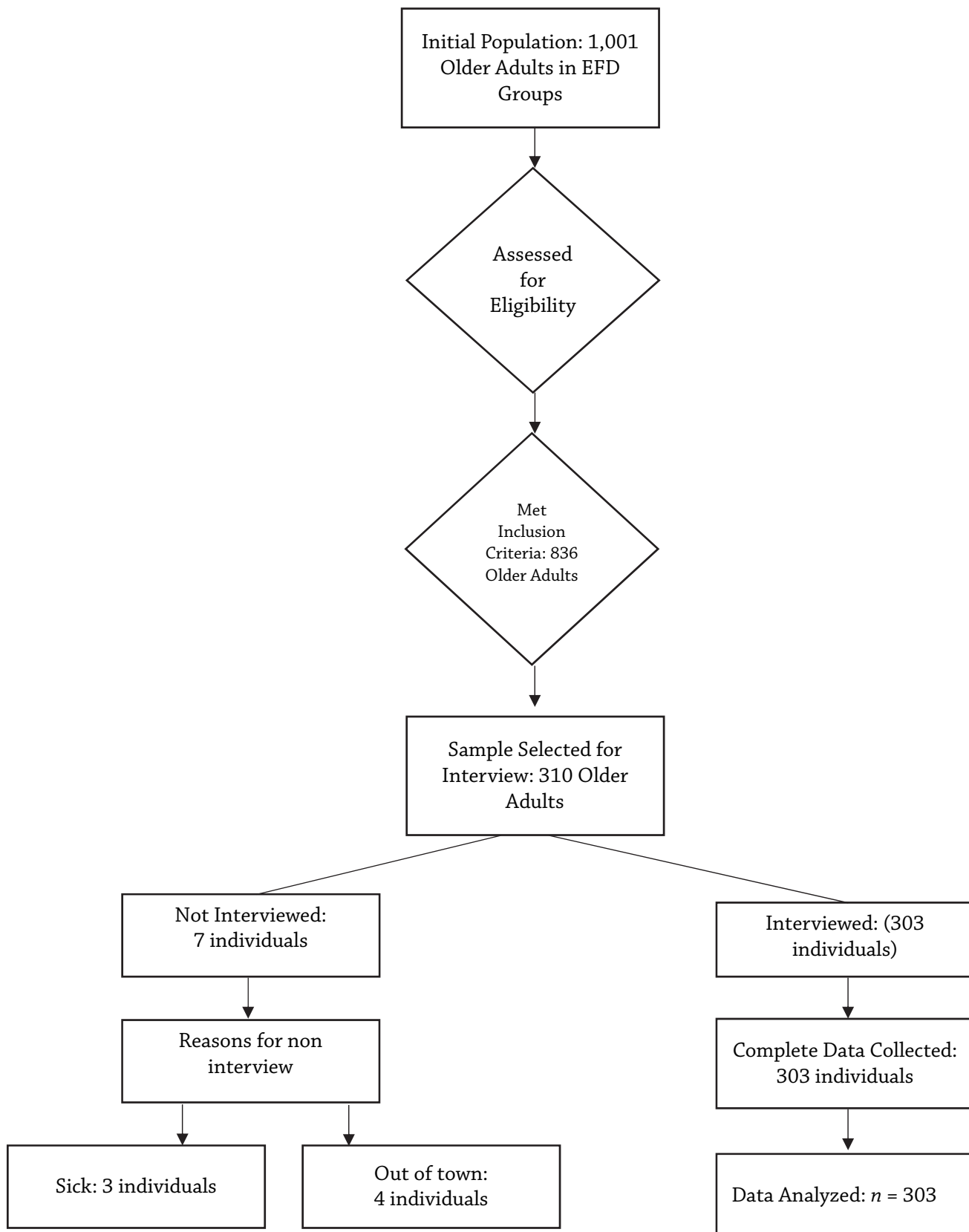


## Supplementary materials



**Suppl. Fig. S1.** Participant flow diagram

**Suppl. Table S1. Collinearity diagnostics (Tolerance and VIF)**

Predictor	Tolerance	VIF
Education level (High vs Low)	0.985	1.015
ADL independence (Independent vs Dependent)	0.981	1.019
Elderly school membership (Participant vs Non-participant)	0.969	1.032

*Interpretation:*

Multicollinearity was evaluated using tolerance values and the Variance Inflation Factor (VIF) in the final model predictors. All predictors had tolerance values  $>0.10$  and VIF values  $<10$ , indicating no significant multicollinearity in the model. Tolerance values ranged from 0.969 to 0.985, while VIF values ranged from 1.015 to 1.032.