Table D1

*Final hierarchical regression model of Perceived Hope in the emerging adulthood group (N=132)*

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|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .12 | .12\*\* |
| Constant | 29.12\*\*\* | 21.78 | 36.45 | 3.71 |  |  |  |
| Population Groupa | -1.11\*\* | -1.78 | -.43 | .34 | -.28\*\* |  |  |
| Family Statusb | .25 | -.45 | .96 | .36 | .06 |  |  |
| Educationc | -.17 | -1.00 | .66 | .42 | -.03 |  |  |
| Physical Healthd | 1.32\* | .25 | 2.49 | .59 | .19\* |  |  |
| Step 2 |  |  |  |  |  | .28 | .16\*\*\* |
| Constant | 29.51\*\*\* | 22.84 | 36.18 | 3.37 |  |  |  |
| Population Groupa | -.84\*\* | -1.46 | -.21 | .32 | -.21\*\* |  |  |
| Family Statusb | .25 | -.39 | .88 | .32 | .25 |  |  |
| Educationc | -.25 | -1.01 | .50 | .38 | -.05 |  |  |
| Physical Healthd | 1.17\* | .11 | 2.24 | .54 | .17\* |  |  |
| Social-relational experiences (F2) | 2.15\*\*\* | 1.34 | 2.96 | .41 | .40\*\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001

Table D2

*Final hierarchical regression model of Dispositional Hope in the emerging adulthood group (N=132)*

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .08 | .08\* |
| Constant | 32.34\*\*\* | 25.28 | 39.39 | 3.57 |  |  |  |
| Population Groupa | -.73\* | -1.38 | -.08 | .33 | -.20\* |  |  |
| Family Statusb | -.01 | -.69 | .66 | .34 | .00 |  |  |
| Educationc | .14 | -.66 | .94 | .40 | .03 |  |  |
| Physical Healthd | 1.30\* | .17 | 2.42 | .57 | .20\* |  |  |
| Step 2 |  |  |  |  |  | .28 | .19\*\*\* |
| Constant | 34.64\*\*\* | 28.19 | 41.09 | 3.26 |  |  |  |
| Population Groupa | -.61\* | -1.20 | -.01 | .30 | -.16 |  |  |
| Family Statusb | -.11 | -.72 | .50 | .31 | -.03 |  |  |
| Educationc | -.16 | -.89 | .57 | .37 | -.03 |  |  |
| Physical Healthd | 1.09\* | .07 | 2.10 | .51 | .16\* |  |  |
| Personal mastery and hedonic experiences (F1) | 1.42\*\* | .53 | 2.32 | .45 | .25\*\* |  |  |
| Social-relational experiences (F2) | 1.84\*\*\* | 1.07 | 2.61 | .39 | .37\*\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001

Table D3

*Final hierarchical regression model of Well-Being in the emerging adulthood group (N=132)*

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|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .15 | .15\*\*\* |
| Constant | 16.61 | -2.42 | 35.65 | 9.62 |  |  |  |
| Population Groupa | -.18 | -1.94 | 1.57 | .89 | -.02 |  |  |
| Family Statusb | -.33 | -2.15 | 1.49 | .92 | -.03 |  |  |
| Educationc | 2.75\* | .60 | 4.90 | 1.09 | .21\* |  |  |
| Physical Healthd | 6.06\*\*\* | 3.02 | 9.10 | 1.54 | .33\*\*\* |  |  |
| Step 2 |  |  |  |  |  | .31 | .16\*\*\* |
| Constant | 22.99\* | 5.40 | 40.58 | 8.89 |  |  |  |
| Population Groupa | .07 | -1.55 | 1.70 | .82 | .01 |  |  |
| Family Statusb | -.60 | -2.26 | 1.06 | .84 | -.06 |  |  |
| Educationc | 1.92 | -.07 | 3.91 | 1.01 | .15 |  |  |
| Physical Healthd | 5.50\*\*\* | 2.74 | 8.27 | 1.40 | .30\*\*\* |  |  |
| Personal mastery and hedonic experiences (F1) | 4.02\*\* | 1.58 | 6.46 | 1.23 | .25\*\* |  |  |
| Social-relational experiences (F2) | 4.53\*\*\* | 2.43 | 6.63 | 1.06 | .32\*\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001

Table D4

*Final hierarchical regression model of Perceived Hope in the early adulthood group (N=137)*

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|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .16 | .16\*\*\* |
| Constant | 23.52\*\*\* | 15.00 | 32.05 | 4.31 |  |  |  |
| Population Groupa | -1.21\*\* | -2.01 | -.40 | .41 | -.24\*\* |  |  |
| Family Statusb | .86\* | .12 | 1.59 | .37 | .19\* |  |  |
| Educationc | .33 | -.78 | 1.44 | .56 | .05 |  |  |
| Physical Healthd | 1.74\*\* | .46 | 3.02 | .65 | .22\*\* |  |  |
| Step 2 |  |  |  |  |  | .48 | .32\*\*\* |
| Constant | 29.97\*\*\* | 23.03 | 36.92 | 3.51 |  |  |  |
| Population Groupa | -.43 | -1.11 | .24 | .34 | -.09 |  |  |
| Family Statusb | .47 | -.13 | 1.07 | .30 | .10 |  |  |
| Educationc | -.18 | -1.08 | .72 | .45 | -.03 |  |  |
| Physical Healthd | .77 | -.27 | 1.82 | .53 | .10 |  |  |
| Personal mastery and hedonic experiences (F1) | 2.35\*\*\* | 1.49 | 3.21 | .44 | .36\*\*\* |  |  |
| Social-relational experiences (F2) | 2.41\*\*\* | 1.51 | 3.31 | .45 | .34\*\*\* |  |  |
| Religious experiences (F3) | 2.15\*\*\* | 1.24 | 3.05 | .46 | .31\*\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001

Table D5

*Final hierarchical regression model of Dispositional Hope in the early adulthood group (N=137)*

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .21 | .21\*\*\* |
| Constant | 24.16\*\*\* | 16.30 | 32.01 | 3.97 |  |  |  |
| Population Groupa | -1.15\*\* | -1.89 | -.40 | .38 | -.24\*\* |  |  |
| Family Statusb | .49 | -.18 | 1.17 | .34 | .11 |  |  |
| Educationc | .58 | -.44 | 1.61 | .52 | .09 |  |  |
| Physical Healthd | 2.38\*\*\* | 1.20 | 3.56 | .60 | .32\*\*\* |  |  |
| Step 2 |  |  |  |  |  | .48 | .27\*\*\* |
| Constant | 29.20\*\*\* | 22.71 | 35.70 | 3.28 |  |  |  |
| Population Groupa | -.67\* | -1.28 | -.05 | .31 | -.14\* |  |  |
| Family Statusb | .39 | -.16 | .94 | .28 | .09 |  |  |
| Educationc | .14 | -.70 | .98 | .42 | .02 |  |  |
| Physical Healthd | 1.51\*\* | .54 | 2.49 | .50 | .20\*\* |  |  |
| Personal mastery and hedonic experiences (F1) | 3.41\*\*\* | 2.59 | 4.22 | .41 | .55\*\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001

Table D6

*Final hierarchical regression model of Well-Being in the early adulthood group (N=137)*

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .22 | .22\*\*\* |
| Constant | 14.38 | -5.65 | 34.41 | 10.12 |  |  |  |
| Population Groupa | -1.69 | -3.58 | .21 | .96 | -.14 |  |  |
| Family Statusb | 1.16 | -.56 | 2.88 | .87 | .10 |  |  |
| Educationc | 1.36 | -1.25 | 3.97 | 1.32 | .08 |  |  |
| Physical Healthd | 7.65\*\*\* | 4.65 | 10.65 | 1.52 | .40\*\*\* |  |  |
| Step 2 |  |  |  |  |  | .45 | .22\*\*\* |
| Constant | 28.04\*\* | 8.81 |  | 10.61 | 45.47 |  |  |
| Population Groupa | -.68 | .83 | -.06 | -2.32 | .96 |  |  |
| Family Statusb | .97 | .74 | .09 | -.50 | 2.43 |  |  |
| Educationc | .02 | 1.14 | .00 | -2.23 | 2.28 |  |  |
| Physical Healthd | 5.57\*\*\* | 1.32 | .29 | 2.95 | 8.19\*\*\* |  |  |
| Personal mastery and hedonic experiences (F1) | 6.79\*\*\* | 1.10 | .43 | 4.62 | 8.96\*\*\* |  |  |
| Social-relational experiences (F2) | 4.14\*\*\* | 1.14 | .24 | 1.88 | 6.40\*\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001

Table D7

*Final hierarchical regression model of Perceived Hope in the middle adulthood group (N=141)*

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .11 | .11\*\* |
| Constant | 37.64\*\*\* | 29.97 | 45.31 | 3.88 |  |  |  |
| Population Groupa | -1.50\*\* | -2.44 | -.56 | .48 | -.25\*\* |  |  |
| Family Statusb | .08 | -.58 | .74 | .33 | .02 |  |  |
| Educationc | -.75 | -1.63 | .13 | .45 | -.14 |  |  |
| Physical Healthd | .98\* | .08 | 1.87 | .45 | .18\* |  |  |
| Step 2 |  |  |  |  |  | .30 | .18\*\*\* |
| Constant | 41.86\*\*\* | 34.64 | 49.08 | 3.65 |  |  |  |
| Population Groupa | -.99\* | -1.87 | -.12 | .44 | -.17\* |  |  |
| Family Statusb | -.41 | -1.04 | .22 | .32 | -.10 |  |  |
| Educationc | -.84\* | -1.67 | .00 | .42 | -.15\* |  |  |
| Physical Healthd | .35 | -.49 | 1.19 | .42 | .06 |  |  |
| Personal mastery and hedonic experiences (F1) | 1.47\*\*\* | .65 | 2.28 | .41 | .28\*\*\* |  |  |
| Social-relational experiences (F2) | 1.60\*\*\* | .79 | 2.41 | .41 | .29\*\*\* |  |  |
| Religious experiences (F3) | 1.29\*\* | .53 | 2.06 | .39 | .26\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001

Table D8

*Final hierarchical regression model of Dispositional Hope in the middle adulthood group (N=141)*

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .14 | .14\*\*\* |
| Constant | 30.52\*\*\* | 22.31 | 38.72 | 4.15 |  |  |  |
| Population Groupa | -1.20\* | -2.21 | -.19 | .51 | -.19\* |  |  |
| Family Statusb | -.22 | -.93 | .48 | .35 | -.05 |  |  |
| Educationc | .66 | -.28 | 1.60 | .48 | .11 |  |  |
| Physical Healthd | 1.81\*\*\* | .86 | 2.77 | .48 | .30\*\*\* |  |  |
| Step 2 |  |  |  |  |  | .34 | .20\*\*\* |
| Constant | 37.36\*\*\* | 29.83 | 44.90 | 3.81 |  |  |  |
| Population Groupa | -1.01\* | -1.90 | -.12 | .45 | -.16\* |  |  |
| Family Statusb | -.44 | -1.06 | .18 | .31 | -.10 |  |  |
| Educationc | -.15 | -1.01 | .72 | .44 | -.02 |  |  |
| Physical Healthd | 1.29\*\* | .44 | 2.15 | .43 | .22\*\* |  |  |
| Personal mastery and hedonic experiences (F1) | 2.72\*\*\* | 1.87 | 3.57 | .43 | .47\*\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001

Table D9

*Final hierarchical regression model of Well-Being in the middle adulthood group (N=141)*

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|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 95% CI for B | |  |  |  |  |
| Variable | B | LL | UL | SE B | β | R2 | ΔR2 |
| Step 1 |  |  |  |  |  | .11 | .11\*\* |
| Constant | 28.99\*\* | 7.24 | 50.74 | 11.00 |  |  |  |
| Population Groupa | -1.48 | -4.16 | 1.20 | 1.35 | -.09 |  |  |
| Family Statusb | .42 | -1.44 | 2.28 | .94 | .04 |  |  |
| Educationc | 2.10 | -.40 | 4.60 | 1.26 | .13 |  |  |
| Physical Healthd | 4.64\*\*\* | 2.11 | 7.17 | 1.28 | .30\*\*\* |  |  |
| Step 2 |  |  |  |  |  | .27 | .16\*\*\* |
| Constant | 43.23\*\*\* | 22.50 | 63.95 | 10.48 |  |  |  |
| Population Groupa | -.86 | -3.31 | 1.59 | 1.24 | -.05 |  |  |
| Family Statusb | -.11 | -1.82 | 1.60 | .86 | -.01 |  |  |
| Educationc | 1.10 | -1.29 | 3.49 | 1.21 | .07 |  |  |
| Physical Healthd | 2.87\* | .48 | 5.27 | 1.21 | .18\* |  |  |
| Personal mastery and hedonic experiences (F1) | 5.10\*\*\* | 2.76 | 7.43 | 1.18 | .34\*\*\* |  |  |
| Social-relational experiences (F2) | 4.27\*\*\* | 1.94 | 6.59 | 1.18 | .28\*\*\* |  |  |

*Note.* a 1 = Black, 2 = Coloured, 3 = Indian, 4 = White, 5 = Other

b1 = Still living with my parents, 2 = Single, unmarried, 3 = Living in a partnership but in a separate household, 4 = Living together in a partnership, 5 = Married, 6 = Divorced/separated, 7 = Widowed

c1 = Did not finish school, 2 = Primary school, 3 = High school up to grade 10, 4 = High school up to grade 12, 5 = Diploma, 6 = University degree

d1 = I am seriously ill, 2 = I have serious health problems, 3 = I have major health problems, 4 = I have minor health problems, 5 = I am mostly healthy, 6 = I am perfectly healthy

CI = confidence interval; LL = lower limit; UL = upper limit

\**p* <.05 \*\**p* <.01 \*\*\* *p* <.001