

## APPENDIX A

### Relational Aging Anxiety Scale

Gendron, T., Inker, J. K., Andricosky, R., & Zanjani, F. (2020). Development of the Relational Ageism Scale: Confirmatory Test on Survey Data. *International journal of aging & human development*, 90(3), 281–296. <https://doi.org/10.1177/0091415019836956>

#### Personal internalized aging anxiety

- 3. I fear it will be very hard for me to find contentment in my older age
- 4. I will have plenty to occupy my time when I am older
- 6. I expect to feel good about life as I get older
- 9. I expect to feel good about myself in my older age
- 16. I worry that there will be no meaning in life in my older age

#### Collective affinity for older people

- 1. I enjoy being around older people
- 2. I like to go visit with older relatives
- 5. I enjoy talking with older people
- 7. I feel very comfortable when I am around an older person
- 10. I enjoy doing things for older people.

#### Relational aging anxiety

- 8. People will ignore me in my older age
- 11. Others will value my contributions in my older age
- 12. My opinions won't matter to others in my older age
- 13. People will respect me in my older age
- 14. People will see me as competent in my older age
- 15. People will see me as knowledgeable in my older age

*Note:* The instrument uses a 6-point Likert scale for responses, *Strongly agree* (=1), *Moderately agree* (2), *Slightly agree* (3), *Slightly disagree* (4) *Moderately disagree* (5) to *Strongly disagree* (=6).

Items 4,6,9,11,13,14,15 are reverse coded