

Table 1. (continued)			
Variable	Mean	SD	95% CI
Age	37.1	10.2	36.7-37.5
Gender			
Male	10.0	1.0	9.0-11.0
Female	10.0	1.0	9.0-11.0
Marital status			
Married	10.0	1.0	9.0-11.0
Single	10.0	1.0	9.0-11.0
Divorced	10.0	1.0	9.0-11.0
Widowed	10.0	1.0	9.0-11.0
Never married	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Education			
High school	10.0	1.0	9.0-11.0
College	10.0	1.0	9.0-11.0
Postgraduate	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Income			
\$0-\$10,000	10.0	1.0	9.0-11.0
\$10,000-\$20,000	10.0	1.0	9.0-11.0
\$20,000-\$30,000	10.0	1.0	9.0-11.0
\$30,000-\$40,000	10.0	1.0	9.0-11.0
\$40,000-\$50,000	10.0	1.0	9.0-11.0
\$50,000-\$60,000	10.0	1.0	9.0-11.0
\$60,000-\$70,000	10.0	1.0	9.0-11.0
\$70,000-\$80,000	10.0	1.0	9.0-11.0
\$80,000-\$90,000	10.0	1.0	9.0-11.0
\$90,000-\$100,000	10.0	1.0	9.0-11.0
\$100,000+	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Health status			
Excellent	10.0	1.0	9.0-11.0
Very good	10.0	1.0	9.0-11.0
Good	10.0	1.0	9.0-11.0
Fair	10.0	1.0	9.0-11.0
Poor	10.0	1.0	9.0-11.0
Very poor	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Smoking status			
Nonsmoker	10.0	1.0	9.0-11.0
Smoker	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Alcohol consumption			
None	10.0	1.0	9.0-11.0
Light	10.0	1.0	9.0-11.0
Moderate	10.0	1.0	9.0-11.0
Heavy	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Exercise			
None	10.0	1.0	9.0-11.0
Light	10.0	1.0	9.0-11.0
Moderate	10.0	1.0	9.0-11.0
Heavy	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Stress			
Low	10.0	1.0	9.0-11.0
Medium	10.0	1.0	9.0-11.0
High	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Depression			
None	10.0	1.0	9.0-11.0
Light	10.0	1.0	9.0-11.0
Moderate	10.0	1.0	9.0-11.0
Heavy	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0
Quality of life			
Excellent	10.0	1.0	9.0-11.0
Very good	10.0	1.0	9.0-11.0
Good	10.0	1.0	9.0-11.0
Fair	10.0	1.0	9.0-11.0
Poor	10.0	1.0	9.0-11.0
Very poor	10.0	1.0	9.0-11.0
Other	10.0	1.0	9.0-11.0

CI, confidence interval.

SD, standard deviation.

95% CI, 95% confidence interval.

Other, not specified.

Light, 1-3 times per week.

Moderate, 4-6 times per week.

Heavy, 7-9 times per week.

None, no exercise.

Low, low stress.

Medium, medium stress.

High, high stress.

None, no depression.

Light, light depression.

Moderate, moderate depression.

Heavy, heavy depression.

Other, not specified.

Excellent, excellent quality of life.

Very good, very good quality of life.

Good, good quality of life.

Fair, fair quality of life.

Poor, poor quality of life.

Very poor, very poor quality of life.

Other, not specified.

None, no quality of life.