

APPENDIX

Table 1

Descriptive statistics by sex

Statistic	H	E	X	A	C	O	Steps	RHR	BMI	LS
Females (sex = 0)										
N	1154	1560	1560	1560	1560	1560	1482	267	907	1454
Median	4.17*	3.33*	3.67	3.80*	3.67*	3.83	10067*	69*	23.20	71*
IQR	0.83	1.03	1.17	0.80	0.97	1.00	3199	11	5.80	27
Males (sex = 1)										
N	719	1020	1020	1020	1020	1020	935	132	524	892
Median	3.83*	2.83*	3.50	3.70*	3.60*	3.80	10863*	64*	23.70	68*
IQR	1.00	1.03	1.17	0.70	0.90	0.97	4117	9	5.10	25

Note. H – honesty-humility; E – emotionality; X – extraversion; A – agreeableness; C – conscientiousness; O – openness to experience; Steps – steps per day; RHR – resting heart rate; BMI – body mass index; LS – lifestyle score; IQR – interquartile range; * $p < .05$.

Table 2

Pearson correlation coefficients female statistics

Measure	1	2	3	4	5	6	7	8	9	10
1. H	–									
2. E	-.06 ⁺	–								
3. X	-.01	-.11 ^{***}	–							
4. A	.35 ^{***}	-.32 ^{***}	.09 ^{***}	–						
5. C	.35 ^{***}	-.12 ^{***}	.12 ^{***}	.11 ^{***}	–					
6. O	.05 ⁺	.02	.16 ^{***}	.10 ^{***}	.03	–				
7. Steps	.01	-.03	.10 ^{***}	.03	.08 ^{**}	-.04	–			
8. RHR	.18 ^{**}	.12 [*]	-.05	.04	-.08	.14 [*]	-.27 ^{***}	–		
9. BMI	.12 ^{***}	-.04	.04	-.04	-.03	.03	-.10 ^{**}	.16 [*]	–	
10. LS	-.04	.20 ^{***}	-.32 ^{***}	-.20 ^{***}	-.25 ^{***}	-.06 [*]	-.16 ^{***}	.26 ^{***}	.16 ^{***}	–

Note. H – honesty-humility; E – emotionality; X – extraversion; A – agreeableness; C – conscientiousness; O – openness to experience; Steps – steps per day; RHR – resting heart rate; BMI – body mass index; LS – lifestyle score; ⁺ $p < .1$, ^{*} $p < .05$, ^{**} $p < .01$, ^{***} $p < .001$.

Table 3

Pearson correlation coefficients male statistics

Measure	1	2	3	4	5	6	7	8	9	10
1. H	–									
2. E	-.11**	–								
3. X	-.02	-.22***	–							
4. A	.34***	-.29***	.18***	–						
5. C	.36***	-.25***	.13***	.18***	–					
6. O	.11**	-.03	.16***	.21***	.05	–				
7. Steps	.03	.04	.13***	.05*	.05	-.02	–			
8. RHR	-.08	.00	.02	-.01	.12	.20*	-.08	–		
9. BMI	.04	.02	-.07	-.04	.00	.01	-.10*	-.04	–	
10. LS	-.10*	.31***	-.37***	-.19***	-.27***	-.04	-.09*	.05	.10*	–

Note. H – honesty-humility; E – emotionality; X – extraversion; A – agreeableness; C – conscientiousness; O – openness to experience; Steps – steps per day; RHR – resting heart rate; BMI – body mass index; LS – lifestyle score; * $p < .05$, ** $p < .01$, *** $p < .001$.

Table 4

Summary of linear regression analysis by sex: $y = \alpha + \beta \cdot x$

y	Females (sex = 0)			Males (sex = 1)		
	Predicts (x)	α	β	Predicts (x)	α	β
H	RHR**	59.96	2.15	LS*	80.64	-2.67
	BMI***	20.26	1.08			
E	LS***	56.36	4.95	LS***	48.80	7.54
	RHR*	63.90	1.34			
X	LS***	100.10	-7.69	LS***	99.02	-8.19
	Steps***	8776	333	Steps***	9045	505
A	LS***	98.47	-6.74	LS***	95.03	-6.68
C	LS***	98.76	-7.05	LS***	97.51	-7.68
	Steps**	8783	319			
O	RHR*	63.43	1.37	RHR*	57.58	1.65
	LS*	78.30	-1.43			

Note. H – honesty-humility; E – emotionality; X – extraversion; A – agreeableness; C – conscientiousness; O – openness to experience; Steps – steps per day; RHR – resting heart rate; BMI – body mass index; LS – lifestyle score; * $p < .05$, ** $p < .01$, *** $p < .001$.