

SUPPLEMENTARY MATERIALS

Table S1

Descriptive statistics of analyzed variables

		M												SD					
		Younger			Older			Global			Younger			Older			Global		
		Global	Older	Younger	PL	U	PL	U	PL	U	PL	U	PL	U	PL	U	PL	U	
PPS	Male	34.15	29.22	32.15	36.15	29.86	28.68	30.98	32.00	9.78	9.43	9.16	8.02	9.42	9.36				
	Female	31.35	30.63	30.18	32.35	30.33	30.88	30.26	31.63	7.69	7.04	9.49	8.80	8.51	7.91				
TIPI _{ex}	Male	10.17	10.72	10.50	9.85	10.33	11.04	10.41	10.51	3.55	4.37	2.74	2.88	3.12	3.62				
	Female	11.06	10.70	10.82	11.27	10.62	10.76	10.72	11.02	3.02	2.66	3.07	3.33	3.01	2.99				
TIPI _{agr}	Male	9.12	9.63	9.35	8.90	9.52	9.72	9.44	9.36	2.52	2.31	2.62	1.88	2.54	2.10				
	Female	9.42	9.17	9.04	9.73	8.48	9.76	8.77	9.74	2.70	2.68	2.80	3.02	2.73	2.82				
TIPI _{cons}	Male	9.82	10.00	10.25	9.40	9.48	10.44	9.85	9.98	2.38	3.18	3.20	2.38	2.82	2.78				
	Female	9.94	9.78	10.09	9.81	9.19	10.28	9.65	10.04	2.16	2.59	3.66	3.25	2.99	2.91				
TIPI _{em_stab}	Male	9.27	9.54	9.35	9.20	9.38	9.68	9.37	9.47	2.91	3.94	3.85	2.62	3.38	2.24				
	Female	8.62	9.09	9.14	8.19	10.09	8.24	9.60	8.22	2.17	3.37	3.27	2.96	2.77	3.14				
TIPI _{openness}	Male	9.22	9.69	8.75	9.70	10.29	9.20	9.54	9.42	1.41	1.72	2.15	2.12	1.96	1.94				
	Female	8.85	9.80	8.82	9.88	9.95	9.68	9.37	9.27	2.04	2.27	3.01	1.13	2.59	2.22				
CEFI _{gen}	Male	318.07	338.06	320.05	316.10	346.43	331.04	333.56	324.40	32.03	43.18	28.72	35.39	32.83	39.30				
	Female	318.27	339.39	307.77	327.15	353.71	327.36	330.21	327.25	32.53	34.50	24.55	42.97	36.82	38.89				
CEFI _{att}	Male	40.05	41.72	42.70	37.40	42.48	41.20	42.58	39.51	6.75	6.10	7.74	7.60	7.19	7.16				
	Female	39.25	41.13	40.04	38.58	44.33	38.44	42.14	38.51	7.15	6.62	6.54	7.65	7.12	7.07				
CEFI _{emot_reg}	Male	32.25	32.89	31.60	32.90	32.43	33.28	32.02	33.11	4.53	5.78	6.14	5.12	5.37	5.36				
	Female	32.87	32.35	31.41	34.11	32.05	32.60	31.72	33.37	4.49	5.67	5.79	5.44	5.11	5.56				

(Table S1 continues)

Table S1

Table S1 continued

		M												SD															
		Younger			Older			Global			Younger			Older			Global												
		Global	PL	U	Global	PL	U	Global	PL	U	Global	PL	U	Global	PL	U	Global	PL	U										
CEFI _{_flex}	Male	28.20	28.52	28.35	29.00	28.12	28.54	28.22	28.55	4.15	5.55	5.94	5.09	5.70	4.65	Female	26.90	28.93	27.35	29.86	28.16	28.07	27.74	3.97	4.77	5.41	5.79	5.33	4.91
CEFI _{_inhib_contr}	Male	36.12	37.41	37.05	38.38	36.6	37.73	35.98	3.86	5.44	4.67	4.63	5.00	Female	36.46	37.26	35.23	39.38	35.48	37.25	36.51	5.36	4.67	4.50	4.65	5.33	4.73		
CEFI _{_initiation}	Male	32.55	35.48	33.35	35.43	35.52	34.41	33.84	4.95	6.00	3.64	5.90	6.17	Female	33.85	35.38	32.50	35.38	35.32	33.91	35.16	4.02	4.72	4.32	6.09	4.37	5.39		
CEFI _{_organiz}	Male	37.92	38.98	39.85	40.09	38.04	39.98	37.13	5.97	7.48	4.82	6.27	6.83	Female	36.65	39.93	36.68	41.00	39.04	38.79	37.80	5.73	4.56	4.44	6.31	5.53	5.57		
CEFI _{_plann}	Male	35.35	43.30	31.00	47.24	40.00	39.32	39.87	4.38	8.69	4.73	6.30	7.37	Female	37.52	44.83	32.41	41.85	40.96	40.72	41.41	5.79	5.79	3.49	7.60	9.83	6.68		
CEFI _{_self_monit}	Male	37.02	38.13	36.90	39.09	37.32	38.02	37.24	6.51	6.58	3.82	5.65	6.04	Female	35.40	37.67	33.91	38.81	36.72	36.30	36.69	4.71	4.42	4.11	5.86	5.03	5.12		
CEFI _{_work_mem}	Male	38.60	40.96	39.55	42.29	40.96	40.95	39.49	2.95	7.58	5.73	3.49	5.85	Female	39.37	40.64	39.23	43.48	40.64	41.30	40.06	3.16	5.53	5.96	6.03	5.15	5.75		

Note: PPS – Pure Procrastination Scale; TIPI_{ex} – extroversion; TIPI_{agr} – agreeableness; TIPI_{cons} – conscientiousness; TIPI_{em_stab} – emotional stability; TIPI_{openness} – openness to experiences; CEFI_{_gen} – general executive function; CEFI_{_att} – attention; CEFI_{_emo_reg} – emotional regulation; CEFI_{_flex} – flexibility; CEFI_{_inhibit_contr} – inhibitory control; CEFI_{_initiation} – initiation; CEFI_{_organiz} – organization; CEFI_{_planning} – planning; CEFI_{_self_monit} – self monitoring; CEFI_{_work_mem} – working memory.

Table S2

Fitting parameters of models accounting for the effect of a single factor on procrastination and a set of variables along with fit change statistics

	<i>F</i>	<i>p</i>	Corrected <i>R</i> ²	Statistics of changes		
				<i>F</i>	<i>p</i>	<i>R</i> ² changes
PPS M1: Age	7.04	.009	.03	<i>F</i> (1, 178) = 7.04	.009	.04
M2: Age + TIPI _{ex}	18.71	< .001	.17	<i>F</i> (1, 177) = 29.25	< .001	.14
M3: Age + TIPI _{ex} + CEFI _{emot_reg} + CEFI _{flex}	9.39	< .001	.16	<i>F</i> (2, 175) = 0.27	.789	.24
M2: Age + TIPI _{agr}	12.02	< .001	.11	<i>F</i> (1, 177) = 16.38	< .001	.08
M3: Age + TIPI _{agr} + CEFI _{emot_reg} + CEFI _{inhibit_contr}	9.53	< .001	.12	<i>F</i> (2, 175) = 6.33	.002	.06
M2: Age + TIPI _{cons}	39.33	< .001	.30	<i>F</i> (1, 177) = 68.93	< .001	.27
M3: Age + TIPI _{cons} + CEFI _{emot_reg} + CEFI _{flex}	19.65	< .001	.29	<i>F</i> (2, 175) = 0.28	.755	.00

Note. PPS – Pure Procrastination Scale; M1 – model including the variable age; M2 – model including the combined variables: age + personality traits; M3 – model including the combined variables: age + personality traits + executive functions. CEFI_{emot_reg} – emotional regulation; CEFI_{flex} – flexibility; CEFI_{inhibit_contr} – inhibitory control; TIPI_{ex} – extroversion; TIPI_{agr} – agreeableness; TIPI_{cons} – conscientiousness.

Table S3

Coefficients for three hierarchical regression models regarding procrastination

Model	Variable type	Procrastination		
		β	<i>t</i>	<i>p</i>
M1	Age	-.16	-2.09	.038
M2	Age	-.15	-2.22	.028
	Extroversion	-.38	-5.50	.000
M3	Age	-.14	-2.08	.039
	Extroversion	-.37	-5.18	< .001
	Emotional regulation	.04	0.51	.613
	Flexibility	-.07	-0.84	.400
M2	Age	-.20	-2.65	.009
	Agreeableness	-.29	-4.05	< .001
M3	Age	-.17	-2.40	.017
	Agreeableness	-.28	-4.10	< .001
	Flexibility	.05	0.58	.564
	Inhibitory control	-.27	-3.31	.001
M2	Age	-.18	-2.81	.006
	Conscientiousness	-.52	-8.08	< .001
M3	Age	-.17	-2.69	.008
	Conscientiousness	-.52	-8.08	< .001
	Emotional regulation	.05	0.75	.454
	Flexibility	.03	-0.34	.732