

Appendix

Table 1

The relationship between basic psychological needs (BPNS), loneliness (DJGLS), purpose in life (PIL) and sense of coherence (SOC), perceived social support (MOS-SSS-H), and well-being (WBI) scores. Spearman correlations are indicated with bold, italics. On the left side of each column the value of Pearson's r or Spearman's rho is written whereas on the right side, the corresponding p-values can be seen.

	Relatedness		Competence		Autonomy	
<i>DJGLS</i>	-0.659	<.001	-0.499	<.001	-0.497	<.001
<i>PIL</i>	0.651	<.001	0.795	<.001	0.545	<.001
SOC	0.512	<.001	0.609	<.001	0.413	<.001
<i>MOS-SSS-H</i>	0.772	<.001	0.593	<.001	0.571	<.001
WBI	0.484	<.001	0.467	<.001	0.243	0.055

Table 2

Differences in terms of relatedness, competence, autonomy, loneliness (DJGLS), sense of coherence (SOC), purpose in life (PIL), perceived social support (MOS-SSS-H), and well-being (WBI) scores between elderly living in retirement homes (NH) and those living in their own homes (OH). In case of PIL, DJGLS, SOC, and MOS-SSS-H scores, the medians are provided to compare the two groups since non-parametric tests were used to assess the differences among them. In the first row under the title of each column, the statistical report is reported. In case of statistically significant results, the effect size (Cohen's d in parametric and rank biserial correlation/ rbc in case of non-parametric tests) is also provided.

	Relatedness	competence	Autonomy	DJGLS	PIL
	t(67)=-3.13; p=0.003	t(65)=-2.89; p=0.005	U=196; p<.001	U=267; p=0.007	t(54)=-3.75; p<.001
NH	Mean=39.80	Mean=26.19	Median=29	Median=5	Median=92
OH	Mean=45.52	Mean=30.57	Median=38.5	Median=3	Median=114
Effect size	Cohen's d=-0.783	Cohen's d=-0.762	Rbc=0.629	Rbc=0.409	Cohen's d=-1.057

	Global MOS-SSS	MOS-SSS instrumental	MOS-SSS emotional-informational	MOS-SSS affective-positive social interaction	MOS-SSS item1
	U=252; p=0.061	U=367; p=0.225	U=338; p=0.019	U=284; p=0.033	U=150; p=0.005
NH (median)	60.32	17	32	27	5
OH (median)	65.20	19	36	32	10
Effect size (rbc)	NS	NS	0.347	0.336	0.483

	SOC	WBI
	t(61)=-1.54; p=0.129	t(63)=-1.10; p=0.277
NH	Mean=60.32	Mean=7.59
OH	Mean=65.20	Mean=8.63

Table 3

Significant time main effect based on the SOC sum scores. SOC scores were significantly higher in both the control and treatment groups after the experiment (The jamovi project, 2022).

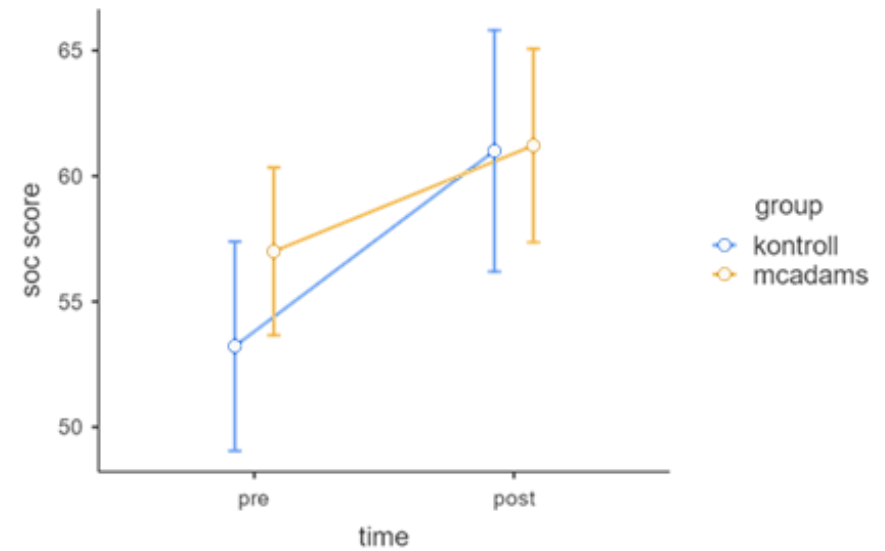


Table 4

Significant time main effect observed upon analyzing DJGLS-H sum scores. DJGLS-H scores decreased significantly in both groups (The jamovi project, 2022).

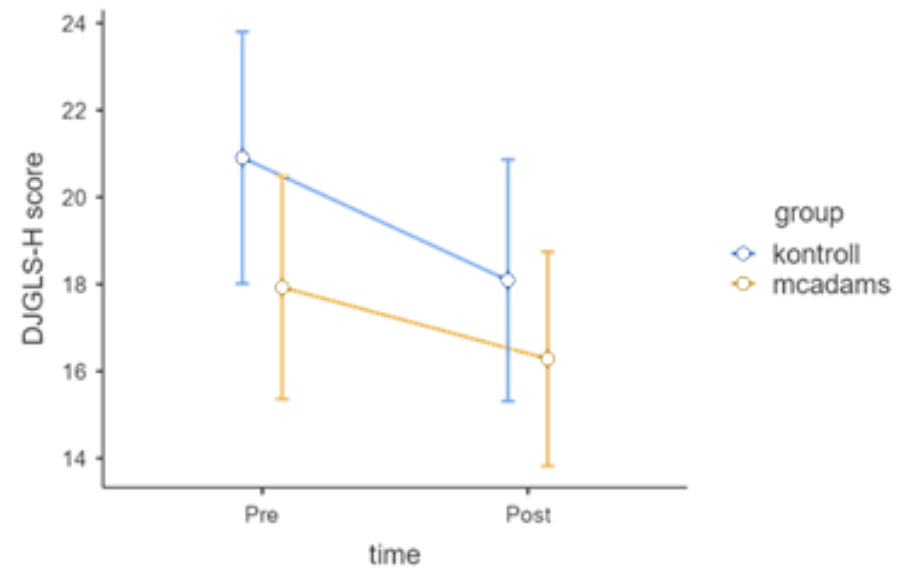


Table 5

WBI scores before and after the experiment. The mixed ANOVA analysis yielded only nonsignificant results (The jamovi project, 2022).

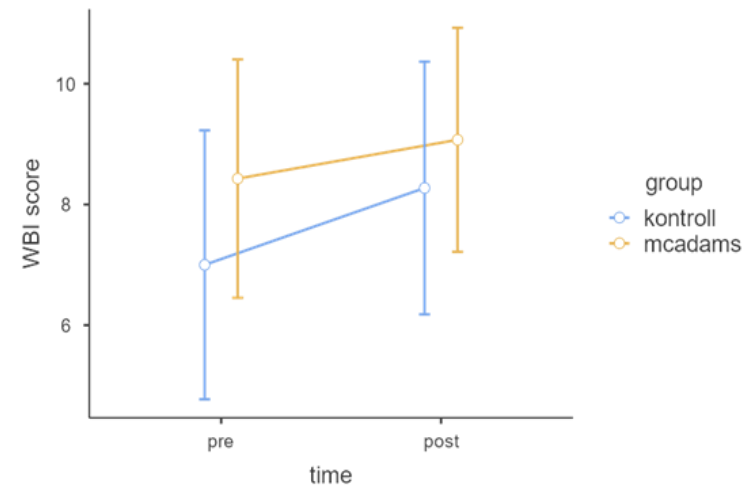


Table 6

Positive emotional states before and after each session. The treatment group's PAS scores peaked after the second session probably due to the topic that was being discussed. PAS scores were higher in both groups after the conversations except for the first session in the McAdams group. Because the affective state of individuals changes the PAS scores served solely to give immediate feedback about the sessions' effects on the participants (The jamovi project, 2022).

