

THIS PAGE IS UNCLASSIFIED

Table 1. Descriptive statistics of the study variables (N = 1000)												
Variable	Pre-1990			1990-1999			2000-2009			2010-2019		
	Mean	SD	Range	Mean	SD	Range	Mean	SD	Range	Mean	SD	Range
Age	45.2	12.5	18-75	48.7	13.1	20-78	52.3	14.2	22-80	55.8	15.3	24-82
Gender	Male	52.1		Female	47.9		Male	51.8		Female	48.2	
Education	High School	35.2		College	45.1		Postgraduate	19.7		High School	38.5	
Income	Low	28.4		Medium	35.7		High	36.9		Low	30.1	
Health	Good	65.3		Fair	25.1		Poor	9.6		Good	62.8	
Activity	Sedentary	42.1		Light	38.5		Moderate	19.4		Sedentary	45.3	
Stress	Low	15.2		Medium	45.1		High	39.7		Low	18.5	
Quality of Life	High	75.3		Medium	25.1		Low	9.6		High	72.8	
Total	45.2	12.5		48.7	13.1		52.3	14.2		55.8	15.3	

	Geometric Mean	Median	Mode	Range	Standard Deviation	Skewness	Kurtosis	Normality Test	Normality
Age	25.5	25	25	18-35	4.5	-0.1	0.2	0.95	Normal
Gender	Male	Male	Male	Male/Female	1.5	0.5	0.1	0.95	Normal
Education	High School	High School	High School	High School/University	1.5	0.5	0.1	0.95	Normal
Income	Low	Low	Low	Low/High	1.5	0.5	0.1	0.95	Normal
Marital Status	Single	Single	Single	Single/Married	1.5	0.5	0.1	0.95	Normal
Occupation	Student	Student	Student	Student/Worker	1.5	0.5	0.1	0.95	Normal
Religion	Islam	Islam	Islam	Islam/Christian	1.5	0.5	0.1	0.95	Normal
Political Affiliation	Democrat	Democrat	Democrat	Democrat/Republican	1.5	0.5	0.1	0.95	Normal
Health Status	Good	Good	Good	Good/Poor	1.5	0.5	0.1	0.95	Normal
Exercise Frequency	Low	Low	Low	Low/High	1.5	0.5	0.1	0.95	Normal
Dietary Habits	Vegetarian	Vegetarian	Vegetarian	Vegetarian/Non-Vegetarian	1.5	0.5	0.1	0.95	Normal
Stress Level	Low	Low	Low	Low/High	1.5	0.5	0.1	0.95	Normal
Sleep Quality	Good	Good	Good	Good/Poor	1.5	0.5	0.1	0.95	Normal
Work-Life Balance	Low	Low	Low	Low/High	1.5	0.5	0.1	0.95	Normal
Life Satisfaction	Low	Low	Low	Low/High	1.5	0.5	0.1	0.95	Normal
Overall Well-being	Low	Low	Low	Low/High	1.5	0.5	0.1	0.95	Normal

[illegible][illegible]