

Appendix A: Anchor words for topic identification

This table shows the topics included in the analysis and the anchor words that determined whether a particular response mentioned each topic. There are 32 rows, but only 30 topics were analyzed directly; two rows describe topics that were used to create a broader topic but were not analyzed separately: family (general references), and spirituality or meditation. Rows that appear in gray were component topics of the larger topics that precede them. Rows in dark gray were used to create the larger topics, but were not analyzed separately and do not appear in the detailed tables.

Name	Definition	Anchor words
Family (all references)	Defined as mentioning any of the following topics: <ul style="list-style-type: none"> - Family (general references) - Spouse or partner - Children or grandchildren 	n/a
<i>Family (general references)</i>	Family (not including spouse, partner or children)	family, mother, mom, father, sibling, brother, sister, niece, nephew, dad, aunt, uncle, elderly parent, sister law
<i>Spouse or partner</i>	Romantic partner or romance/sex in general	husband, wife, marriage, married, partner, spouse, girlfriend, boyfriend, romantic, sex, romance, fiance, boy friend, fiancée, girl friend
<i>Children or grandchildren</i>	Having kids; being a parent or grandparent	child, kid, grandchild, son, daughter, grandkids, grandson, granddaughter, baby, born, adopted, parenting, kid grand, grandbabies, pregnant, offspring, grandpa, grandma, grandbaby, stepkids, grand son, stepson, stepdaughter, girls, stepchild, daughters, sons, grandchildren, boys, kids, stepkid, stepchildren, children, grandkid
Career	Their career, work, job or business (good or bad)	work, job, working, career, business, company, professional, employed, profession, employment, employee, professionally, internship
Finances and money	Money and finances (any references to money/wealth)	money, financial, financially, pay, income, debt, paid, afford, finance, paying, rich, economic, mortgage, cost, wealthy, paycheck, salary, rent, wealth, economically, affordable, bank, tax, economy, expensive, credit, loan, purchased, payment, purchase, dollar, broke, cash, unaffordable, financing, purchasing, finances, dollars, bill, taxes, payments, bills

Faith and spirituality (all references)	Defined as mentioning any of the following topics: <ul style="list-style-type: none"> - Spirituality or meditation - Faith or religion - Christianity - Church community 	n/a
<i>Spirituality or meditation</i>	Spirituality or meditation	spiritual, spiritually, meditation, mindfulness, spirituality, reflection, mindful, meditate, spiritual life
<i>Faith or religion</i>	Faith or religion Also includes anchor words for: <ul style="list-style-type: none"> - Christianity 	god, faith, jesus, christ, lord, christian, belief, religion, religious, savior, bible, heaven, worship, catholic, creator, christianity, jehovah, higher power, allah, buddhist, holy, muslim, torah, holy spirit, mormon, hindu, islam, buddhism, hinduism
<i>Christianity</i>	Jesus Christ or Christianity	jesus, christ, christian, bible, catholic, christianity, jehovah, mormon, holy spirit
Friends	Friends, neighbors, colleagues or relationships in general	friend, friendship, neighbor, colleague, coworkers, relationships, loved one, colleagues, neighbors, loved ones, coworker, friendships, friends
Activities and Hobbies (all references)	Defined as mentioning any of the following topics: <ul style="list-style-type: none"> - Hobbies - Creativity - Leisure - Travel - Outdoors - Fitness 	n/a

<i>Hobbies</i>	<p>Hobbies, interests, passions and activities (e.g., music, art, writing)</p> <p>Also includes anchor words for:</p> <ul style="list-style-type: none"> - Creativity - Leisure 	<p>activity, hobby, fun, reading, music, art, book, play, read, creative, playing, watch, writing, practice, passion, skill, game, movie, leisure, golf, cook, sport, television, cooking, relax, artist, write, listening, listen, practicing, wine, craft, leisure time, library, time read, painting, sporting, writer, tennis, knitting, creative outlet, piano, band, performing, concert, sewing, creativity, puzzle, singing, dancing, musical, music art, soccer, recreation, entertainment, play game, playing game, museum, relaxing, musician, video, guitar, paint, film, opera, sew, beer, pastime, literature, football, leisurely, experimenting, sing, drawing, compose, hockey, baseball, relaxation, crafting, netflix, basketball, banjo, artistic, musicals, tv, activities, bands, have fun, skills, saxophone, concerts, unwind, books, hang out, designing, sculpting, shows, drums, museums, play instrument, arts, sports, jam, interest, films, chill, unwinding, sculpt, movies, having fun, sculpture, videos, hobbies, violin, composing, pastime, crafts, songs</p>
<i>Creativity</i>	<p>Creative or artistic activities (e.g. painting, writing, singing, music)</p>	<p>music, art, creative, writing, write, artist, craft, painting, writer, knitting, creative outlet, singing, creativity, piano, sewing, performing, music art, paint, guitar, sew, experimenting, sing, drawing, compose, banjo, crafting, composing, arts, designing, sculpting, sculpt, crafts, sculpture</p>
<i>Leisure</i>	<p>Leisure, fun in general or relaxing activities (e.g. watching TV, reading books, listening to music, hanging out)</p>	<p>fun, reading, music, book, play, read, playing, game, movie, leisure, television, relax, listening, wine, leisure time, library, time read, puzzle, entertainment, play game, recreation, video, film, beer, literature, leisurely, relaxation, netflix, videos, books, hang out, tv, films, shows, chill, have fun, movies, having fun</p>
<i>Travel</i>	<p>Travel, visiting new places or vacations</p>	<p>travel, traveling, vacation, trip, adventure, visiting, new place, explore world, overseas</p>

<i>Outdoors</i>	Outdoor activities, spending time outside (e.g. hiking, fishing, gardening) or appreciating nature	nature, garden, gardening, outdoors, natural, yard, park, mountain, hiking, wood, camping, beach, farm, fishing, bike, boat, hike, outdoor, hunting, enjoy nature, bird, national park, work outside, skiing, camp, landscape, forest, sunshine, biking, ski, daylight, woods, sunlight, parks, mountains, beaches, climbing
<i>Fitness</i>	Fitness	exercise, walking, running, gym, hiking, exercising, fitness, dance, bike, hike, yoga, dancing, diet, swimming, healthy fit, cycling, aerobics, better shape, biking, lift weight, losing weight, swim, lifting weight, work out, crossfit, aerobic, lift weights, jog, lose weight, jogging, lifting weights
Health	Being in good health (themselves or others)	health, healthy
Home and surroundings	The place they live (e.g., home, neighborhood, town, city)	home, place, house, city, neighbor, local, neighborhood, garden, town, yard, nearby, resident, village, reside, residence
Learning and education	Learning, education, school, teaching, research or other intellectual pursuits	school, college, learning, education, learn, degree, knowledge, study, graduate, university, science, intellectually, new experience, intellectual, research, wisdom, educated, curiosity, graduated, curious, academic, trying new, grad, experiencing new, philosophy, graduation, mind active, phd, experience new, literature, new hobby, try new, investigating, academia, new hobbies, new experiences, studies, educations, better understand
Struggles (all references)	Defined as mentioning any of the following topics: - General struggles - Health difficulties	n/a

<i>General struggles</i>	Having a hard time, struggling, stress or being depressed	struggle, struggling, sad, concerned, difficult time, hate, depression, worst, depressed, harder, hard time, miserable, afraid, terrible, mistake, regret, suffered, fault, tragedy, unable, unemployed, anxiety, frustrating, abusive, suffer, chaos, shit, depressing, strain, hell, horrible, turmoil, disappointed, misery, awful, trauma, frustrated, toll, screwed, abuse, loneliness, disappointing, fucked, hating, unfortunate, toxic, devastated, fucking, inadequate, nothing, insufficient
<i>Health difficulties</i>	Medical issues, illness or death	cancer, pain, illness, health issue, died, surgery, disability, health problem, disease, treatment, sick, passed away, chronic, stroke, medical issue, injury, dementia, recovery, ill, medication, suicide, diagnosed, cure, poor health, diagnosis, transplant, arthritis, heart attack, medical condition, cardiac, neuropathy, failing health, strike, stenosis, tumor, bad health, health failing, strokes, health fail
Doing good	<p>Helping, caring for or serving others (in general, not family); making a difference, making the world a better place, having a positive impact, contributing to society, volunteering, etc.</p> <p>Also includes anchor words for:</p> <ul style="list-style-type: none"> - Making a difference 	volunteer, helping others, difference, help others, volunteering, society, contribute, make difference, help people, contribution, helping people, world better, better place, make world, charity, making difference, service others, positive difference, serve others, serving others, better world, non profit, positive impact, serving community, helping other, nonprofit, activism, care others, social justice, donating, help world, serving people, serving humanity, help community, habitat humanity, caring others, humanity benefit, helping community, serve humanity, benefit humanity, serving other, serve people, giving back, serve community, helps others, serve other

<i>Making a difference</i>	Making a difference, making the world a better place, having a positive impact, contributing to society, volunteering, etc. (doesn't include general references to "helping others")	volunteer, difference, volunteering, society, contribute, make difference, contribution, world better, better place, charity, make world, making difference, positive difference, serve others, serving others, better world, non profit, positive impact, serving community, nonprofit, activism, social justice, donating, help world, serving humanity, help community, habitat humanity, humanity benefit, helping community, serve humanity, serving other, serve community, serve other, benefit humanity
Community or belonging (all references)	Defined as mentioning any of the following topics: - Church community - Other types of community	n/a
<i>Church community</i>	Attending or being part of a church	church, ministry, pastor, synagogue, parish, temple, mosque, ministries, priest
<i>Other types of community</i>	Being part of a community, organization or group	community, group, contribute, attend, organization, participate, club, team, membership, communities
Retirement	Retirement	retired, retirement, retire, pension, social security, retiring, senior citizen
Security	Having a sense of security and stability	security, stable, secure, stability, safe, safety
Pets	Pets or animals	dog, pet, cat, animal, horse, puppy, kitty, poodle, parrot, horses, bunnies, animals, pets, bunny, cats, kitten, puppies, dogs, kitties