Supplementary Table 1. Summary of Model Fit Indices of Latent Class Growth Models for Physical-Social and Emotional Functioning in Older Women’s Health Initiative Clinical Trial Participants (N = 2,281)

|  |  |  |
| --- | --- | --- |
| **Number of Trajectory Groups** | **Bayesian Information Criteria (BIC)** | **Akaike Information Criteria (AIC)** |
| **Physical Social Functioning**  |
| 7 | −17,866.97 | −17,798.29 |
| 6 | −17,886.09 | −17,831.72 |
| 5 | −17,915.84 | −17,867.20 |
| 4 | −17,971.44 | −17,937.10 |
| 3 | −18,054.59 | −18,031.70 |
| 2 | −18,476.69 | −18,465.24 |
| **Emotional Functioning** |
| 7 | −15,112.55 | −15,055.27 |
| 6 | −15,091.85 | −15,034.57 |
| 5 | −15,130.41 | −15,084.59 |
| 4 | −15,231.00 | −15,193.76 |
| 3 | 15,309.66 | 15,283.88 |
| 2 | 15,535.48 | 15,518.29 |

Supplementary Table 2. Estimated Group-Specific Trajectory Parameters of Physical-Social Functioning in Older Women’s Health Initiative Clinical Trial Participants (N = 2,281)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Trajectory parameter** | **Low Maintainer** | **Mid-Low Improver** | **Medium Decliner** | **Mid-High Maintainer** | **High Maintainer** |
| **Intercept, M (SE)** | −7.93 (0.17)\*\*\* | −4.53 (0.31)\*\*\* | −0.8 (0.26)\*\* | 0.41 (0.13)\*\* | 2.94 (0.08)\*\*\* |
| **Linear slope, M (SE)** | 0.09 (0.04)\* | 1.09 (0.17)\*\*\* | −1.51 (0.17)\*\*\* | −0.08 (0.03)\*\* | 0.06 (0.02)\*\* |
| **Quadratic slope, M (SE)** | NS | −0.11 (0.02)\*\*\* | 0.13 (0.02)\*\*\* | NS | NS |
| **Group proportion, % (n)** | 8.3 (188) | 10.4 (235) | 10.7 (241) | 31.2 (706) | 39.4 (890) |
| **Average posterior probability, %**  | 0.89 | 0.73 | 0.77 | 0.74 | 0.87 |
|  |
| Sigma, M (SE) : 2.19 (0.02)\*\*\* |
| Model fit statistics: BIC (N=7091): −17,925.6 |
| BIC (N=2281) : −17,915.8 |
| AIC fit index: −17,867.2 |
| Log likelihood : −17,850.2 |
|  |

Results from fitting five-group Latent Class Growth Model. BIC=Bayesian Information Criteria; AIC=Akaike Information Criteria; NS=Non-significant; M=Mean; SE=Standard Error

\*\*p<.01; \*\*\*p<.001

Supplementary Table 3. Estimated Group-Specific Trajectory Parameters of Emotional Functioning in Older Women’s Health Initiative Clinical Trial Participants (N = 2,281).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Trajectory parameter** | **Low Maintainer** | **Mid-Low Improver** | **Medium Decliner** | **Mid-High Maintainer** | **High Maintainer** |
| **Intercept, M (SE)**  | −6.17 (0.21)\*\*\* | −3.48 (0.15)\*\*\* | −1.47 (0.19)\*\*\* | −0.27 (0.09)\*\*\* | 1.32 (0.04)\*\* |
| **Linear slope, M (SE)** | 0.17 (0.05)\*\*\* | 0.46 (0.04)\*\*\* | −1.16 (0.12)\*\*\* | 0.03 (0.06) NS | NS |
| **Quadratic slope, M (SE)**  | NS | NS | 0.11 (0.01)\*\*\* | −0.02 (0.008)\*\* | NS |
| **Group proportion, % (n)** | 3 (67) | 9 (205) | 7.7 (174) | 22.8 (519) | 57.5 (1307) |
| **Average posterior probability, %** | 0.91 | 0.74 | 0.82 | 0.73 | 0.89 |
|  |
| Sigma, M (SE): 1.46 (0.01)\*\*\* |
| Model fit statistics: BIC (N=7337): −15,139.79 |
| BIC (N=2281): −15,130.41 |
| AIC fit index: −15,084.59 |
| Log likelihood: −15,068.59 |
| Results from fitting five-group Latent Class Growth Model. BIC=Bayesian Information Criteria; AIC=Akaike Information Criteria; NS=Non-significant; M=Means; SE=Standard Error  |

\*\*p<.01; \*\*\*p<.001



Supplementary Figure 1. Overlap of statistically significant predictors of Physical-Social and Emotional Functioning trajectories. Predictors in red significantly decrease likelihood of being in a higher-functioning trajectory in at least one estimated model (compared to *Low Maintainer* reference category). Predictors in green significantly increase likelihood of being in a higher functioning trajectory in at least one estimated model (compared to *Low Maintainer* reference category).