

Table 1. Adjusted multiple linear regression analyses

Variables	b	Mean TL	Confidence intervals	Standard Error	p-values
Writing					
Not in the last month	0.05	1.30	1.26-1.33	0.02	0.003
At least once a month	0.06	1.30	1.26-1.34	0.02	0.003
Several times a month	0.05	1.30	1.25-1.34	0.02	0.02
Once a week	0.05	1.30	1.25-1.34	0.02	0.03
Several times a week	0.001	1.25	1.21-1.30	0.02	0.65
Daily (reference)	--	1.24	1.20-1.29	--	--

*TL = telomere length

Table 2. Adjusted logistic regression analyses

Variables	Adjusted Odds Ratios	Confidence intervals	p-values
Volunteering			
Not in the last month	2.29	1.45-3.61	0.003
Several times a week	1.25	0.70-2.25	0.046
Charity work			
Not in the last month	0.42	0.21-0.85	<0.0001
Clubs			
Not in the last month	1.10	0.55-2.19	0.002
Several times a month	2.07	0.995-4.32	0.005
Baking/cooking			
Not in the last month	0.73	0.58-0.93	< 0.0001
Hobbies			
Not in the last month	0.79	0.62-0.99	< 0.0001
Several times a month	1.30	0.97-1.74	0.03
Several times a week	1.28	0.98-1.66	0.02
Sports/exercise			
Not in the last month	0.62	0.49-0.78	<0.0001
At least once a month	0.62	0.47-0.84	0.0003
Several times a week	1.27	0.99-1.64	<0.0001
Walk > 20 minutes			
Not in the last month	0.55	0.46-0.67	<0.0001
At least once a month	0.66	0.51-0.85	0.04