Table S7: Personal model - standardized factor loadings and statistics

Latent constructs and indicators	Model 1	Model 2	Model 3
	Factor loadings		
Mental health			
Mental health self-assessment	0.783	0.655	-
Kessler scale (K6)	0.818	0.684	-
Life satisfaction	0.683	0.802	-
Financial concerns	0.418	0.464	-
Covariance: MH SA–Kessler scale	-	0.369	-
CFI	0.978	0.997	-
Physical health			
Physical health self-assessment	0.628	0.529	0.455
BMI	0.390	0.248	0.199
Fatigue	0.427	0.469	0.446
# chronic conditions	0.440	0.433	0.372
# musculoskeletal health conditions	0.488	0.551	0.617
Inability to work due to MSK cond.	0.399	0.436	0.448
Covariance: PH SA–BMI	-	0.269	0.302
Covariance: PH SA–# MSK	-	-	-0.032
Covariance: PH SA–fatigue	-	-	0.090
Covariance: PH SA–# chronic c.	-	-	0.130
Covariance: BMI–# chronic c.	-	-	0.118
CFI	0.875	0.959	0.995
Lifestyle			
Physical activity	0.306	0.303	0.217
Fruits and vegetables	0.462	0.460	0.391
Dietary fats and oils	0.392	0.389	0.423
Trans-unsaturated fatty acids	0.448	0.453	0.482
Low-fat dairy products	0.290	0.296	0.315
Smoking	0.069	-	-
Alcohol consumption	0.039	-	-
Sleep length	0.118	-	-
Covariance: exercise–fruits	-	-	0.134
CFI	-	0.910	0.970
Sample size	29,928	29,928	29,928

PH SA = Physical activity self-assessment, CFI = Comparative fit index.
For all variables, higher values represent preferable outcomes.