Supplementary Table 1. Deficits considered in the computation of the Frailty Index

|  |  |  |
| --- | --- | --- |
| Items | Scoring | |
|  | 0 | 1 |
| 1. Do you suffer, or have you suffered, from hearing problems (e.g., hearing loss, tinnitus)? | No | Yes |
| 2. Do you suffer, or have you suffered, from any vision problems (e.g. cataracts, keratoconus, myopia, presbyopia)? | No | Yes |
| 3. Do you suffer, or have you suffered, from dermatological problems (e.g. psoriasis, acne)? | No | Yes |
| 4. Do you suffer, or have you suffered, from diabetes (or similar conditions, such as insulin resistance)? | No | Yes |
| 5. Do you suffer, or have you suffered, from high blood pressure? | No | Yes |
| 6. Do you suffer, or have you suffered, from osteopenia, osteoporosis, or osteoarthritis? | No | Yes |
| 7. Do you suffer, or have you suffered, from respiratory disorders (e.g. asthma, bronchitis)? | No | Yes |
| 8. Do you suffer, or have you suffered, from disorders of the genitourinary system (e.g., prostate problems, recurrent cystitis)? | No | Yes |
| 9. Do you suffer, or have you suffered, from allergies? | No | Yes |
| 10. Do you suffer, or have you suffered, from disturbances in reproductive capacity (e.g. infertility, miscarriage)? | No | Yes |
| 11. Do you suffer, or have you suffered, from neurological disturbances (e.g. epilepsy, Parkinson’s Diseases, Multiple Sclerosis)? |  |  |
| 12. Do you suffer, or have you suffered, from orthopedic problems (e.g., fractures, injuries)? | No | Yes |
| 13. Do you suffer, or have you suffered, from conditions causing persistent pain (e.g., headache, neuralgia, fibromyalgia)? | No | Yes |
| 14. Do you suffer, or have you suffered, from any endocrinological disorders (e.g. thyroid or adrenal disorders)? | No | Yes |
| 15. Do you suffer, or have you suffered, from heart arrhythmias? | No | Yes |
| 16. Do you suffer, or have you suffered, from persistent gastroenterological disorders (e.g. celiac disease, Crohn's disease, irritable bowel syndrome)? | No | Yes |
| 17. Have you ever been hospitalized for infectious conditions (e.g., infections related to pneumonia, chickenpox, tuberculosis, helicobacter pylori)? | No | Yes |
| 18. Do you currently suffer from one or more conditions that require daily assumption of medications? | No | Yes |
| 19. In the last period (approximately last 3 months) have your health conditions contributed to generate problems in work or school performance? | No | Yes |
| 20. In the last period (approximately last 3 months) have you had problems related to limited mobility or limited ability to move? | No | Yes |
| 21. In the last period (approximately last 3 months) have you lost more hair than usual? | No | Yes |
| 22. In the last period (approximately last 3 months) have you had problems in the sexual sphere? | No | Yes |
| 23. In the last period (approximately last 3 months) have you lost weight without trying? | No | Yes |
| 24. In the last period (approximately last 3 months) have you experienced incidental falls to the ground and/or postural instability? | No | Yes |
| 25. In the last period (approximately last 3 months) have you experienced urinary urgency/ urinary incontinency? | No | Yes |
| 26. BMI <18.5 o ≥25\* | Absent | Present |

\*Based on self-reported height and weight

Supplementary Table 2- Zero-order Pearson's correlation between Frailty Index, Relationship Questionnaire and Childhood Trauma Questionnaire

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **FI** | **RQ-Sec** | **RQ-Fear** | **RQ-Preoc** | **RQ-Dism** | **CTQ EA** | **CTQ PA** | **CTQ SA** | **CTQ EN** | **CTQ PN** | **CTQ tot** |
| **FI** | 1 | -0.060 | 0.144\*\* | 0.188\*\*\* | -0.025 | 0.220\*\*\* | 0.168\*\*\* | 0.095\* | 0.104\* | 0.056 | 0.184\*\*\* |
| **RQ-Sec** | -0.060 | 1 | -0.403\*\*\* | -0.186\*\*\* | -0.234\*\*\* | -0.191\*\*\* | -0.190\*\*\* | -0.051 | -0.293\*\*\* | -0.189\*\*\* | -0.282\*\*\* |
| **RQ-Fear** | 0.144\*\* | -0.403\*\*\* | 1 | 0.263\*\*\* | 0.025 | 0.220\*\*\* | 0.124\*\* | 0.073 | 0.276\*\*\* | 0.147\*\* | 0.270\*\*\* |
| **RQ-Preoc** | 0.188\*\*\* | -0.186\*\*\* | 0.263\*\*\* | 1 | -0.036 | 0.282\*\*\* | 0.143\*\* | 0.037 | 0.216\*\*\* | 0.151\*\* | 0.260\*\*\* |
| **RQ-Dism** | -0.025 | -0.234\*\*\* | 0.025 | -0.036 | 1 | 0.045 | 0.016 | -0.033 | 0.086\* | 0.075 | 0.066 |
| **CTQ EA** | 0.220\*\*\* | -0.191\*\*\* | 0.220\*\*\* | 0.282\*\*\* | 0.045 | 1 | 0.527\*\*\* | 0.244\*\*\* | 0.523\*\*\* | 0.344\*\*\* | 0.799\*\*\* |
| **CTQ PA** | 0.168\*\*\* | -0.190\*\*\* | 0.124\*\* | 0.143\*\* | 0.016 | 0.527\*\*\* | 1 | 0.350\*\*\* | 0.339\*\*\* | 0.366\*\*\* | 0.648\*\*\* |
| **CTQ SA** | 0.095\* | -0.051 | 0.073 | 0.037 | -0.033 | 0.244\*\*\* | 0.350\*\*\* | 1 | 0.117\*\* | 0.144\*\* | 0.438\*\*\* |
| **CTQ EN** | 0.104\* | -0.293\*\*\* | 0.276\*\*\* | 0.216\*\*\* | 0.086\* | 0.523\*\*\* | 0.339\*\*\* | 0.117\*\* | 1 | 0.579\*\*\* | 0.842\*\*\* |
| **CTQ PN** | 0.056 | -0.189\*\*\* | 0.147\*\* | 0.151\*\* | 0.075 | 0.344\*\*\* | 0.366\*\*\* | 0.144\*\* | 0.579\*\*\* | 1 | 0.668\*\*\* |
| **CTQ tot** | 0.184\*\*\* | -0.282\*\*\* | 0.270\*\*\* | 0.260\*\*\* | 0.066 | 0.799\*\*\* | 0.648\*\*\* | 0.438\*\*\* | 0.842\*\*\* | 0.668\*\*\* | 1 |

\*p<0.05. \*\* p<0.005. \*\*\*p<0.001

Note: FI: Frailty Index; RQ-Sec: Relationship Questionnaire Security; RQ-Fear: Relationship Questionnaire Fearful-avoidance; RQ-Preoc: Relationship Questionnaire Preoccupation; RQ-Dism: Relationship Questionnaire Dismissing-avoidance; CTQ EA: Childhood Trauma Questionnaire Emotional Abuse; CTQ PA: Childhood Trauma Questionnaire Physical Abuse; CTQ SA: Childhood Trauma Questionnaire Sexual Abuse; CTQ EN: Childhood Trauma Questionnaire Emotional Neglect; CTQ PN: Childhood Trauma Questionnaire Physical Neglect; CTQ tot: Childhood Trauma Questionnaire Total Score