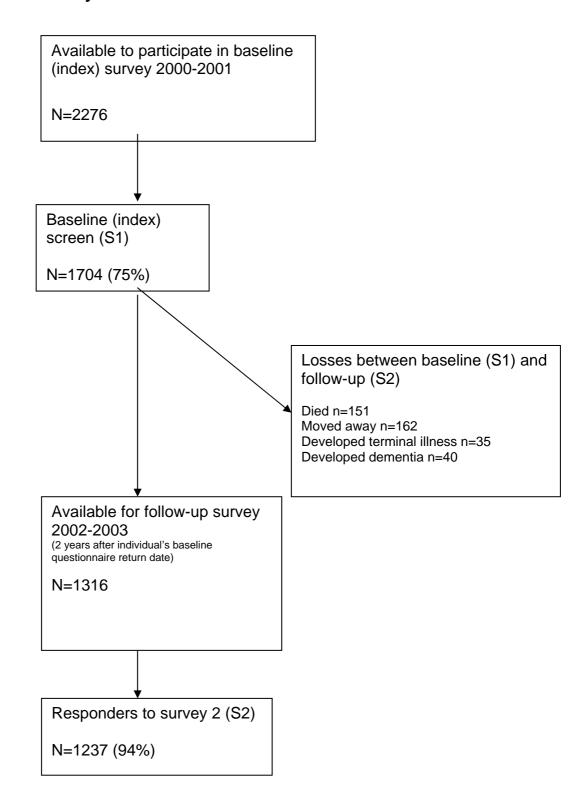
Supplementary data:

Appendix 1

Study flow chart



Appendix 2: Questionnaire measures for baseline and follow-up studies^a

Questionnaire measures	Detail	Reference
Depression symptoms Geriatric Depression Scale (GDS-15)	15 yes / no items. Cut-off>5/15 has sensitivity of 78% & specificity of 82% for detecting major depression	D'Ath et al 1994 [1]
Other psychological factors FEAR (anxiety scale)	4 item version of Anxiety Disorder Scale (frequency of anxiety, enduring nature of anxiety; alcohol /sedative use; restlessness / fidgeting) validated for use as a rapid primary care screening instrument.	Krasucki et al 1999 [2]
Health locus of control	3 scales, (2 items per scale): i) internality, (belief that you control your own health); ii) chance (belief that your health is controlled by fate); iii) powerful others, (belief that your health is controlled by others, including doctors & modern medicine).	Perrig-Chiello, Perrig, & Stahelin. 1999 [3]
Physical health General Health	Single question.	Health Survey for England (HSE) 1998 [4]
Long-standing illness (LSI) Limiting LSI Pain Chronic health problems	Single question. Single question. Single question pain in last 4 weeks Adapted from checklist of chronic health conditions used in Alameda County Study.	HSE 1998 [4] HSE 1998 [4] Ware & Sherbourne 1992 [5] Roberts et al 1997 [6] (adapted)
Functional ability / disability	Modified Townsend disability score. Degree of difficulty in performing 9 activities of daily living, score 0-18.	McGee et al 1998 [7]
Visual impairment Hearing impairment Smoking Alcohol	Single question Single question Current & previous smoking status Current frequency of alcohol intake and units per week	HSE 1995 [8] HSE 1995 [8] HSE 1998 [4] (adapted) HSE 1998 [4] (adapted)
Social networks & support Availability of support & frequency of contact	Marital status Contact with friends, relatives, neighbours Telephone contact with friends, relatives Attendance at religious services	General Household Survey (GHS) 1994 [9] Donald et al 1987 [10] Donald et al 1987 [10]
Existence of a confidante Satisfaction with support Experience conflict or upset Living alone	Someone to discuss a personal /serious problem with Satisfied with help & support provided by close friends Experience conflict or upset with friends or relatives Single item	Kouzis & Eaton 1998 [11] Prince et al 1997 [12] Prince 1997 [12] (adapted)
Time spent alone Loneliness	Single item Single item	Tunstall 1966 [13] (adapted) Tunstall 1966 [13] (adapted)
Life events Life events occurring in the 2 years between surveys	8 item scale covering: serious illness / injury (self or close relative); bereavement, separation; financial crisis; theft; move into residential care (self or partner)	Brugha & Cragg 1990 [14] (adapted)
Socio-economic factors Social class Age finished full-time education	UK Registrar General's Classification, based on last main occupation Single item	Office of Population Censuses & Surveys1990 [15] GHS 1994 [9]
Housing tenure Occupational Pension Cutting back on spending to pay bills Private health insurance	Single item Single item Developed ourselves, relates to measure of financial strain used in Alameda County Study Single item developed ourselves	HSE 1998 ⁴ & GHS 1994 [9] GHS 1994 [9] Roberts et al 1997 [6] (adapted)

^aMeasures in italics were assessed only at baseline survey (except life events, assessed only at follow-up survey). All other measures were assessed at baseline and follow-up surveys.

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