

Supplementary Table 1

Categorical Demographic Characteristics

Characteristic	<i>n</i> (%)	Characteristic	<i>n</i> (%)
Sex		Ethnicity	
Female	86 (46.45)	Caucasian	169 (92.35)
Male	97 (53.01)	Asian	11 (6.01)
		Pacific/Torres Strait Islander	1 (0.50)
		Mixed/Other	2 (1.09)
Relationship Status		Employment Status	
Single	9 (4.89)	Retired	82 (44.81)
De-Facto	14 (7.65)	Part-Time/Casual	42 (22.95)
Married	129 (70.49)	Full-Time	52 (28.42)
Divorced/Separated	23 (12.57)	Unemployed	7 (3.83)
Widowed	7 (3.83)		
Other	1 (0.50)		
Living Arrangement		Self-Rated Health	
Alone	31 (16.94)	Poor	0 (0.00)
With Spouse	141 (77.05)	Fair	16 (8.74)
With Other Relatives	9 (4.92)	Good	93 (50.82)
In Community Setting	1 (0.50)	Very Good	59 (32.24)
With Housemate	1 (0.50)	Excellent	15 (8.20)

N = 183.

Supplementary Table 2

Positive Ageist Beliefs Questions added to Expectations Regarding Aging survey

	Definitely True	Somewhat True	Somewhat False	Definitely False
13. As people age, they become wiser				
14. People generally become kinder as they age				
15. When people get older, they have more time to relax and enjoy life				
16. As people get older, they become more reliable				

Supplementary Table 3

Correlation Matrix of Covariates and Key Study Variables

	1	2	3	4	5	6	7
1. Age	-	-.18*	-.18*	-.14	-.04	.03	-.12
2. Gender		-	-.02	.25**	.05	-.15*	.06
3. Education			-	.19	.12	.04	.07
4. Ageist Beliefs				-	.55***	.26***	.00
5. Personal Views of One's Own Ageing					-	.35***	.19*
6. Subjective Prospective Memory						-	.01
7. Objective Prospective Memory							-

$N = 183$, except for correlations with (7) Objective Prospective Memory where $N = 174$.

* $p < .05$, ** $p < .01$, *** $p < .001$

Supplementary Table 4

Means and Standard Deviations of Key Variables

	Overall	Middle Adulthood (<i>n</i> = 51, aged 41-59)	Older Adulthood (<i>n</i> = 132, aged 60-85)	Group Difference Statistics
Ageist Beliefs	52.33 (12.43)	53.68 (11.65)	51.82 (12.72)	$t(181) = 0.91, p = .365$
Personal Views	90.38 (11.86)	93.86 (10.15)	89.03 (12.22)	$t(181) = 2.51, p = .013$
Objective PM^a	0.45 (0.23)	0.48 (0.21)	0.44 (0.24)	$t(172) = 0.82, p = .414$
Subjective PM	29.56 (4.58)	29.73 (4.87)	29.49 (4.62)	$t(181) = 0.30, p = .763$

^a*N* = 174, *ns* = 49, 125 for middle and older adulthood respectively.