

**Supplementary Table S1.** Sample characteristics

Characteristics	<i>n</i> = 234	Percentage (%)
Age (mean ± SD)	71.82 ± 7.07	
Gender		
Male	109	46.4
Female	125	53.6
Living condition		
Living alone	77	32.9
Living with others	157	67.1
Educational level		
Not educated	24	10.3
Primary level or below	116	49.6
Secondary level	74	31.6
Undergraduate or above	20	8.5

**Supplementary Table S2.** Correlations between sociodemographics, PASE-C, CPSS-10, and EQ-5D-5L scores

Variables	Age	Sex	Living status	Educational level	PASE-C	CPSS-10
PASE-C	$r = -0.25, P < 0.001$	$r = 0.06, P = 0.33$	$r = 0.09, P = 0.17$	$r = 0.08, P = 0.26$	–	$r = -0.09, P = 0.16$
CPSS-10	$r = 0.19, P = 0.004$	$r = 0.04, P = 0.53$	$r = -0.14, P = 0.04$	$r = -2.4, P < 0.001$	$r = -0.09, P = 0.16$	–
EQ-5D-5L index	$r = -0.39, P < 0.001$	$r = 0.09, P = 0.17$	$r = 0.23, P = 0.001$	$r = 0.32, P < 0.001$	$r = 0.43, P < 0.001$	$r = -0.41, P < 0.001$
EQVAS	$r = -0.23, P < 0.001$	$r = -0.01, P = 0.84$	$r = 0.10, P = 0.12$	$r = 0.19, P = 0.005$	$r = 0.27, P < 0.001$	$r = -0.41, P < 0.001$

**Note.** PASE-C, Chinese version of Physical Activity Scale for the Elderly; CPSS-10, Chinese version of the Perceived Stress Scale; EQVAS, European quality of life visual analogue scale; EQ-5D-5L, European Quality of Life Questionnaire 5 level scale.

**Supplementary Table S3.** Partial correlation coefficients (controlling for age, living status and educational level) between EQ-5D-5L index and other variables

Variables	-Partial Correlation Coefficients with EQ-5D-5L index	<i>P</i>
PASE-C	0.292	< 0.001
CPSS-10	-0.56	< 0.001

**Note.** PASE-C, Chinese version of Physical Activity Scale for the Elderly; CPSS-10, Chinese version of the Perceived Stress Scale; EQ-5D-5L, European Quality of Life Questionnaire 5 level scale.