Table S2. One-year longitudinal changes in sarcopenia in the happy and non-happy groups

	Happy group			Non-happy group			p-value[b)]	Effect size
	Baseline	**At 1 year**	**p-value[a)]**	**Baseline**	**At 1 year**	**p-value[a)]**		
Total		(n=61)			(n=40)		Interaction	η_p^2
SMI (kg/m^2)	6.31±1.03	6.24±1.04	0.138	6.43±1.10	6.29±1.20	0.012*	0.514	0.004
Handgrip strength (kg)	21.6±8.1	21.1±8.4	0.179	22.5±8.6	22.3±9.1	0.571	0.808	0.001
Male		(n=30)			(n=25)		Interaction	η_p^2
SMI (kg/m^2)	6.88±0.93	6.78±0.99	0.155	6.88±0.89	6.75±1.01	0.037*	0.776	0.002
Handgrip strength (kg)	27.6±6.5	27.0±6.9	0.501	26.1±8.8	25.9±9.4	0.745	0.958	<0.001
Female		(n=31)			(n=15)		Interaction	η_p^2
SMI (kg/m^2)	5.77±0.80	5.71±0.80	0.461	5.67±1.02	5.53±1.11	0.178	0.582	0.007
Handgrip strength (kg)	15.9±4.6	15.3±4.8	0.093	17.1±4.6	16.7±4.8	0.642	0.776	0.002

Variables are reported as mean±standard deviation.

SMI, skeletal muscle mass index.

*p<0.05 (the significance threshold was set at 5%).

[a)]Paired t-test, [b)]interaction effect between time and group in a two-way repeated-measures analysis of covariance adjusted for age.