

Supplemental Data 1The Process of Conceptualization from Narratives of Older Thai People

No	Text	<1> Notable words and phrases in the text	<2>Rephrasing words in the text	<3>Extra-textual concepts such as explaining the left	<4>Themes and organizational concepts (taking into account the context before, after and throughout)	<5>Questions/issues.
1	What I think is important is to be self-disciplined. Focusing on self awareness. I try to think positively. For many years, I have been a teacher (midwifery) at a nursing college. Since retiring, she makes dolls (baby models) for practical training, prepares the training room and supports the students in their training. She is now 77 years old. The secret of her youthfulness is that she gets up at 4.30 am every day and does yoga. On Saturdays and Sundays, she goes jogging. What she looks forward to is having her son come and eat with her at a department store. I look forward to chatting with him and going home (living alone). But what I look forward to the most is having a role. I am most happy to be of use to others. I am happy that the students rely on me. I want to continue this job forever. I am happy to be alive and to have a role to play. I am conscious and careful about what I eat. I am especially careful not to eat too many eggs. I am careful about chemical seasonings.	I am self-disciplined / I try to think positively / I prepare the practical room and support the practical students / The secret of my youth is yoga every morning / I am most happy to have a role / I am most happy to have a role and to be of help to others / Students depend on me / I am happy to be alive / I focus on making myself conscious / I eat in department stores with my son / I am careful not to eat too many eggs / I am careful about chemical seasonings.	Self-discipline / Positive thinking / From being a university teacher to a part-time lecturer in the same department and continuing to support young teachers in their chores as well as students / Sense of self sense of purpose / Unity of mind / Focus on roles through others rather than enjoyment completed individually / Living at a distance where family is felt / Health literacy due to medical knowledge but also due to national conditions (high use of chemical seasonings and eating out)	Self-control and mind control / Role retired from the front line / Underpinning successor / Significance of self / Workplace where I worked for many years / Testimony of myself / Feeling of being useful to others / Good relationship with family / Living alone / High level of health literacy / View of health (exercise, diet).	Self-mind control / Succession planning / Role acquisition from supporting others / Significance of self / Joy for life / Role acquisition in retirement / Recognition of self-worth / Health literacy available / High health outlook.	Only perspectives for the benefit of others, less for the individual (meals with son, yoga in the morning, jogging on Saturdays and Sundays). Attention to too many eggs and too much cholesterol?
2	I work 9am to 6pm, bike to work (10 minutes) I teach massage and don't exercise. I don't think getting old is a disappointment. I am happy when my students who I teach message to say, "Thanks to you, Sensei," and I think that my students can say that to me because I am getting older. Now, I feel a sense of purpose in life when people depend on me, saying, "Sensei, sensei. I want to pass on my skills to my successors. I want to continue this job as long as I am physically able. I take good care of my health. The first secret to good health is to sleep on a firm mat. Second, I have to be aware of where my problems are and how to solve them. Doing things that expose you to the outside air. I don't eat salty or fried foods. I pay attention to nutrition; my weight has not changed in 10 years. I prepare my own meals. She tries to eat at a fixed time every day. But the most rewarding thing in life is when I feel like a useful person.	(I don't exercise because I teach (Thai) massage/ Aging is not a regrettable thing/ I am happy when I am told that it is thanks to my teacher/ My students say that to me because I am getting older/ I find fulfillment in being depended on/ I want to continue this job as long as I am physically able/ I have to be mindful/ I focus on my body/ I don't eat salty or fried foods/ I try to eat at a fixed time every day/ The best thing in life is when I feel useful/	Work is part of exercise / Aging is natural, accept it as it is / Acquiring a role / Feeling the meaning of one's existence / Evaluation by others is the purpose of life / There are places and roles where one can recognize the value of existence / Disciplining one's feelings / Becoming aware of oneself / The power to focus / Health literacy / Oriental medicine / The meaning of one's existence / Recognizing the meaning of existence makes life	Work is a part of life / Acceptance of aging, legal nature / Meaning of one's existence / Significance of one's existence in the eyes of others / Continuation of social roles / Conscious attention to oneself / Training concentration / Health literacy / Significance of one's existence	Preparation for Aging / Acceptance of Aging / Buddhist Thought / Acquisition of Role of Self and Meaning of Existence / Mindfulness /	
3	He usually works as a store keeper at the university's grocery store. I also help my niece's ramen shop. She is happy to help others. I don't eat chicken. For her health, she drinks three bottles of water a day. She doesn't think aging is a negative thing as long as she does good things. If you do good things, they will come back to you. I believe that my next life will be better. Aging is a natural part of life. What I am looking forward to now is to cook rice for everyone and bring it to them. I will give it to my friends and monks. I am happy to be able to do my niece's store (and be useful). I am not particularly conscious about exercise. I don't have time to exercise, so the short distance home from work (bike ride) is my exercise. I get up at 9:00 a.m., eat, and go back to bed. My problem is that my eyes itch. I have high blood pressure, rheumatism, and see a doctor and take medication every two months, but other than that I have no other problems.	I am happy to be useful to others / I drink 3 bottles of water a day for my health / I don't think it is particularly negative if I do good things / If I do good things, they will always come back to me / I believe that my next life will be better / Aging is a natural thing / I am happy to be useful and helpful to others / I am not conscious about exercise.	Buddhist teachings, the principle of cause and effect / low health literacy / good deeds will always be rewarded (cause and effect) / no attachment to things / acceptance of nature as it is / natural acceptance of aging / no awareness of exercise / use of daily activities / joy that is not completed by the individual.	Buddhist philosophy / cause and effect, Dharma nature (acceptance of things as they are) / acquisition of one's own role / recognition of the meaning of one's own existence / gratitude to others / gratefulness /	Preparation for aging / Acceptance of aging / Buddhist thought / Acquisition of one's own role and meaning of existence / Voluntarism	Although there is no word for self-discipline, I felt that he finds his sense of values in helping others (helping his niece's ramen store, tending to the grocery store, making food and distributing it to others, etc.).
4	What I think is important is to help people, help people in the village, plant herbs, and have livestock to share with everyone. What I look forward to is hosting student interns as part of the Royal Project. I see myself struggling to become a model district for village studies development. Originally, I worked as an elementary school teacher for 33 years but quit because of relationship problems. His wife is a man, and he is worried that his children will become obese from eating snacks. I want to teach my children about nutrition and what kind of food is good for them. I have a muscle training machine at home (my son bought it for me and it is on the front porch). I walk around the house. Riding my bicycle. I eat fish. Soda is not good for the elderly.	Helping others, helping the villagers / It is good to share with others / I am happy that I am helping the villagers / I am struggling to become a model district for village studies development / I used to be an elementary school teacher but quit because I was worried about relationships / I am worried that my children will become obese from eating snacks / I have a strength training machine at home / I consciously walk around my house	Coexistence and mutual help / My actions play a major role and contribution in the village / Sensitive to relationships / I have a son and am divorced from my ex-wife / Always thinking of others / Always concerned about the health of children / As a former educator, I have a strong desire to teach and pass on to others / Highly health conscious and highly sensitive to diet and exercise	Spirit of self-help and mutual aid / Contribution to others / Participation in society, acquisition of roles in society / Desire for approval from others / High sense of exercise / Educational responsibility / Health perspective	Spirit of self-help and mutual aid / Contribution to others / Participation in society, acquisition of roles in society / Desire for approval from others / High sense of exercise / Educational responsibility / Health perspective	
5	As for aging, I don't think anything about it, it's natural and normal. (Lives alone, son separated in the livestock business (cattle), former elementary school teacher, home economics) What is good for his health is to mix kobandan and lemon with alcohol and apply it all over his body (he shows me a homemade bottle of it, saying). It is a universal remedy practiced in this area. He has a physical examination (once a year). He also walks around the house for about 30 minutes while waving his hands.	I don't think anything about getting old / panacea done around here / I get a checkup (once a year) / I walk for 30 minutes with a wave of my hand / I walk for 30 minutes with a wave of my hand.	Acceptance of aging / Unique view of health / Receiving health checkups despite lack of medical facilities / High level of health literacy / High level of health literacy	As it is / Acceptance of aging / Community-oriented view of health / High health literacy	Ho-eri-nature (acceptance of things as they are) / Acceptance of aging / Community-based view of health / Health literacy	
5	What I look forward to is helping people. What worries me is that my back hurts and that my son has a cow that he kills. I think it is killing to make meat out of cows. I was against it. Now I worry that is why my grandson is not feeling well. So I don't believe in the existence of God. If bad things are happening to my grandchildren because of the killing, I don't want to believe in it.	What I look forward to is helping others / My son has a cow and is killing it / My grandson is sick because of it / I don't believe in God / If something bad is happening to my grandson, I don't want to believe in it / I don't want to believe in it.	Participate in society and gain the trust of others/ My son's killing is against God's will/ My precious grandson is being punished for it/ If that is what God is doing, the punishment will continue as long as my son is in the livestock business/ I will be punished for it.	Social participation and role retention / Self-awareness through others / Religious beliefs, belief in the existence of God so that there is punishment from God for killing / High religious beliefs	Social participation and role maintenance / Self-awareness through others / Buddhist faith and high religious beliefs	
6	As for aging, I think it's inevitable. I adapt myself to my age. I am conscious of not aging by using my head. Aging is a natural part of life, and just as my children have taken care of their parents, I have done the same. It is a natural thing. I am glad that I have reached the age where I can take on the burden of caring for my parents. I am grateful. On the other hand, I have a 98-year-old elderly person who is very strong, but I am worried about her falling down. I am a volunteer health worker, so I watch over him, but I am worried about him.	Aging is inevitable / I adjust myself to my age / I am conscious of not aging by using my head / Aging is natural / I am glad that I am old enough to bear the burden of caring for my parents / What worries me is the 98 year old elderly person	Acceptance of aging, not going against the natural flow / Preparation for aging / Prevention of dementia / Acceptance of things as they are / Custom of the youngest daughter to care for her parents, and recognition from her family / Respect for the elderly / High sensitivity to others	Acceptance of aging / Preparation for aging / Contribution to others / Respect for the elderly, compassion for aging parents	Acceptance of aging / Preparation for aging / Contribution to others	

7	<p>What he thinks is important is that he has been a member of the Board of Social Services and a member of the Drug Prevention Activity. Being a health commissioner for city workers. Volunteering to help people who are working illegally in Burma, Cambodia, and other countries. Working for others is what makes his life worth living. As for aging, he does not think he is aging because he has not changed since he was about 15 years old. As for his health, he has diabetes, so he is careful about what he eats. I have been visiting a hospital once every three months for diabetes. I don't have to pay for the visit, but I have to pay for the transportation. As a former police officer, national government employees do not have to pay for medical care. Exercise is walking. He doesn't have much time now, but he is growing a farm (herb garden). He is growing lemongrass.</p>	<p>What I think is important is that I was a member of the community. I was involved in drug prevention activities / I volunteer to help people who are working illegally / I haven't changed since I was about 15 years old / I don't think I am getting old / I am careful about my own health because I have diabetes / 4. I have diabetes, which started when I was 3 years old, and I have had no health problems until now/ I exercise by walking. I don't have much time now, but I have a farm. I grow herbs/</p>	<p>Volunteering with honor in the district / Volunteering that I can do because I am a former police officer / Feeling as a boy / Role of self, meaning of existence / Recognition that I am helping others / Health consciousness is high after the onset of diabetes and I am able to maintain my health / Farming in Thailand, where herbs are widely used, is unique to Thailand / The use of herbs is very popular.</p>	<p>Honorary position in town / Pride in role / Special role / Support for illegal workers / Creative activity as a boy / Aging without awareness / Value of self / Recognition of significance of existence / Disease aggravation request behavior / Realization of behavior change / Benefits from the government</p>	<p>Role pride unconscious aging/self-worth/recognition of significance of existence</p>	
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Supplemental Data 2. The Process of Conceptualization from Narratives of Older Japanese People

No.	Text	CD1 Notable words and phrases in the text	CD2Rephrasing words in the text	CD3Extrac-textual concepts such as explaining the left	CD4Themes and organizational concepts (taking into account the context before, after and throughout)	CD5Questions/issues.
1	What I consider important is to go to the mountains. I use various cameras and take pictures according to TPO. Pay attention to my health. Going to a local university for the elderly. After learning at the university for the elderly, I want to learn more. Going out and going to the supermarket. This is a part of my daily routine, but now I don't have to go because of a leg injury. To socialize and connect with others. Sometimes I don't like it, but I'm glad I came to senior citizen university to make connections. It also feels slightly cumbersome. I cook because my wife is working, but I don't think it's an important activity. I would eat out if I could	Going to the mountains. Take pictures with various cameras according to TPO. Take care of your health. To go to a local university for the elderly. I want to learn more after studying at the university for the elderly. Going out and going to the supermarket. This is a part of my daily routine, but now I don't have to go because of a leg injury. To socialize and connect with others.	Want to learn more. I want to stay healthy.	Household chores, learning and other productive activities Static and dynamic recreation	Self-productive activities / Lifelong learning / awareness of exercise / constant exchange activities / pleasure through interaction with others / Importance of external activities	
2	I have diabetes and irregular heartbeat, so it is important to take care of my health, like to watch TV. Participating in English circles. Participating in clubs is the next most important thing. Learning at the University for the Elderly is a good atmosphere to spend time on campus. Advancement of mind and life toward end of life. I don't like to walk. I drive a car when I have to, but I don't like to drive. I like to read books. "Silk Road," which was broadcast around 1980, is being rerun now. I look forward to watching it. I care about my spouse. I try to be involved in a way that doesn't cause trouble. I try to socialize with people regularly.	Taking care of myself is the most important thing / My favorite thing to do is to watch TV / Participating in English circle / Participating in Discussion circle is the next most important thing / I am working on my mind and life towards the end of my life / I don't like walking / I enjoy replaying old videos / I care about my spouse / I try not to get into trouble	Self health care is the most important thing / Enjoyment is personal enjoyment / English circles and interaction with others are also important / Preparation for life after death / Always be aware of using your head / Don't use your body / Don't get into fights with your spouse / Consider not to cause stress to yourself / Want to keep healthy. I want to learn. I want to have fun.	Learning Production Activities Static Recreation socializing Physical Activity	Self-discipline is important / Personal enjoyment / Interaction with others is learning / Avoiding problems with others / Preparing for life after death / Continuous self-improvement / Activating the brain / Personal entertainment /	
3	Eating three meals is the most important thing. To submit willow poems to the newspaper, to chat in a dream club called Second life, and to travel. To go on trips. Growing eggplant, tomatoes, and bitter gourd in the vegetable garden. If his willow poem is published in a newspaper, he and his wife will go out to eat together. He will also go out to eat when he reaches 1,000,000 steps. It takes about three months. The couple's allowance is the same amount for both of them. Gradually, they are spending more and more money on CL. He used to be a potter. He used to put food on his works of art.	Eating three meals is the most important thing/Second life/Dream talk meetings/Traveling/Home vegetable garden/ Eating out together as a couple when a willow poem is published in the newspaper/Walking out when reaching one million steps/Equal allowance for both as a couple/Slowly becoming more forgetful/I used to do pottery/I used to put food on my work/	Food is what they look forward to most/ Want to maintain their own health/ Contribute to willow trees/ Enjoy a range of personal hobbies such as traveling and gardening/ Want to get along with their spouses/ Setting goals together as a couple is a goal in their lives/	Food is also a basic need / Personal care / Static and dynamic recreation / Goal setting in daily life /	Personal enjoyment / shared sense of accomplishment as a couple / personal care / static and dynamic recreation / goal setting in life	
4	Studying at the University for the Elderly is important. Chatting with friends. It is important to be involved with my grandchildren, but they are getting older and not coming to me. Walking is also important. Cooking and reading books are also important in my life. Healthy exercises are also important.	Studying at a university for the elderly is important/chatting with friends/being involved with grandchildren is important but they don't grow up/walking is important/cooking and reading books are also important in their lives.	Enjoyment in gaining knowledge and learning / Conversation with friends there is one of the pleasures / Conversation with young people is important, but grandchildren are grown and busy / Want to maintain their own current lifestyle / Cooking, reading, and other personal pleasures are important to them / They value their own personal enjoyment.	Personal care/productive activities such as housework and learning/ Static and dynamic recreation Intergenerational interaction / exercise awareness to maintain current status / brain activity / personal enjoyment	Learning and other productive activities/ Exercise awareness to maintain current status / brain activity / personal enjoyment	
5	The most important thing is to go to the pool. I believe that physical fitness is important. I do balance ball at home and squating exercises. I go to the pool on Mondays, Wednesdays, and Fridays and try to walk around the 50-meter pool for 20 minutes. In addition, I go to Curves (a preventive care exercise facility) and walk my dog. I am careful because water easily accumulates in my knees. She usually enjoys preparing meals, driving around in her car, and going to red springs and on trips. She also goes out to lunch with friends. He also does radio exercises. Anyway, he does not want to cause trouble for the younger generation. I think I need to improve my physical fitness. His hobby is making small things. He watches youtube videos and makes bags and other small things at home.	Physical fitness is important / Balance ball, squats, walking in the water at the pool (3 times a week), low-impact machines at exercise facilities, walking the dog / Driving with friends, going to hot springs, traveling, going out to lunch / Preparing meals / Not wanting to bother the younger ones / Hobbies include watching videos and making bags and small items / Want to improve physical fitness	Maintaining and improving physical fitness is the number one priority / Making every effort possible to improve physical fitness / Interactions with others include driving with friends, lunches, trips, preparing meals for family members / Worried about the burden of caregiving on family members / Actively performing cognitive functions as well	Emphasis on maintaining and improving physical fitness / Awareness of physical fitness promotion / Interactional relationships with others through recreation / Avoiding the burden of caregiving on family members / Activities to prevent cognitive decline / Active static and dynamic recreation	Focus on maintaining and improving physical fitness / Interactional relationships with people through entertainment / Avoiding the burden of caregiving on family members / Activities to prevent cognitive decline	
6	She lives with her son, who is in his 50s. Coming to local gymnastics classes and chatting with friends is important to him. Family is important to her, and she wants to stay close and well rounded. Cooking is a daily headache for her son. I try to get along well with my friends. I try not to get in trouble. I try not to get into arguments when I talk to my friends. I try to play Tetris (a game) two or three times a day, read newspapers and books (novels) so that I don't become senile. I try to eat a low-sodium diet, and since I had kidney surgery 20 years ago, I try to eat non-salty food. She attends local gymnastics classes because she does not want to become senile.	Lives alone with his son / Thinks it is important to chat with friends / Family is important / Wants to stay close and well rounded / Worries about his son's food every day / Tries to get along with his friends / Tries to avoid getting into trouble / Tries not to become dim / Reads the newspaper and plays games every day / Since his kidney surgery, he tries to eat non-salty food.	Care for family and son, desire to maintain current lifestyle / Value relationships with others / Want to be happy with both family and friends / Brain activity, burden to others by becoming blurry / Controlling own health after serious illness	Family happiness / Maintain current relationships / Interact with others, maintain relationships / Prevent cognitive decline / Focus on managing physical and cognitive functions / Do not cause problems for family and surroundings / Avoid problems	Maintain current relationships / Interact and maintain relationships with others / Prevent cognitive decline / Manage physical and cognitive functions / Avoid inconveniencing family and surroundings / Avoid problems	
7	Lives alone, does all of his own cooking. She also has a job: 12-15 days/month, working in a textile factory. The most important things are chatting with friends, working, and cooking by herself. His daughter is in the prefecture but far away. She lives on the third floor, so she is careful not to fall down the stairs. When she goes down the stairs, she holds onto the handrail. She has changed her footwear from sandals to sneakers. For exercise, he takes a 30-minute walk. When he goes to the supermarket, he rides his bike. His knees are not good, but he tries to walk anyway. Talking with friends is important, and I try to talk with one or two people a day.	Lives alone, daughter lives far away / Also works / Important things are chatting with friends, working, and cooking by myself / Since I live on the third floor, I try not to fall down the stairs / Be careful going down the stairs / I changed my shoes / Chatting with friends is important	Conscious of not relying on family, conscious of continuing to live independently / able to continue working / careful to prevent falls to maintain current lifestyle / conscious of interacting with others / conscious of interacting with 1 or 2 people a day	Elderly living alone / Cannot rely on others / Conscious of maintaining and continuing independent living / Maintaining physical, mental, financial, and social independence / Emphasis on human interaction relationships / No conscious brain activity / Interaction with others and mental stability	Unable to rely on others / Conscious of maintaining and continuing independent living / Emphasis on human interaction relationships / No conscious brain activity / Interaction with others and mental stability	