

Causal Claims Tables

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Summary Statistics Table

Table 1: **Summary Statistics for NLSY Variables** Physical Health scale ranges from 10 to 70. Depression measure from CES-D, ranging from 0 to 24; Neuroticism and Conscientiousness derived from TIPI, ranging from 1 to 7; Education represents highest grade completed, ranging from 0 (none) to 20 (eight years of college or more); Income represents total net family income in 2014 dollars

Variable	Mean	Standard Deviation	Minimum	25th Percentile	50th Percentile	75th Percentile	Maximum	Number of Observations
Physical Health ⁱ	51.99	8.08	11.22	51.26	54.84	56.51	68.37	8,402
Physical Health ⁱⁱ	49.09	10.29	11.22	46.67	53.55	55.50	67.31	7,804
Depression ⁱⁱ	3.88	4.51	0.00	0.00	2.00	6.00	21.00	7,813
Neuroticism	2.90	1.39	1.00	2.00	3.00	4.00	7.00	6,969
Conscientiousness	5.73	1.32	1.00	5.00	6.00	7.00	7.00	6,966
Education ⁱⁱ	13.33	2.57	0.00	12.00	12.00	15.00	20.00	7,693
Income ⁱⁱ	68,487.81	85,978.38	-3.26	11,342.18	47,000.00	94,861.85	595,986.00	7,693

ⁱAs measured at age 40

ⁱⁱAs measured at age 50

Does Conscientiousness Causally Influence Physical Health (At Age 50)?

Characteristic	Beta	T-Statistic	95% CI	P-Value
age_50_physical_health_mean	-0.85	-39.5	-0.90, -0.81	<0.001
conscientiousness_diff	0.01	1.26	-0.01, 0.04	0.2

Characteristic	Beta	T-Statistic	95% CI	P-Value
conscientiousness_mean	0.05	2.46	0.01, 0.09	0.014
sex_1	-0.02	-0.516	-0.08, 0.05	0.6
race_1	-0.03	-1.34	-0.07, 0.01	0.2
sex_2	0.07	2.12	0.01, 0.13	0.034

Does Conscientiousness Causally Influence Mental Health (Depression)?

Characteristic	Beta	T-Statistic	95% CI	P-Value
depression_mean	0.83	40.2	0.79, 0.87	<0.001
conscientiousness_diff	-0.02	-2.10	-0.04, 0.00	0.036
conscientiousness_mean	0.04	2.08	0.00, 0.08	0.038
sex_1	0.04	1.39	-0.02, 0.10	0.2
race_1	-0.08	-3.93	-0.12, -0.04	<0.001
sex_2	-0.07	-2.17	-0.12, -0.01	0.030

Does Conscientiousness Causally Influence Mental Health (Depression) with Income and Highest Grade Level (At Age 50) as Covariates?

Characteristic	Beta	T-Statistic	95% CI	P-Value
depression_mean	0.82	22.0	0.75, 0.89	<0.001
conscientiousness_diff	-0.02	-1.03	-0.06, 0.02	0.3
highest_grade_at_age_50_diff	0.00	0.391	-0.02, 0.02	0.7
tnfi_at_age_50_diff	0.00	-0.209	0.00, 0.00	0.8
conscientiousness_mean	0.00	0.065	-0.07, 0.07	>0.9
highest_grade_at_age_50_mean	0.00	0.126	-0.02, 0.03	0.9
tnfi_at_age_50_mean	0.00	0.531	0.00, 0.00	0.6
sex_1	0.10	2.08	0.01, 0.20	0.038
race_1	-0.04	-1.07	-0.10, 0.03	0.3
sex_2	-0.04	-0.841	-0.14, 0.06	0.4

Does Neuroticism Causally Influence Mental Health (Depression)?

Characteristic	Beta	T-Statistic	95% CI	P-Value
depression_mean	0.83	39.1	0.79, 0.87	<0.001
neuroticism_diff	0.05	4.43	0.03, 0.07	<0.001
neuroticism_mean	-0.03	-1.47	-0.07, 0.01	0.14
sex_1	0.03	1.02	-0.03, 0.09	0.3
race_1	-0.08	-3.94	-0.12, -0.04	<0.001
sex_2	-0.05	-1.83	-0.11, 0.00	0.068