

Table S1. General Characteristics of the middle-aged group ($N = 459$) and the older group ($N = 194$).

The Middle-Aged Group													
Variables	N	PATA		NATA		AR		MR		PA		NA	
		Mean (SD)	F	Mean (SD)	F	Mean (SD)	F	Mean (SD)	F	Mean (SD)	F	Mean (SD)	F
Gender			3.565		1.631		0.007		6.445 *		0.328		1.284
Male	230	3.27(0.92)		2.68(1.02)		2.33(0.77)		1.77(0.88)		3.27(0.81)		2.39(0.9)	
Female	229	3.1(0.98)		2.55(1.06)		2.33(0.73)		1.56(0.93)		3.22(0.87)		2.29(1.02)	
Education			1.495		2.015		0.203		0.850		0.871		0.771
primary	15	3.10(0.78)		3.27(1.21)		2.42(0.85)		1.93(0.96)		3.28(0.73)		2.67(0.95)	
junior	69	3.14(0.97)		2.7(1.12)		2.29(0.79)		1.78(0.93)		3.2(0.78)		2.42(1.00)	
senior	180	3.13(0.97)	4 > 5	2.56(1.04)	1 > 3	2.31(0.76)		1.64(0.93)		3.21(0.80)		2.35(0.96)	
Undergraduate	174	3.30(0.91)		2.56(0.97)	1 > 4	2.36(0.73)		1.64(0.90)		3.26(0.89)		2.29(0.97)	
Graduate	21	2.86(1.07)		2.79(1.04)		2.32(0.78)		1.50(0.77)		3.55(0.88)		2.23(0.89)	
Marital status			0.192		0.444		1.731		0.000		0.581		4.987 *
single	21	3.10(0.68)		2.76(1.02)		2.12(0.81)		1.67(0.70)		3.38(0.67)		2.80(0.79)	
married	438	3.19(0.96)		2.61(1.04)		2.34(0.75)		1.66(0.92)		3.24(0.84)		2.32(0.97)	
Health status			1.081		8.507 ***		0.201		5.919 **		3.398 *		15.964 ***
poor	21	3.19(0.66)		3.12(1.01)		2.25(0.86)		2.10(0.97)		3.12(0.86)		2.95(1.12)	
moderate	167	3.10(0.91)		2.8(1.02)	1 > 3,	2.32(0.64)		1.79(0.88)	1 > 3,	3.12(0.79)	3 > 2	2.58(0.92)	1 > 3,
good	271	3.24(0.99)		2.46(1.02)	2 > 3	2.35(0.81)		1.56(0.91)	2 > 3	3.33(0.85)		2.14(0.93)	2 > 3
Area			0.030		5.633 *		0.085		5.045 *		1.798		3.862
city	384	3.19(0.93)		2.56(1.01)		2.33(0.75)		1.62(0.89)		3.22(0.84)		2.30(0.93)	
country	75	3.17(1.03)		2.87(1.16)		2.35(0.77)		1.88(0.98)		3.36(0.81)		2.54(1.10)	
Living situation			2.195		0.887		3.531		0.050		1.529		0.378
live alone	19	2.87(0.7)		2.39(1.22)		2.01(0.87)		1.71(0.95)		3.01(1.02)		2.47(1.04)	
live with others	440	3.20(0.96)		2.62(1.03)		2.34(0.75)		1.66(0.91)		3.26(0.83)		2.33(0.96)	
Monthly income			0.793		2.239		1.858		0.388		1.896		2.159
0-5000	185	3.12(0.91)		2.58(1.10)		2.27(0.72)		1.62(0.93)		3.17(0.82)		2.36(0.97)	
5001-20,000	217	3.23(0.95)		2.57(0.97)	3 > 2	2.40(0.77)		1.68(0.89)		3.32(0.82)		2.26(0.94)	3 > 2
20,000+	57	3.24(1.06)		2.89(1.07)		2.25(0.79)		1.74(0.93)		3.19(0.94)		2.56(1.02)	
The Older Group													
Variables	N	PATA		NATA		AR		MR		PA		NA	
		Mean (SD)	F	Mean (SD)	F	Mean (SD)	F	Mean (SD)	F	Mean (SD)	F	Mean (SD)	F
Gender			1.144		0.009		0.355		5.496 *		1.180		7.948 **

Male	140	3.19(1.00)		2.83(1.16)		2.49(0.70)		2.06(0.91)		2.06(1.11)		2.06(1.05)
Female	54	3.02(1.06)		2.81(1.13)		2.42(0.61)		1.73(0.82)		1.87(1.12)		1.59(1.02)
Education			0.442		1.492		0.981		1.215		2.614 *	0.260
primary	14	2.96(0.95)		2.93(1.19)		2.20(0.78)		1.54(0.84)		1.29(1.14)		1.79(0.97)
junior	46	3.17(1.13)		2.62(1.13)	5 > 2,	2.40(0.63)		1.88(0.92)		1.85(1.15)	3 > 1,	1.91(1.11)
senior	73	3.08(0.96)		2.82(1.08)	5 > 3	2.48(0.72)		2.03(0.88)		2.10(1.07)	4 > 1,	1.97(1.09)
Undergraduate	52	3.28(1)		2.87(1.17)		2.56(0.60)		2.06(0.89)		2.13(1.05)	5 > 1	1.98(1.00)
Graduate	9	3.06(1.21)		3.61(1.45)		2.56(0.75)		2.11(0.93)		2.56(1.24)		1.67(1.22)
Marital status			0.021		3.935 *		0.060		0.020		0.862	1.472
single	18	3.11(1.13)		3.33(1.33)		2.43(0.68)		2(0.89)		1.78(1.22)		2.22(1.06)
married	176	3.15(1.01)		2.78(1.12)		2.47(0.67)		1.97(0.90)		2.03(1.11)		1.90(1.06)
Health status			3.715 *		0.989		0.029		2.583		2.183	2.567
poor	32	2.83(1.13)		3(1.12)		2.48(0.54)		2.22(0.75)		2.13(0.98)		2.31(0.86)
moderate	83	3.06(0.8)	3 > 1	2.89(1.09)		2.45(0.71)		2.02(0.93)	1 > 3	2.16(1.11)	2 > 3	1.89(1.14)
good	79	3.36(1.13)		2.70(1.21)		2.47(0.69)		1.82(0.90)		1.81(1.16)		1.82(1.03)
Area			0.302		0.037		0.040		3.352		1.124	3.887
city	155	3.16(1.01)		2.82(1.17)		2.46(0.68)		1.91(0.92)		1.97(1.13)		1.86(1.08)
country	39	3.06(1.06)		2.86(1.05)		2.49(0.64)		2.21(0.75)		2.18(1.05)		2.23(0.96)
Living situation			2.598		1.661		2.629		0.084		0.057	0.549
live alone	26	2.85(1.02)		3.10(1.22)		2.27(0.73)		2.02(0.64)		1.96(0.92)		2.08(0.84)
Live with others	168	3.19(1.01)		2.79(1.13)		2.50(0.66)		1.96(0.93)		2.02(1.15)		1.91(1.09)
Monthly income			3.018		1.595		5.276 **		1.788		2.558	0.365
0–5000	73	2.92(1.05)		2.74(1.17)		2.37(0.63)		1.84(0.96)		1.81(1.17)		1.88(1.10)
5001–20,000	94	3.30(0.90)	2 > 1	2.97(1.13)		2.44(0.66)	3 > 1,	2.10(0.80)		2.19(1.01)	2 > 1	2.00(1.04)
20,000+	27	3.22(1.23)		2.57(1.12)		2.84(0.71)	3 > 2	1.89(1.01)		1.93(1.24)		1.85(1.06)

Note: * $p < 0.05$; ** $p < 0.01$; *** $p < 0.001$; PATA = Positive attitudes to aging; NATA = Negative attitudes to aging; AR = Adaptive Emotion Regulation; MR = Maladaptive Emotion Regulation; PA = Positive Affect; NA = Negative Affect.

Table S2. General Characteristics of the emotion and strategies in two groups.

Variables	The Middle-Aged Group	The Older Group	<i>F</i>	η^2
	Mean (<i>SD</i>)	Mean (<i>SD</i>)		
AR				
Reflection	2.49(0.05)	2.62(0.07)	2.369	0.004
reappraisal	2.52(0.05)	2.50(0.07)	0.058	0.000
Social sharing	2.37(0.05)	2.61(0.07)	7.539 **	0.012
Distraction	1.91(0.05)	2.22(0.08)	9.323 **	0.014
MR				
Rumination	1.70(0.05)	1.94(0.08)	5.354 *	0.008
Expressive suppression	1.70(0.05)	1.83(0.08)	1.940	0.003
PA				
Excited	2.62(0.05)	2.81(0.08)	3.804	0.006
Energetic	3.17(0.05)	3.29(0.08)	1.552	0.002
Calm	3.60(0.05)	3.88(0.07)	9.837 **	0.015
Relaxed	3.54(0.05)	3.71(0.08)	3.270	0.005
NA				
Angry	2.10(0.05)	2.18(0.08)	0.757	0.001
Worried	2.51(0.06)	2.59(0.09)	0.580	0.001
Boring	2.55(0.05)	2.91(0.08)	11.873 **	0.018
Lonely	2.42(0.05)	2.62(0.09)	3.489	0.005

Note: * $p < 0.05$; ** $p < 0.01$; covariates of gender, marital status, health status, region and residual types; η^2 represents the effect size of differences between groups; AR = Adaptive Emotion Regulation; MR = Maladaptive Emotion Regulation; PA = Positive Affect; NA = Negative Affect.

Table S3. Results of the parallel mediation analysis.

	RU			ES			NA					
	β	<i>SE</i>	95% CL	β	<i>SE</i>	95% CL	β	<i>SE</i>	95% CL			
	Lower		Upper	Lower		Upper	Lower		Upper			
NATA	0.243 ***	0.041	0.163	0.323	0.201 ***	0.040	0.123	0.279	0.341 ***	0.031	0.280	0.402
RU									0.136 *	0.030	0.077	0.195
ES									0.121 ***	0.031	0.060	0.182
<i>R</i> ²	0.085			0.092			0.331					
<i>F</i>	12.071 ***			13.027 ***			45.497 ***					

Note: *SE* = Standard Error; NATA = Negative attitudes to aging; RU = Rumination; ES = Expressive Suppression; NA = Negative Affect. * $p < 0.05$; *** $p < 0.001$.

Table S4. Summary of the Opposite mediation models.

Effect	Intermediate Path	Estimate	SE	95% CI	
				Lower	Upper
Direct effect	PATA→PA	0.247	0.040	0.170	0.325
Indirect effect	PATA→MR→PA	-0.004	0.006	-0.019	0.081
Direct effect	NATA→NA	0.394	0.039	0.318	0.471
Indirect effect	NATA→AR→NA	-0.002	0.028	-0.066	0.057
Direct effect	PATA→PA	0.220	0.059	0.104	0.336
Indirect effect	MR→PA	-0.008	0.016	-0.039	0.025
Direct effect	NATA→NA	0.396	0.052	0.293	0.498
Indirect effect	NATA→AR→NA	0.001	0.006	-0.011	0.016

Note: *SE* = Standard Error; PATA = Positive attitude to aging; NATA = Negative attitude to aging; AR = Adaptive Emotion Regulation; MR = Maladaptive Emotion Regulation; PA = Positive Affect; NA = Negative Affect.

Table S5. Moderation analysis of demographic variables (age, area and gender).

Dependent Variable	Path	R ²	F	df ₁ , df ₂	p
AR	PATA × age	0.004	2.574	1, 645	0.109
AR	PATA × health status	0.004	1.213	2, 643	0.298
AR	PATA × region	0.0008	0.563	1, 645	0.453
AR	PATA × gender	0.003	2.156	1, 645	0.143
PA	PATA × age	<0.0001	0.0001	1, 643	0.991
PA	PATA × health status	0.002	0.800	2, 640	0.450
PA	PATA × area	0.004	2.615	1, 643	0.106
PA	PATA × gender	0.002	1.583	1, 643	0.209
PA	AR × age	0.002	1.328	1, 643	0.250
PA	AR × health status	0.0003	0.102	2, 640	0.903
PA	AR × area	0.0006	0.484	1, 643	0.487
PA	AR × gender	0.003	2.261	1, 643	0.133
MR	NATA × age	0.0004	0.319	1, 645	0.573
MR	NATA × health status	0.006	2.058	2, 643	0.129
MR	NATA × region	<0.0001	0.003	1, 645	0.960
MR	NATA × gender	0.0001	0.047	1, 645	0.829
NA	NATA × age	0.001	1.341	1, 643	0.247
NA	NATA × health status	0.004	2.158	2, 640	0.117
NA	NATA × region	0.001	0.728	1, 643	0.394
NA	NATA × gender	0.002	2.235	1, 643	0.135
NA	MR × age	0.004	3.519	1, 643	0.061
NA	MR × health status	0.005	2.567	2, 640	0.078
NA	MR × region	0.0002	0.161	1, 643	0.688
NA	MR × gender	0.001	1.246	1, 643	0.265

Note: PATA = Positive attitude to aging; NATA = Negative attitude to aging; AR = Adaptive Emotion Regulation; MR = Maladaptive Emotion Regulation; PA = Positive Affect; NA = Negative Affect.