**Additional file 1. Profile of the Elderly Quality of Life and Traits**

Additional file 1of Measure the traits of the oldest old (aged 95 to 108) using measures that other researchers used in studies of centenarians [15]. The questionnaire content included the following 5 parameters: employment, meat intake, weight, number of friends, and industriousness. In addition, the question on quality of life in the oldest old (aged 95 to 108) also came from centenarian studies [15, 29, 30]. The quality of life questionnaire explored including depression and anxiety, and life satisfaction that reconstitutes the centenarian subject profile.

Age:

Name:

Address:

Guardian:

Investigator:

**I. Traits**

**1. Friends**

Friends are individuals with whom people have bonds of mutual warmth, typically exclusive of family relations: How many friends have you had in your lives?

Scoring = for each item by the interviewer. Scoring: 1~10

**2. Meat intake**

Meat is the flesh of an animal as food: How many times per month do you consume meat?

Scoring = for each item by the interviewer. Scoring: Scoring: 1~10

**3. Lifetime work**

Lifetime job refers to paid regular employment over the course of one's life: What kinds of mental or physical labor have you been engaged in over your entire life?

Scoring = for each item by the interviewer. Scoring: 0, Mental labor; 1, Physical labor

**4. Weight**

Weight is a body's relative mass or a person’s heaviness: Do you weigh less than 60kg?

Scoring = for each item by the interviewer. Scoring: 0, More than 60kg; 1, Less than 60kg

**5. Industriousness**

Industriousness refers to being hard-working: Have you been diligent over your entire life?

Scoring = for each item by the interviewer. Scoring: 0, Non-industrious; 1, Industrious

**Ⅱ. Quality of Life**

**6. Depression and anxiety**

Depression and anxiety are worry and tension. How much depression and anxiety do you feel regularly?

Scoring: 1, not at all; 1, a little; 2, somewhat; 3, quite a lot; 4, much.

**7. Life satisfaction standards of living**

Life satisfaction and standard of living are the degrees to which life goals are fulfilled. How satisfied are you with your life including your standard of living?

Scoring: 1, not at all; 1, a little; 2, somewhat; 3, quite a lot; 4, much.