**Supplemental Materials**

**Psychological Resources and Glucoregulation in Japanese Adults: Findings From MIDJA**

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Supplemental Table 1

*Linear regression models with well-being predicting systolic blood pressure, total/HDL cholesterol, and waist circumference as outcomesa*

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Model 1  Demographics | | | Model 2  +Health Factors | | | Model 3  +Negative Affect | | |
|  | B(SE) | β | *p* | B(SE) | β | *p* | B(SE) | β | *p* |
| **DV: Systolic Blood Pressure** | | | | | | | | | |
| Eudaimonic Well-being | | | | | | | | | |
| Personal Growth | -.30(.85) | -.02 | .72 | .21(.82) | .01 | .80 | .08(.84) | .00 | .93 |
| Purpose in Life | .12(.84) | .01 | .88 | .00(.82) | .00 | 1.0 | -.09(.83) | -.01 | .92 |
| *Ikigai*b | -3.8(2.0) | -.09 | .057 | -3.4(1.9) | -.08 | .076 | -3.8(1.9) | -.09 | .047 |
| Hedonic Well-being | | | | | | | | | |
| Positive Affect | .16(.84) | .01 | .85 | .23(.84) | .01 | .78 | -.04(.92) | -.00 | .96 |
| Life Satisfaction | .57(.68) | .04 | .40 | .48(.67) | .03 | .48 | .33(.70) | .02 | .64 |
| Interdependent Well-being | | | | | | | | | |
| Gratitude | -.70(.83) | -.04 | .40 | -.57(.81) | -.03 | .49 | -.78(.84) | -.04 | .35 |
| Peaceful Disengagement | .37(.83) | .02 | .66 | .62(.79) | .03 | .44 | .67(.79) | .04 | .40 |
| Adjustment | .30(.86) | .02 | .73 | .69(.81) | .04 | .40 | .75(.82) | .04 | .36 |
| **DV: Total to HDL Cholesterol Ratio** | | | | | | | | | |
| Eudaimonic Well-being | | | | | | | | | |
| Personal Growth | -.001(.01) | -.01 | .88 | .007(.01) | .05 | .29 | .009(.01) | .07 | .17 |
| Purpose in Life | -.002(.01) | -.01 | .84 | .000(.01) | .00 | .98 | .001(.01) | .01 | .83 |
| *Ikigai*b | -.010(.02) | -.03 | .55 | .006(.02) | .02 | .71 | .008(.02) | .03 | .59 |
| Hedonic Well-being | | | | | | | | | |
| Positive Affect | -.004(.01) | -.03 | .61 | -.006(.01) | -.04 | .40 | -.002(.01) | -.02 | .75 |
| Life Satisfaction | .006(.01) | .05 | .42 | .004(.01) | .03 | .52 | .004(.01) | .03 | .52 |
| Interdependent Well-being | | | | | | | | | |
| Gratitude | .002(.01) | .02 | .76 | .008(.01) | .05 | .25 | .011(.01) | .07 | .12 |
| Peaceful Disengagement | .004(.01) | .03 | .56 | .007(.01) | .05 | .25 | .007(.01) | .05 | .29 |
| Adjustment | -.007(.01) | -.05 | .32 | -.005(.01) | -.03 | .47 | -.006(.01) | -.04 | .37 |
| **DV: Waist Circumference** | | | | | | | | | |
| Eudaimonic Well-being | | | | | | | | | |
| Personal Growth | -.84(.39) | -.09 | .033 | -.15(.19) | -.02 | .43 | -.20(.20) | -.02 | .31 |
| Purpose in Life | -.15(.39) | -.02 | .70 | -.10(.19) | -.01 | .62 | -.13(.20) | -.01 | .52 |
| *Ikigai*b | -.56(.96) | -.02 | .56 | .44(.45) | .02 | .33 | .40(.46) | .02 | .39 |
| Hedonic Well-being | | | | | | | | | |
| Positive Affect | .22(.39) | .02 | .57 | .09(.20) | .01 | .67 | .01(.22) | .00 | .96 |
| Life Satisfaction | .33(.31) | .04 | .30 | .09(.16) | .01 | .56 | .05(.17) | .01 | .76 |
| Interdependent Well-being | | | | | | | | | |
| Gratitude | -.24(.39) | -.03 | .53 | .13(.19) | .01 | .51 | .09(.20) | .01 | .66 |
| Peaceful Disengagement | -.26(.39) | -.03 | .49 | -.06(.19) | -.01 | .73 | -.05(.19) | -.01 | .78 |
| Adjustment | -.10(.40) | -.01 | .81 | .20(.19) | .02 | .30 | .22(.19) | .02 | .26 |
| *Note*. Total/HDL cholesterol ratio was log10 transformed to achieve a normal distribution. All continuous predictor variables are z-scored. aEach psychological well-being variable was entered in a separate model. bCoded as 1=yes, 0 = no. | | | | | | | | | |