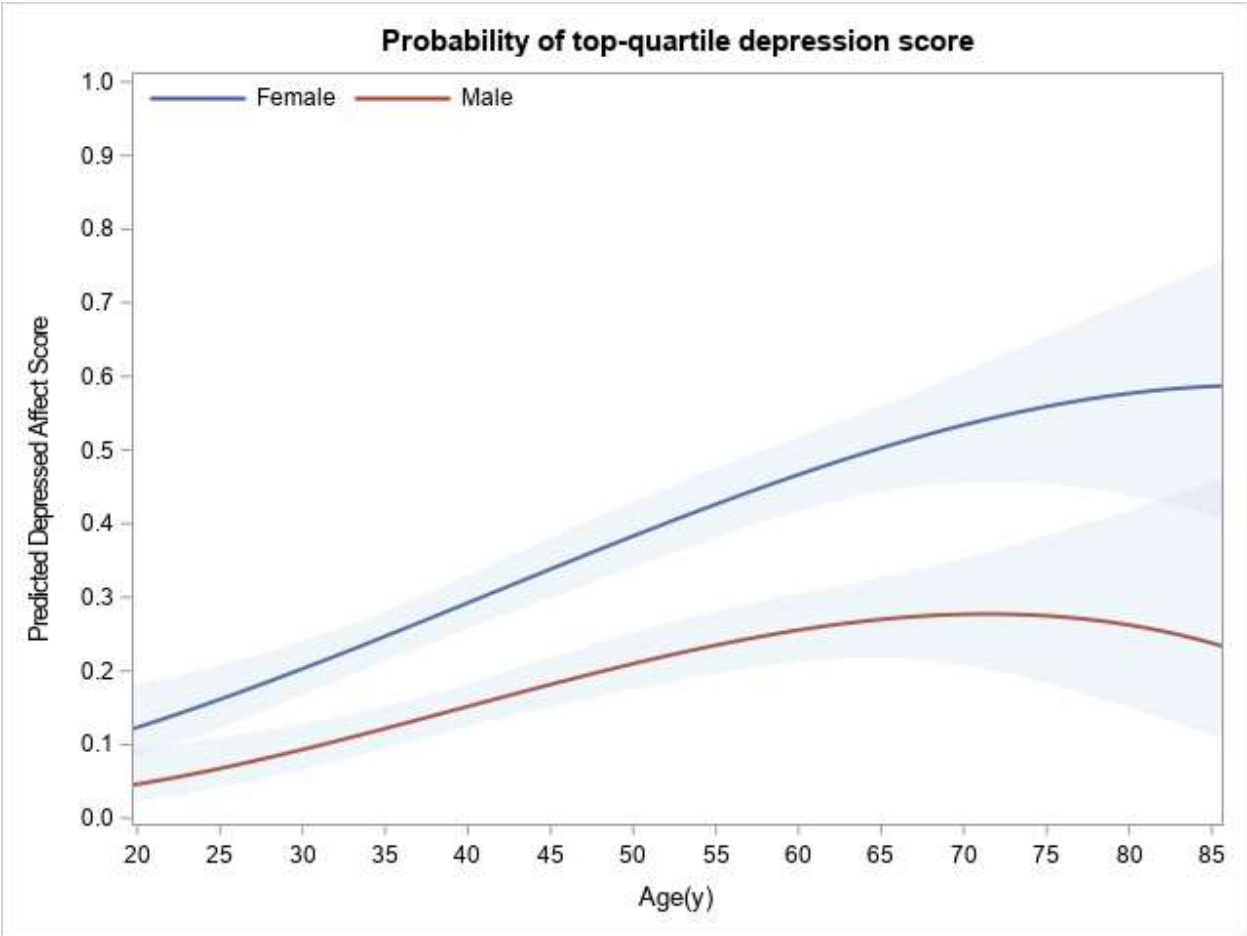
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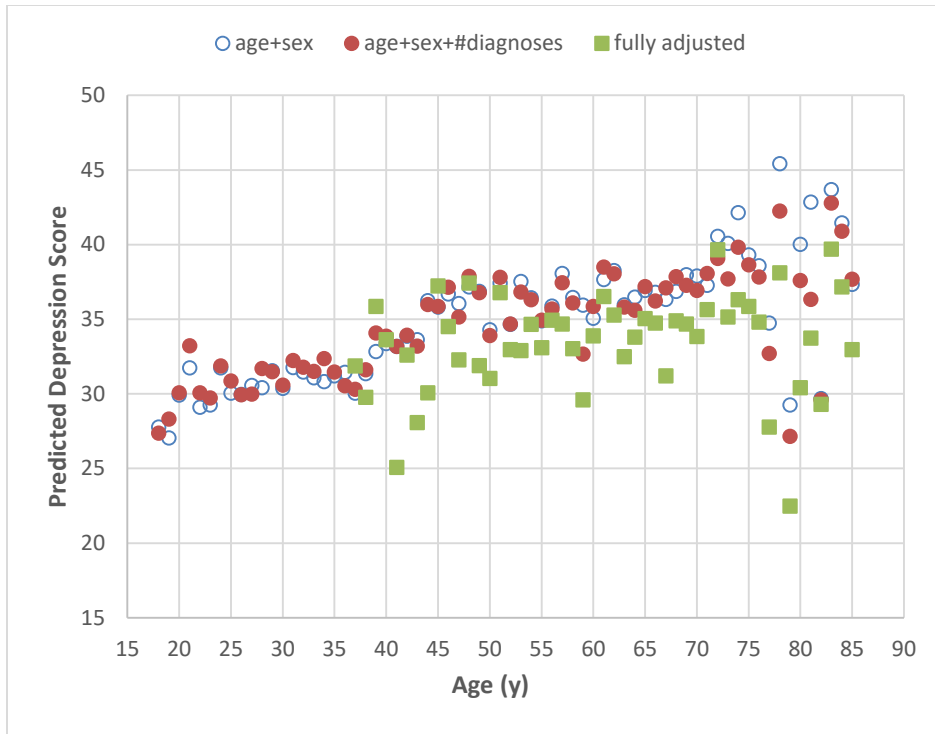
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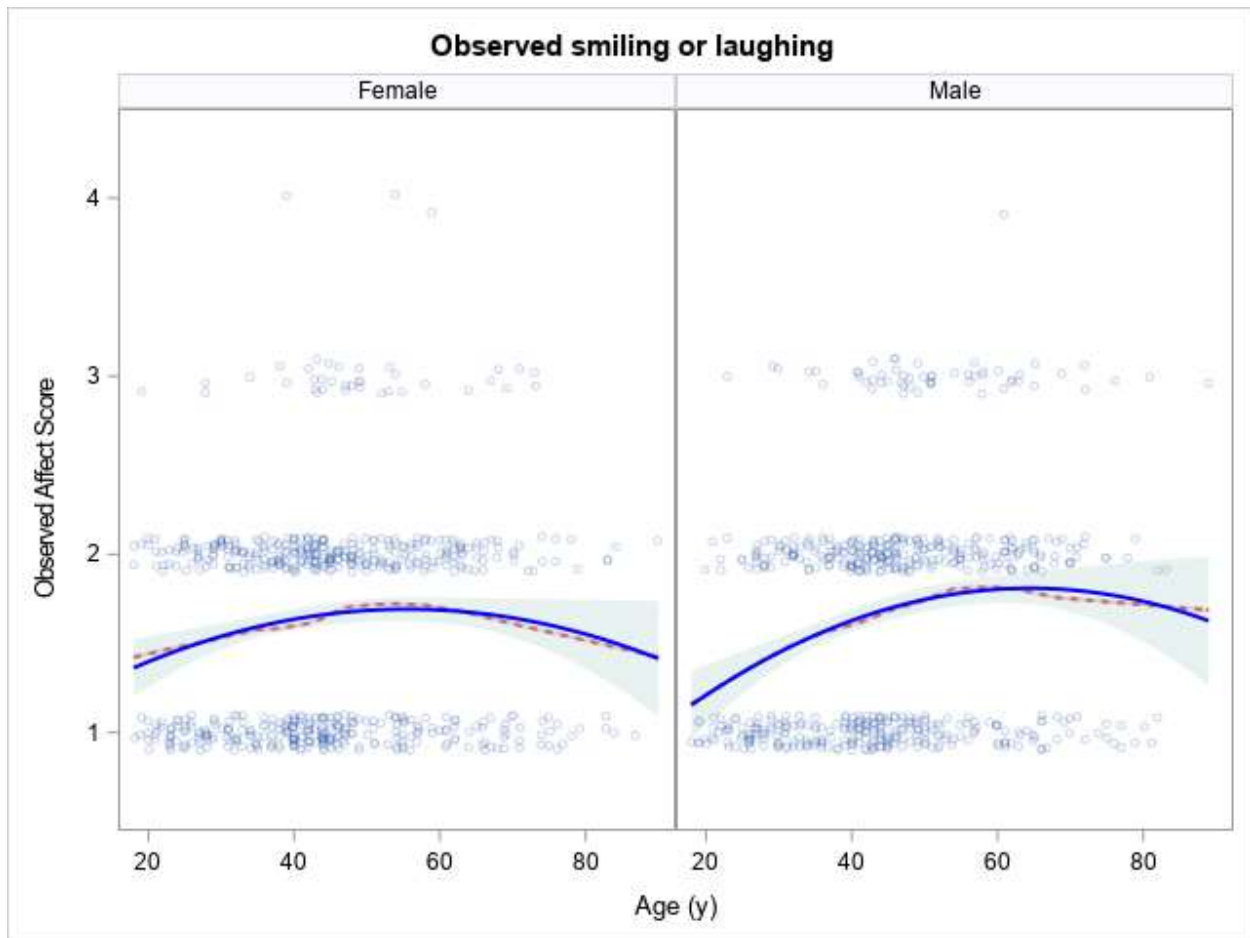
Figure S12. Happy affect score by observer. Tsimane' interviewers rated participants after a series of interviews. Scoring is: 1=didn't smile or laugh once, 2=didn't laugh but smiled, 3=smiled and laughed a few times, 4=laughed and smiled often. From OLS regression (n=1204): age: b=0.032, p<0.0001; age2: b=-2.64E-4, p=0.0002; R^2=0.03. Number of diagnoses is also positively associated with affect score when added to this baseline model (b=0.066, p<0.0001). In full model including all the health-related variables of Model 3 in Table S9, age effects are substantially reduced (age: b=-0.00633, p=0.855; age^2: b=1.56E-6, p=0.996).
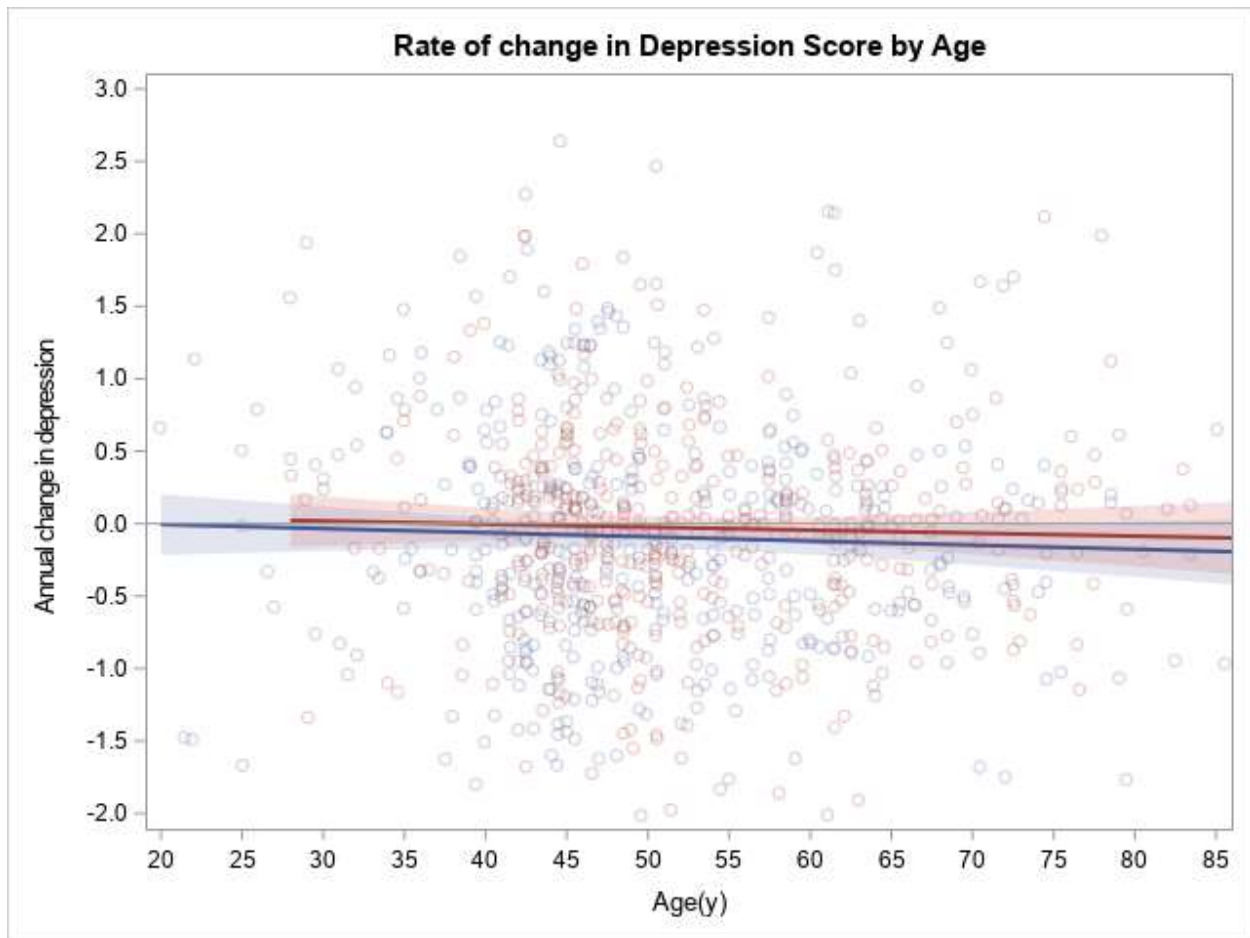
Figure S13. Rate of change in depression score by age and sex. Rate of change in depression score, D, for adult aged t is calculated as $(D_{t+g}-D_t)/g$, where D is a normalized z-scored depression score, g is the gap (in years) between sampling periods. Average±SD for g is 2.23±1.35 (range 0.64 to 7.52 years). We eliminate outliers by restricting annual rate of change to $<|4|$ and $g>0.5$. In OLS regression adjusting for sex, rate of change is not significantly related to age (b=-0.00253, p=0.280), crossing the x-axis at age 27 y. In a full model adjusting for number of diagnoses at time 1, change in number of diagnoses, physical pain at time 1, change in physical pain rating, problems in productive activities, change in problems with activities, health belief score at time 1, and change in health belief score, the effect of age remains relatively unchanged (b=-0.0045, p=0.127).

Subjective well-being: !Kung, Herero, US, Ireland
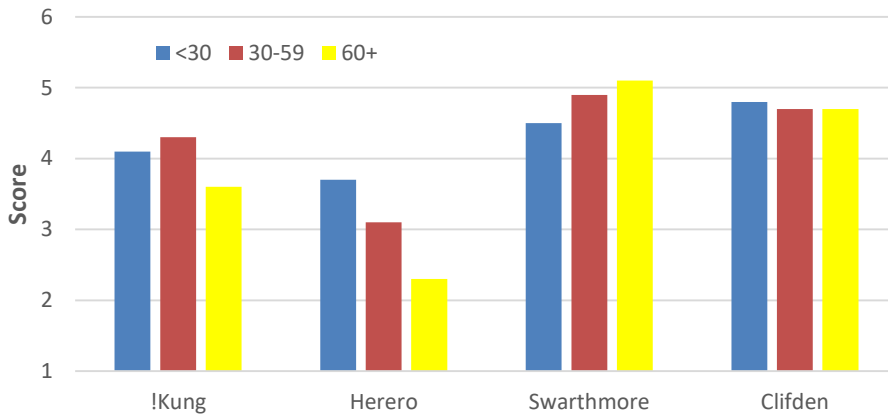
Figure S14. Subjective well-being from Project AGE. !Kung (n=102), Herero (n=186), Swarthmore, PA (n=201), Ireland (n=129). From Keith et al. 1994 (Ch. 5: Table 5.1). Well-being was defined as "assessment of one's own life compared to one's definitions of the best life possible", and evaluated as a modified Cantril Self-Anchoring Ladder. The ladder was measured on five-point scale for !Kung and Herero, but adapted to a six-point scale by the team to facilitate cross-cultural comparisons.
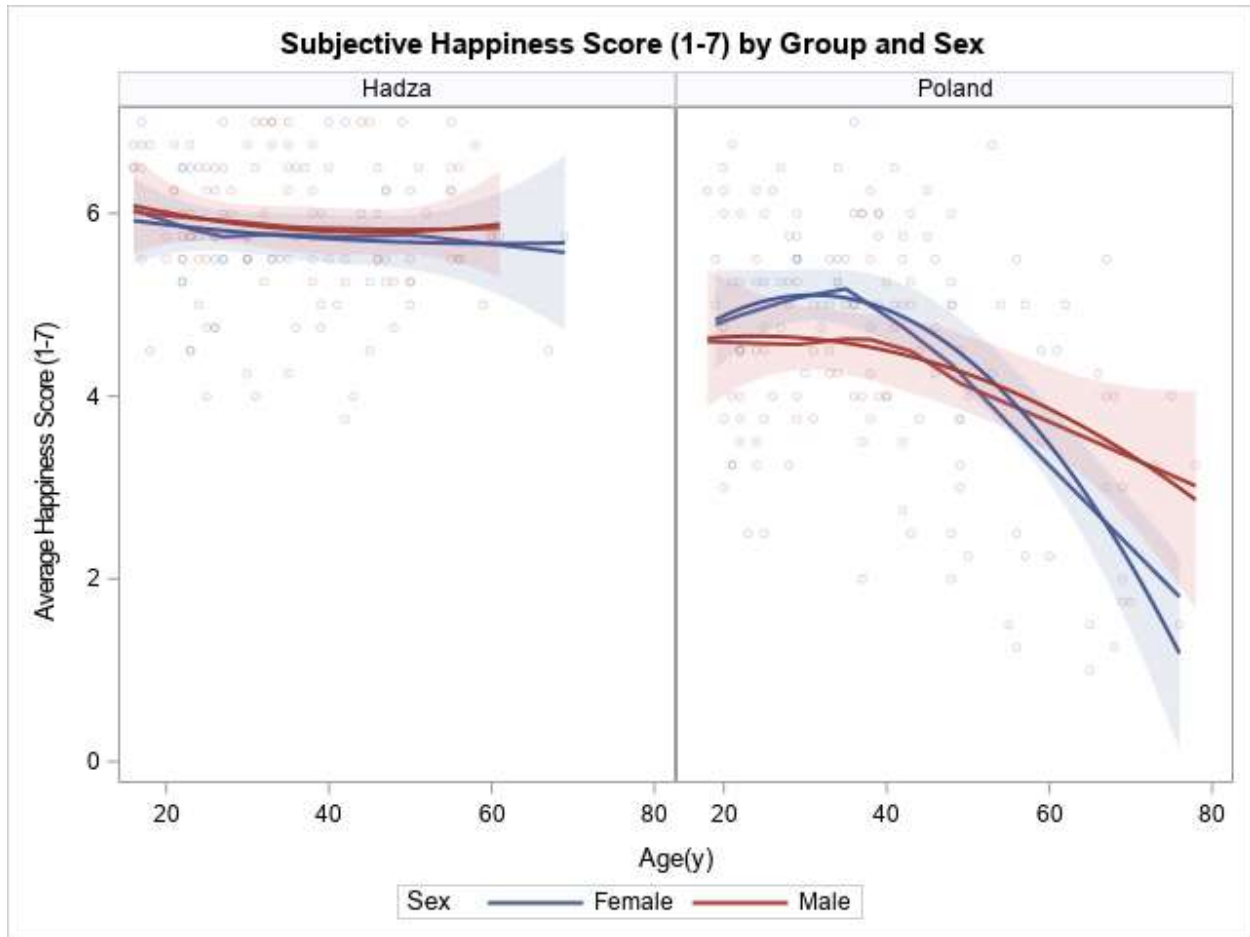
Figure S15. Subjective happiness among Hadza (n=145) and Polish (n=156). Happiness score is average of 7-point scale from four questions: 1) In general I consider myself (1=not a very happy person, 7=a very happy person); 2) Compared to most of my peers, I consider myself (1=less happy, 7=more happy); 3) Some people are generally very happy. They enjoy life regardless of what is going on, getting the most out of everything. To what extent does this characterization describe you? (1=not at all, 7=a great deal); 4) Some people are generally not very happy. Although they are not depressed, they never seem as happy as they might be. To what extent does this characterization describe you? (1=a great deal, 7=not at all). Correlations of the average score with each of the four questions are ≥0.57 for Hadza and ≥0.86 for Poland. Hadza recruited in 2018 from nine camps in rural, northern Tanzania around Lake Eyasi. Polish participants were recruited in a "provincial town in South-West Poland during educational courses at the local University". From Frankowiak et al. 2020 (Reanalyzed from data made public).
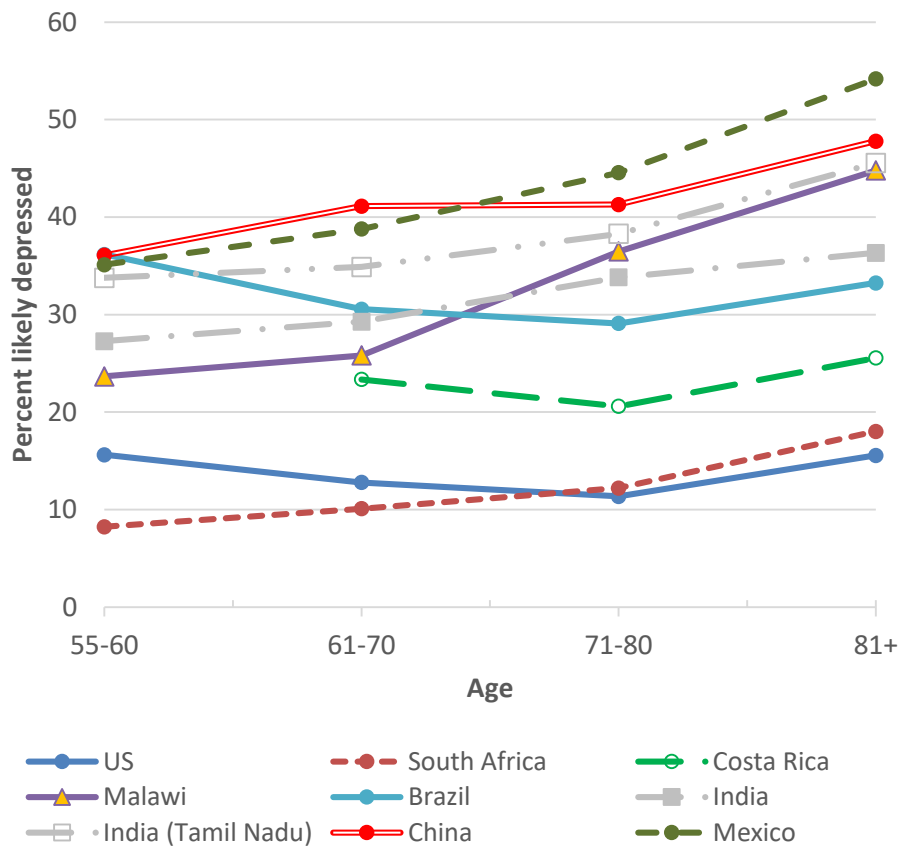
Figure S16. Prevalence of depression in low- and middle-income countries. Averages men and women. United States and Brazil profile consistent with the U-shaped happiness curve. All other countries show evidence of greater depression symptoms with age. All data are from nationally representative samples of older adults from each country, except India (Tamil Nadu). See Banerjee et al. (2023) for details on sources and methods.

Society	n (obs/inds)	Age (y) Mean	Age STD	% female
Baka	460/223	36.4	15.0	55.7%
Punan	309/110	36.6	14.5	50.8%
Tsimane'	405/135	36.3	18.1	48.8%
Total	1174/468	36.4	16.0	52.0%

Table S1. Baka, Punan and Tsimane' Sample Descriptives.

Effect	Baka						Punan						Tsimane					
	Model 1A: Age			Model 2A: Age, Age²			Model 1B: Age			Model 2B: Age, Age²			Model 1C: Age			Model 2C: Age, Age²		
	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|
OLS Regression																		
age	*-0.006*	0.003	0.051	**-0.051**	0.018	0.005	**-0.014**	0.005	0.008	**-0.061**	0.022	0.006	**-0.009**	0.003	0.001	-0.012	0.012	0.332
age²				**0.00054**	0.0002	0.012				**0.00053**	0.000235	0.026				2.6E-05	0.00013	0.834
female	-0.076	0.091	0.405	-0.109	0.091	0.234	-0.306	0.148	0.040	-0.343	0.146	0.020	-0.168	0.101	0.096	-0.169	0.101	0.097
50+	0.186	0.139	0.182				0.028	0.209	0.895				*-0.295*	0.166	0.077			
<35	**0.282**	0.113	0.013				**0.555**	0.162	8E-04				0.048	0.117	0.681			
35-49	ref	.	.				ref	.	.				ref	.	.			
female	-0.106	0.093	0.255				-0.292	0.144	0.044				-0.168	0.103	0.105			
Ordered Logistic Regression																		
age	-0.017	0.0085	0.047	**-0.1417**	0.055	0.01	**-0.03**	0.011	0.005	**-0.1325**	0.04733	0.006	**-0.019**	0.006	0.002	-0.0307	0.02629	0.244
age²				**0.00147**	6E-04	0.023				**0.00113**	0.000506	0.026				0.00013	0.00026	0.636
female	-0.22	0.2618	0.403	-0.3099	0.266	0.245	-0.577	0.312	0.066	-0.6637	0.3132	0.035	-0.347	0.216	0.11	-0.3516	0.2169	0.106

Table S2. OLS Regression of Subjective Life Satisfaction among Baka, Punan and Tsimane'. For each population, models are shown that consider linear age effect, age and age², and age categories (<35 y, 35-49, 50+).

Effect	Model 1: Age			Model 2: Age, Age^2			Model 3: Age, Age^2, Pop'n			Model 4: Full model		
	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|
Age	**-0.009**	0.002	<.0001	**-0.027**	0.009	0.004	**-0.028**	0.009	0.002	-0.011	0.013	0.381
Age^2				*0.0002*	0.0001	0.0514	**0.00021**	9.7E-05	0.03	2.1E-05	0.00013	0.8772
female	-0.137	0.066	0.038	-0.145	0.066	0.028	-0.170	0.063	0.007	-0.188	0.063	0.003
Population:												
Baka							**0.308**	0.074	<.0001	**0.962**	0.452	0.034
Punan							**-0.204**	0.083	0.014	0.722	0.465	0.121
Pop'n*Age												
Baka										*-0.041*	0.023	0.075
Punan										**-0.046**	0.022	0.039
Pop'n*Age^2												
Baka										**0.00054**	0.00026	0.040
Punan										**0.00048**	0.00024	0.046

Table S3. OLS Regression of Combined Sample, adding populations and interaction terms.

Effect	Baka Model 1			Punan Model 2			Tsimane Model 3			All groups Model 4		
	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|
Age (y)	**-0.049**	0.021	0.022	**-0.055**	0.025	0.026	0.002	0.013	0.878	**-0.023**	0.010	0.029
Age^2	**5.54E-04**	2.42E-04	0.023	*4.49E-04*	2.57E-04	0.083	-1.10E-04	1.33E-04	0.416	*1.84E-04*	1.09E-04	0.091
Female	-0.122	0.109	0.266	-0.158	0.161	0.327	-0.112	0.107	0.295	*-0.131*	0.072	0.070
Confounders												
Highest Level Schooling	-0.019	0.050	0.700	-0.017	0.035	0.640	0.014	0.034	0.684	0.012	0.022	0.599
Household Size	0.028	0.018	0.122	-0.003	0.032	0.921	**-0.077**	0.023	0.001	0.013	0.013	0.317
Mediators												
Total wages (PPP)	2.97E-03	7.13E-03	0.677	**4.75E-03**	1.81E-03	0.010	-1.40E-04	1.66E-04	0.384	-7.00E-05	1.89E-04	0.727
Household wealth (PPP)	-2.50E-04	6.71E-04	0.714	1.70E-05	3.10E-05	0.571	2.70E-05	2.50E-05	0.277	**-4.00E-05**	1.60E-05	0.005
Sick days/no work	**-0.066**	0.024	0.006	**-0.101**	0.040	0.012	-0.075	0.057	0.192	**-0.092**	0.020	<.0001

Table S4. OLS Regression of Subjective Life Satisfaction among Baka, Punan and Tsimane', with covariates. Compare these models against those including just age, age^2 and sex (Models 2A, 2B, 2C of Table S2, and Model 2 of Table S3).

Country	n	Age (y) Mean	Age STD	% female	Household Size	% married
Bangladesh	358	41.0	14.0	21.2	4.9	95.0
Bolivia	285	40.2	14.1	20.0	5.7	89.5
Brazil	241	44.5	13.7	24.1	5.5	88.8
Burkina Faso	554	49.8	14.4	3.4	10.0	97.3
Cambodia	544	39.2	12.8	73.9	5.5	90.8
Cameroon	109	44.7	11.6	13.8	6.2	88.1
China	227	41.6	10.7	15.4	4.7	91.6
Congo	178	45.6	13.6	27.5	4.9	74.7
Ecuador	150	43.7	11.8	6.0	6.6	90.7
Ethiopia	565	44.3	15.4	20.4	7.2	88.1
Ghana	570	47.0	13.5	6.5	6.4	90.5
Guatemala	109	40.6	12.8	17.4	4.7	96.3
India	239	40.8	13.5	53.1	4.9	88.3
Indonesia	354	44.9	13.5	8.8	4.7	90.7
Malawi	265	45.4	14.7	23.4	5.7	88.7
Mozambique	534	43.2	15.3	12.5	6.1	88.0
Nepal	487	48.6	16.8	34.5	6.0	78.4
Nigeria	146	42.6	11.9	17.8	6.2	89.7
Peru	86	48.0	14.0	38.4	5.3	89.5
Senegal	138	46.6	13.2	18.1	10.9	85.5
Uganda	506	40.0	14.8	44.9	6.1	81.2
Vietnam	155	49.8	12.8	12.3	3.8	89.0
Zambia	187	44.7	15.3	21.4	5.7	80.7
Continent						
Africa	3752	45.0	14.7	18.2	7.0	87.9
Asia	2364	43.4	14.4	36.3	5.1	88.6
Latin America	871	42.8	13.7	20.2	5.6	90.4
Total	6987	44.2	14.5	24.6	6.2	88.4

Table S5. Poverty Environmental Network (PEN) sample descriptives. PEN sample reflects forest-user sites from 23 countries.

Variables	Latin America			Asia			Africa		
	est.	s.e.	p	est.	s.e.	p	est.	s.e.	p
Baseline model									
Age (y)	-0.012	0.013	0.323	0.007	0.007	0.307	-0.002	0.006	0.743
Age²	1.42E-04	1.36E-04	0.297	-6.00E-05	6.90E-05	0.393	-2.00E-05	6.40E-05	0.711
Sex (1=female)	-0.074	0.075	0.318	-0.012	0.043	0.790	**-0.164**	0.046	0.000
Full model									
Age (y)	*-0.024*	0.013	0.071	0.005	0.006	0.403	-0.003	0.006	0.653
Age²	*2.40E-04*	1.39E-04	0.084	-2.00E-05	6.60E-05	0.759	-5.40E-07	6.30E-05	0.993
Sex (1=female)	-0.066	0.076	0.385	0.032	0.042	0.446	-0.034	0.052	0.516
Absolute income	0.000	0.000	0.692	**0.000**	0.000	0.002	**0.000**	0.000	0.014
Relative income	-0.009	0.065	0.885	**0.103**	0.027	0.000	**0.182**	0.021	<.0001
Education (1=any)	-0.036	0.087	0.682	**0.116**	0.040	0.004	0.044	0.042	0.303
Household Size	0.017	0.012	0.154	**0.035**	0.009	<.0001	**0.027**	0.005	<.0001
Married (1=yes)	-0.157	0.105	0.133	**0.121**	0.057	0.033	*0.106*	0.059	0.075
Illness/Death	**-0.286**	0.091	0.002	**-0.328**	0.052	<.0001	**-0.118**	0.043	0.007
Crop/Animal Loss	-0.145	0.090	0.107	**-0.227**	0.053	<.0001	-0.067	0.049	0.170
Other Shocks	0.098	0.107	0.358	0.009	0.061	0.885	**-0.133**	0.061	0.029
Community Help	-0.062	0.040	0.122	**0.194**	0.032	<.0001	**0.106**	0.026	<.0001
Community Trust	**0.232**	0.049	<.0001	**0.137**	0.036	0.000	**0.156**	0.031	<.0001

Table S6. OLS regression of subjective life satisfaction in PEN sample, by continent. Country included as random effect. *Absolute Income* is household income scaled by adult equivalent units and *Relative income* scales to purchasing power exchange rates. *Married* (1=yes, 0=no, referring to being single, divorced or widowed); For shocks, *Illness/Death* refers to and illness or death experienced by household members in the last year. *Other Shocks* refers to whether the household faced any major crisis or unexpectedly large expenditures in the past year. *Crop/Animal Loss* refers to whether household suffered any major loss of crops or livestock; *Help* is response to question: ''Can you get help from other people in the village if you are in need, for example, if you need extra money because someone in your family is sick?'' (1 = yes, 0 = no or sometimes, but not always; *Trust* is response to: ''In general, do you trust people in the village?'' (1 = yes; 0 = no or I trust some people but not others).

Variables	Latin America			Asia			Africa		
	est.	s.e.	p	est.	s.e.	p	est.	s.e.	p
Baseline model									
Age (y)	-0.008	0.030	0.782	0.015	0.015	0.317	-0.010	0.012	0.395
Age²	1.62E-04	3.24E-04	0.617	-1.40E-04	1.57E-04	0.360	3.10E-05	1.20E-04	0.798
Sex (1=female)	-0.175	0.173	0.313	0.039	0.099	0.694	**-0.282**	0.087	0.001
Full model									
Age (y)	-0.029	0.032	0.370	0.018	0.016	0.280	-0.012	0.013	0.329
Age²	3.31E-04	3.41E-04	0.333	-1.10E-04	1.69E-04	0.521	7.10E-05	1.25E-04	0.572
Sex (1=female)	-0.158	0.182	0.385	0.155	0.108	0.151	-0.061	0.102	0.546
Absolute income	0.000	0.000	0.517	**0.000**	0.000	<.0001	**0.000**	0.000	0.047
Relative income	-0.087	0.164	0.597	0.079	0.091	0.386	**0.379**	0.047	<.0001
Education (1=any)	-0.115	0.217	0.596	0.244	0.102	0.017	0.034	0.083	0.684
Household Size	0.017	0.029	0.553	**0.089**	0.023	<.0001	**0.049**	0.010	<.0001
Married (1=yes)	-0.481	0.268	0.073	0.351	0.141	0.013	0.191	0.118	0.104
Illness/Death	**-0.667**	0.215	0.002	**-0.668**	0.129	<.0001	**-0.198**	0.085	0.019
Crop/Animal Loss	-0.226	0.209	0.280	**-0.568**	0.133	<.0001	-0.099	0.094	0.296
Other Shocks	0.179	0.254	0.481	-0.131	0.156	0.401	**-0.279**	0.119	0.019
Community Help	-0.147	0.097	0.132	**0.453**	0.079	<.0001	**0.227**	0.051	<.0001
Community Trust	**0.471**	0.118	<.0001	**0.401**	0.090	<.0001	**0.322**	0.061	<.0001

Table S7. Ordered logistic regression of subjective life satisfaction in PEN sample, by continent. Same as Table S6, but life satisfaction is on three-point scale.

	Model 1: Age			Model 2: Age, Age2			Model 3: Full		
OLS	est.	s.e.	p	est.	s.e.	p	est.	s.e.	p
Age (y)	**-0.002**	0.001	0.008	0.001	0.004	0.768	-3.20E-04	0.004	0.940
Age^2				-4.00E-05	4.40E-05	0.421	-4.24E-06	4.40E-05	0.923
Sex (1=female)	**-0.097**	0.030	0.001	**-0.097**	0.030	0.001	-0.013	0.031	0.672
Absolute income							**-1.00E-05**	5.93E-06	0.019
Relative income							**0.168**	0.015	<.0001
Education (1=any)							**0.068**	0.028	0.018
Household Size							**0.026**	0.004	<.0001
Married (1=yes)							**0.105**	0.039	0.007
Illness/Death							**-0.192**	0.031	<.0001
Crop/Animal Loss							**-0.130**	0.034	0.000
Other Shocks							**-0.065**	0.041	0.110
Community Help							**0.104**	0.018	<.0001
Community Trust							**0.163**	0.022	<.0001

ORDERED LOGISTIC	est.	s.e.	p	est.	s.e.	p	est.	s.e.	p
Age (y)	**-0.003**	0.002	0.036	0.001	0.009	0.877	0.000	0.009	0.993
Age2				-5.00E-05	9.00E-05	0.576	-1.00E-05	9.40E-05	0.906
Sex (1=female)	**-0.160**	0.061	0.009	**-0.159**	0.061	0.009	0.003	0.067	0.969
Absolute income							-2.00E-05	1.60E-05	0.166
Relative income							**0.372**	0.038	<.0001
Education (1=any)							*0.102*	0.061	0.093
Household Size							**0.050**	0.009	<.0001
Married (1=yes)							**0.232**	0.083	0.005
Illness/Death							**-0.364**	0.066	<.0001
Crop/Animal Loss							**-0.250**	0.071	0.000
Other Shocks							**-0.203**	0.087	0.020
Community Help							**0.236**	0.038	<.0001
Community Trust							**0.363**	0.046	<.0001

Table S8. OLS and Ordered logistic regressions of global PEN sample. n=6986.

Variable	N	Mean	SD	Min	Max
Age (y)	1872	43.9	14.7	18	90
Sex (1=male)	1872	0.5	0.5	0	1
# of medical diagnoses	1580	2.1	1.2	0	6
Activities of Daily Living (0-36)	1759	0.2	1.4	0	24
Health Belief Score (2-11)	1396	7.5	1.3	4	11
Physical Pain (1-4)	1599	2.3	0.5	1	4
Problems with Activities (1=yes)	1590	0.7	0.5	0	1
Can Walk All Day (1=yes)	1004	0.6	0.5	0	1
Problems Seeing (1-5)	572	2.5	1.3	1	5
Problems Hearing (1-5)	574	1.8	1.0	1	5

Table S9. Sample descriptives for Tsimane' depressed affect (Study 3). Sample sizes are reduced for some variables where adults age 40+ were sampled, or 50+ (problems seeing and hearing).

Predictors	Model 1: Baseline			Model 2: Medical Diagnoses			Model 3: Full Model		
	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|	est.	s.e.	Pr > |t|
Age (y)	0.704	0.340	0.039	0.778	0.317	0.014	0.439	0.305	0.151
Age^2	-4.69E-03	2.76E-03	0.090	-5.35E-03	2.57E-03	0.038	-3.03E-03	2.47E-03	0.221
Sex (1=Male)	-3.640	0.690	<.0001	-3.657	0.642	<.0001	-2.687	0.641	<.0001
# of medical diagnoses				2.160	0.258	<.0001	1.436	0.273	<.0001
Activities of Daily Living							0.235	0.131	0.073
Health Belief Score							0.687	0.262	0.009
Physical Pain							-0.002	0.611	0.998
Problems with Activities							-2.487	0.820	0.003
Can Walk All Day							-1.365	0.678	0.045
Problems Seeing							1.362	0.281	<.0001
Problems Hearing							-0.426	0.340	0.211

Table S10. Tsimane' depressed affect score OLS regression models. Data restricted to those with complete data for Model 3 (n=478). From baseline to full model, the percentage reduction in depression score due to age alone from ages 20 to 70 is 41.2% lower after controlling for health-related factors.

Predictors	Model 1		Model 2		Model 3		Model 4	
	b	p	b	p	b	p	b	p
Age (y)	0.042	0.663	0.795	0.238	0.786	0.307	1.036	0.299
	(0.097)		(0.673)		(0.770)		(0.995)	
Age^2	1.10E-04	0.899	-7.37E-03	0.210	-7.60E-03	0.262	-1.01E-02	0.256
	(8.65E-04)		(5.87E-03)		(6.77E-03)		(8.85E-03)	
Sex (1=Male)	-3.179	<.0001	1.090	0.417	1.571	0.306	-16.869	<.0001
	(0.349)		(1.343)		(1.532)		(2.264)	
Number of Diagnoses					0.781	0.003	0.645	0.055
					(0.259)		(0.335)	
Health Belief Score							0.992	0.023
							(0.434)	
Physical Pain							-1.560	0.056
							(0.813)	
Problems with Activities							-0.973	0.342
							(1.022)	
Can Walk All Day							-0.192	0.835
							(0.923)	
Intercept	37.531	<.0001	26.198	0.067	25.285	0.122	16.349	0.551
	(2.633)		(14.266)		(16.329)		(27.366)	
Fixed effects?	No		Yes		Yes		Yes	
R^2	0.23		0.66		0.73		0.78	
n	1534		1534		1324		979	

Table S11. Tsimane' longitudinal data, among adults with 2+ data points. (n=1,804 observations among 685 adults; average time between samples is 2.5 years). Models below use linear age and quadratic age^2 terms. Alternative specifications of Models 1-4 with only a linear age term show the following results for age: Model 1: b=0.054, p<0.0001; Model 2: b=-0.007, p=0.958; Model 3: -0.038, p=0.823; Model 4: b=-0.045, p=0.831. Numbers in parentheses are standard errors.

When was life better for older adults?	n (%)
"Present"	293 (73.8%)
"Past"	104 (26.2%)

Table S12. Tsimane reflections on when life was best for older adults. Binary responses to the question "Which do you think is better? The lives of older adults ("*isho muntyi*") now [in the "present"] or how their lives used to be before, like many years ago [in the "past"]?" Survey administered to Tsimane adults age 55+ y (n=397) as part of the Tsimane Health and Life History Project from 2022-2023.