

Supplementary Data Table 1.*Positive Family Relationships Scale Age 38 Years Item Content and Response Category Format*

| Item | Response Categories |
|--|-----------------------------------|
| 1. Members of our family get along well together | 4 = Always 3 2 1 = Never |
| 2. Input from all family members is considered when planning family activities. | 3 = Always 2 1 =Never |
| 3. Our family does things together rather than separately. | 4 = Always 3 2 1 = Never |
| 4. People in our family criticize each other. R | 4 = Always 3 2 1 = Never |
| 5. Family members support each other | 3 = Always 2 1 = Never |
| 6. Family members disagree with each other. R | 4 = Always 3 2 1 = Never |
| 7. When one person is overwhelmed by responsibilities, another family member spontaneously pitches in to help. | 4 = Always 3 2 1 = Never |
| 8. Daily happenings of family members are topics of conversation in our home | 3 = Always 2 1 = Never |
| 9. We argue in our family. R | 4 = Always 3 2 |

| Item | Response Categories |
|---|--|
| | 1 = Never |
| 10. There is an atmosphere of uneasiness in our home. R | 3 = Always 2 1 = Never |
| 11. People in our family willingly help each other. | 4 = Always 3 2 1 = Never |
| 12. It is difficult to get cooperation from family members when household chores are to be done. R | 5 = Always 4 3 2 1 = Never |

Note: **R** indicates item was reversed-coded

Supplementary Data Table 2.*Comprehensive Happiness Scale Item Content and Response Category Format*

| Item | Response Categories |
|--|---|
| 1. How often do you engage in activities that make yourself happy? | Often/Sometimes Never/Hardly ever |
| 2. Currently, how much of a priority is making yourself happy? | A big priority Somewhat of a priority Not a priority |
| 3. Working hard to succeed at my goals makes me happy. | Agree Disagree |
| 4. Being successful brings me happiness. | Strongly agree Agree Strongly disagree/Disagree |
| 5. Accomplishing my selected goals makes me happy. | Agree Disagree |
| 6. Being a leader makes me happy. | Strongly agree Agree Strongly disagree/Disagree |
| 7. How do you feel about approaching middle adulthood? | Very happy Somewhat happy Not happy |
| 8. How frequently are you in a happy mood? | Often Hardly ever/Never |
| 9. Is happiness something that comes naturally to you? | Very natural Somewhat natural Not natural |
| 10. Career/work | Very happy Somewhat happy Not happy Not applicable |
| 11. Family | Very happy Somewhat happy Not happy |

| Item | Response Categories |
|--------------------------------------|--|
| 12. Intimate (romantic) relationship | Very happy Somewhat happy Not very happy Not at all happy |
| 13. Friendships | Very happy Somewhat happy Not happy |
| 14. Coworkers or Colleagues | Very happy Somewhat happy Not happy Not applicable |
| 15. My leadership role at work | Very happy Somewhat happy Not happy Not applicable |