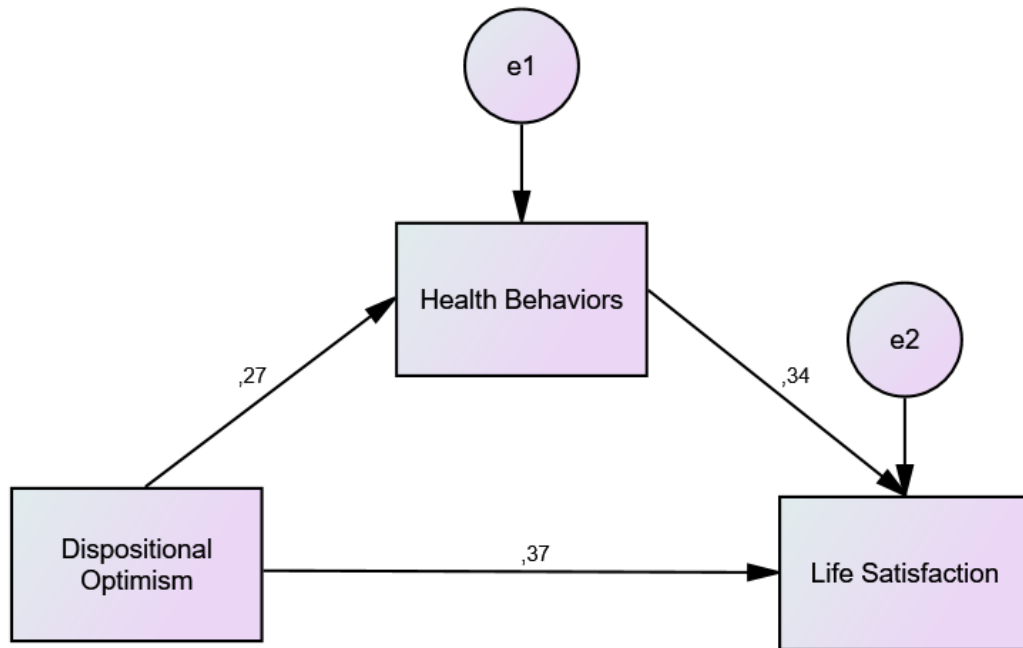
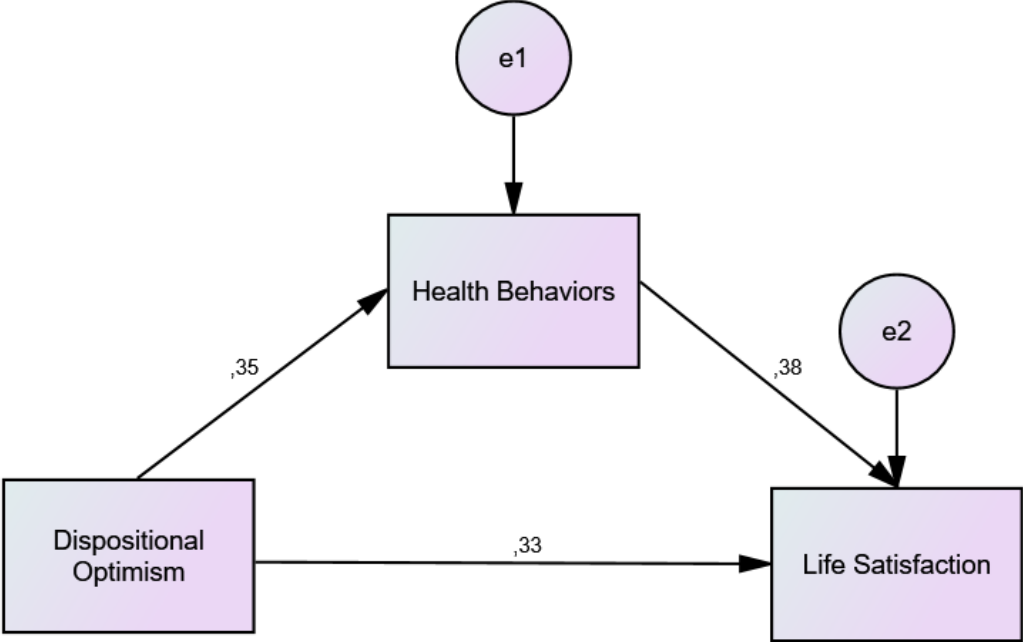


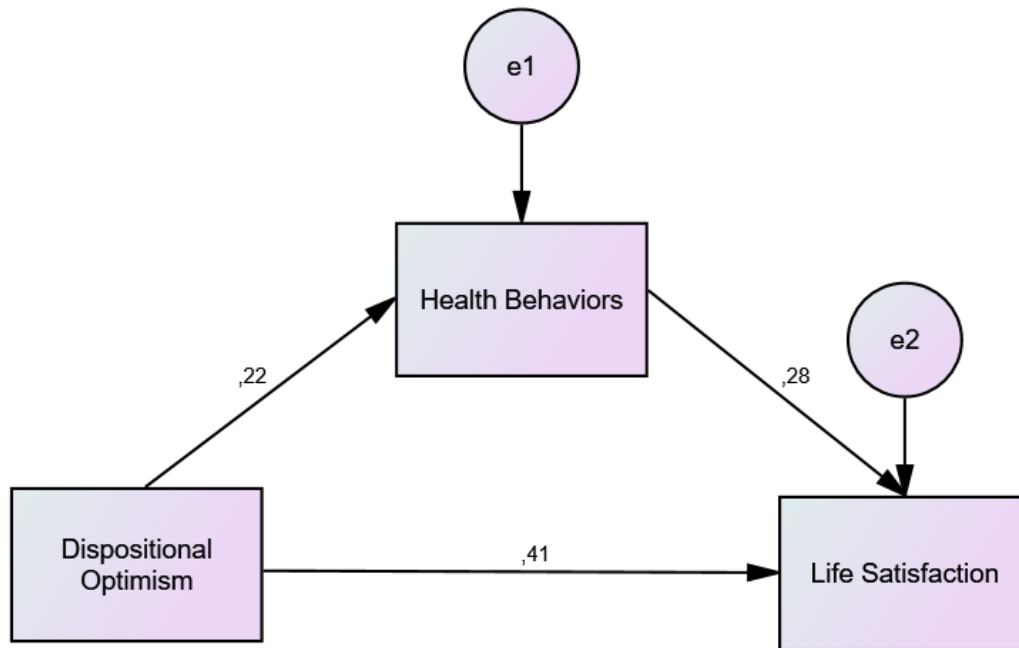
## SUPPLEMENTARY MATERIALS



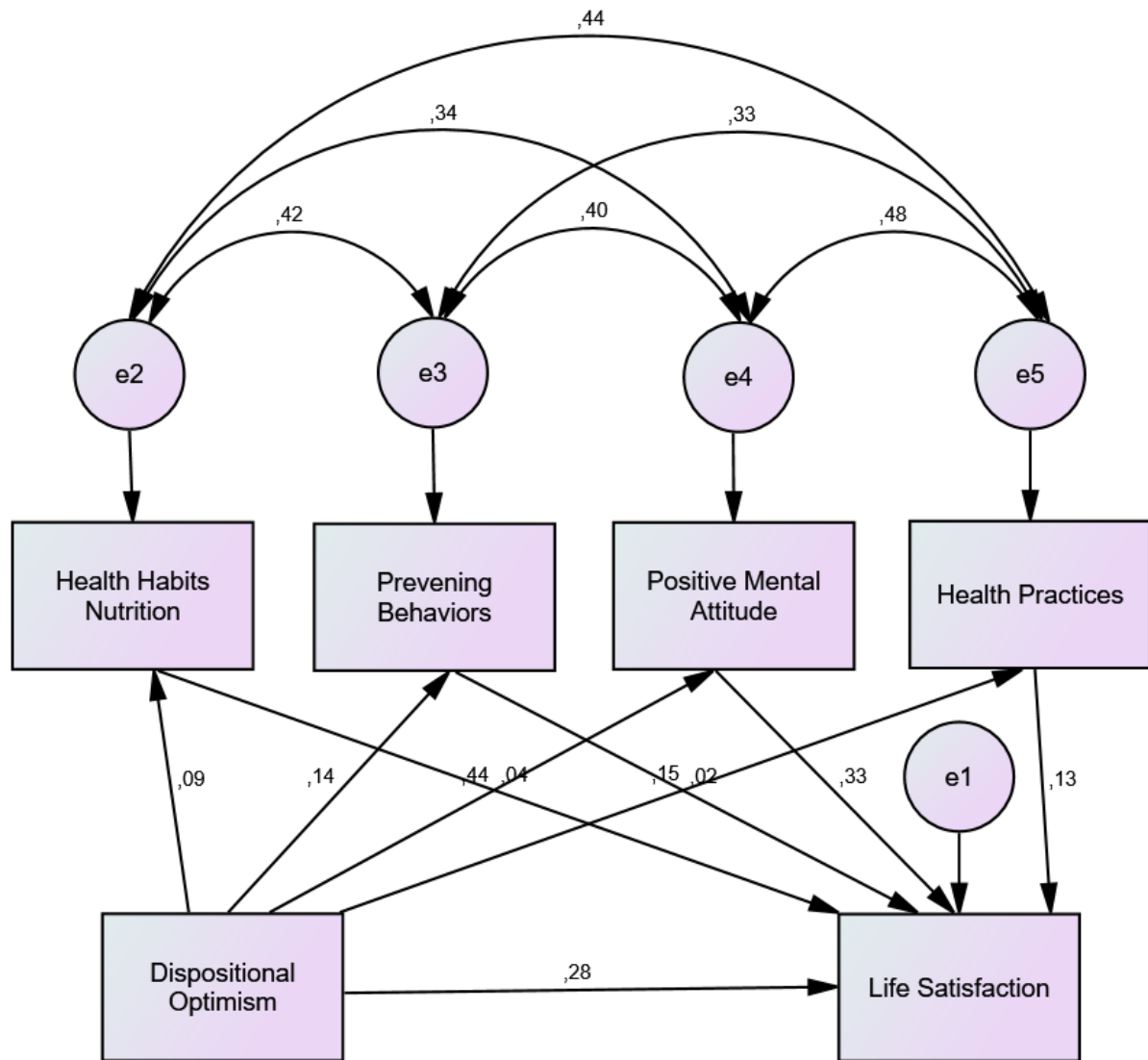
**Figure S1.** Standardized path coefficient for the single mediation model, examining indirect effect of dispositional optimism on life satisfaction via health behaviors, performed in the total sample ( $N = 349$ ).



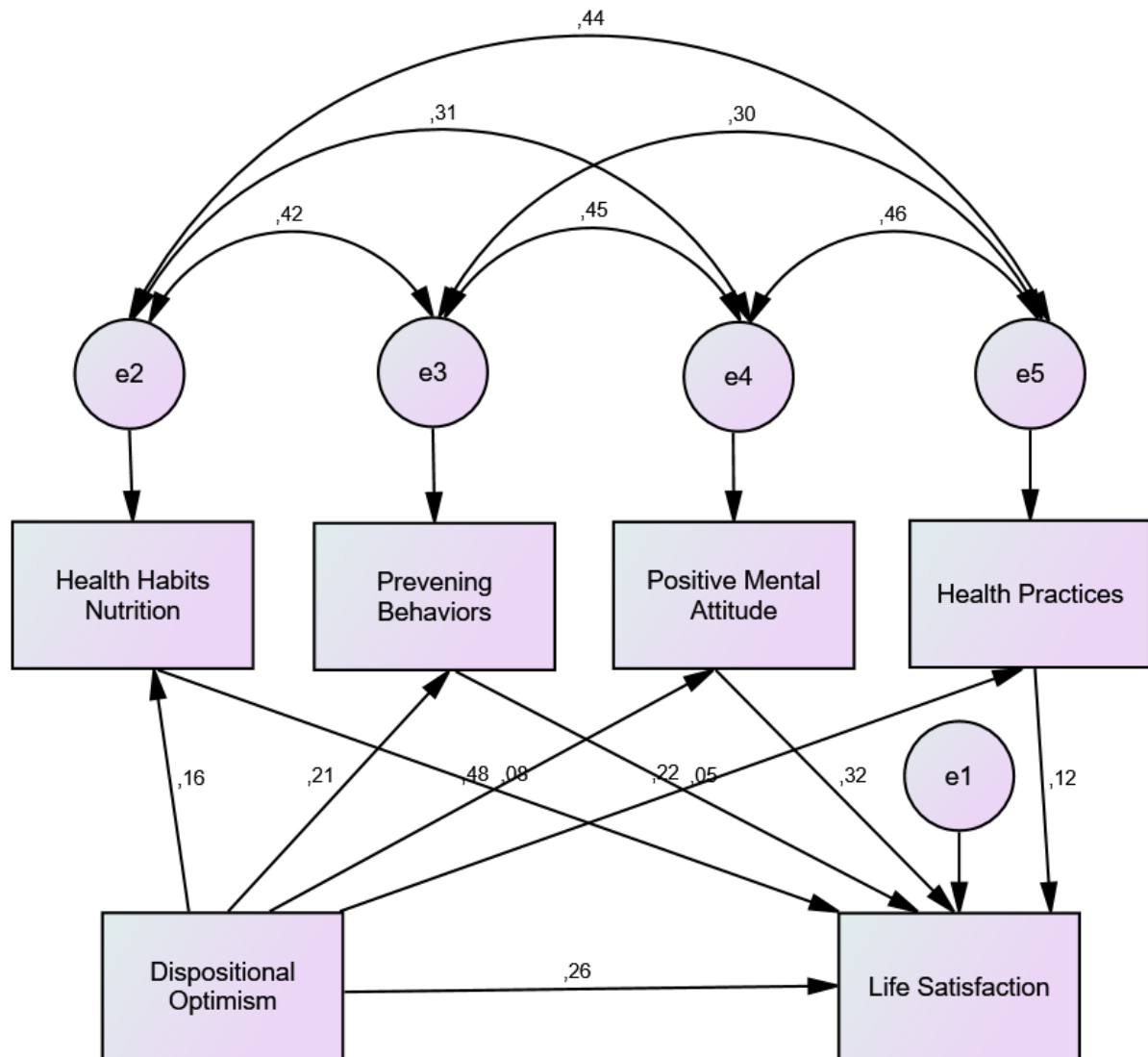
**Figure S2.** Standardized path coefficient for the single mediation model, examining indirect effect of dispositional optimism on life satisfaction via health behaviors, performed in the sample of women ( $n = 202$ ).



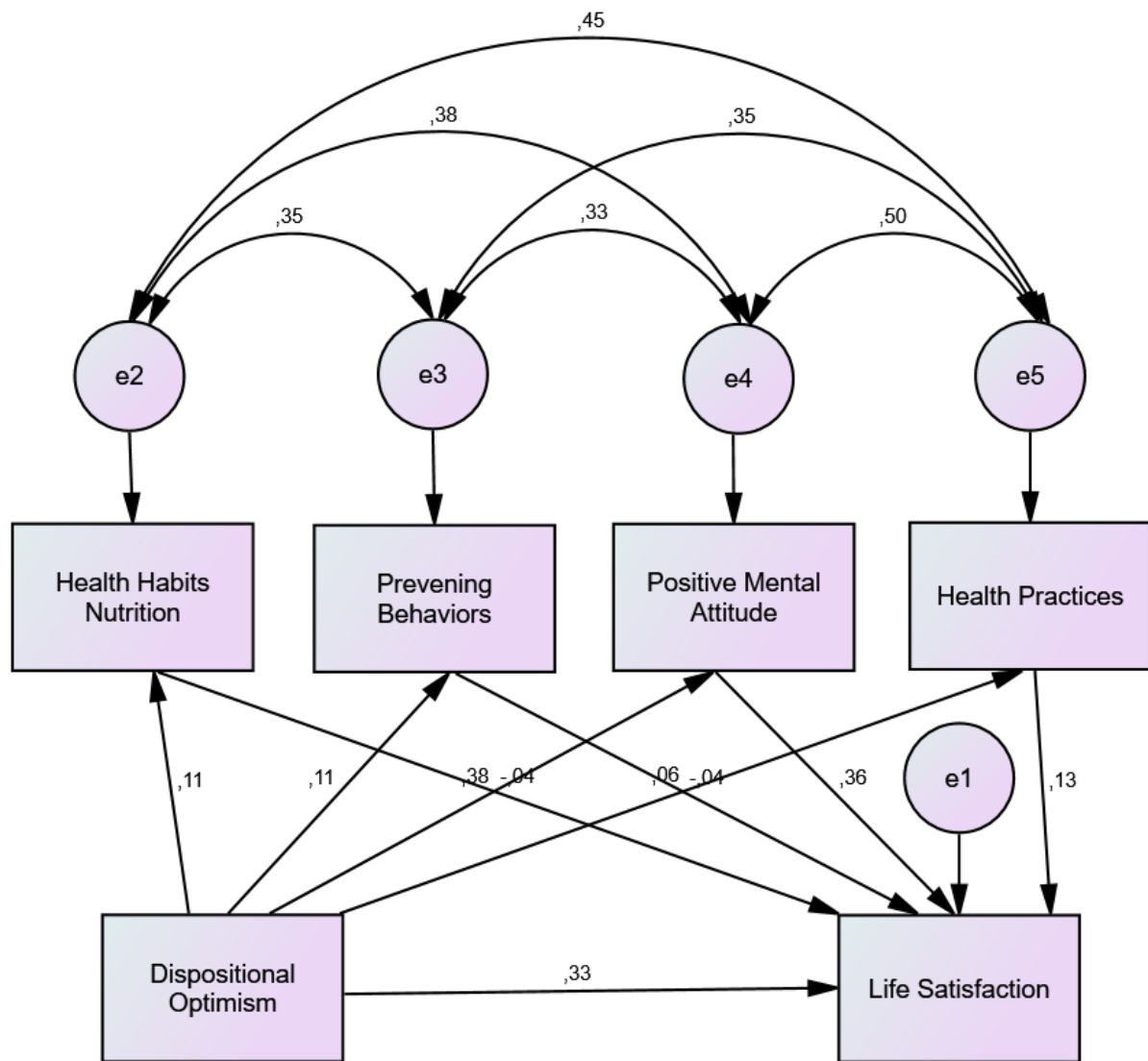
**Figure S3.** Standardized path coefficient for the single mediation model, examining indirect effect of dispositional optimism on life satisfaction via health behaviors, performed in the sample of men ( $n = 147$ ).



**Figure S4.** Standardized path coefficient for the parallel mediation model, examining indirect effect of dispositional optimism on life satisfaction via four dimensions of health behaviors (healthy habits nutrition, preventive behavior, positive mental attitude, and healthy practices), performed in the total sample ( $N = 349$ ).



**Figure S5.** Standardized path coefficient for the parallel mediation model, examining indirect effect of dispositional optimism on life satisfaction via four dimensions of health behaviors (healthy habits nutrition, preventive behavior, positive mental attitude, and healthy practices), performed in the sample of women ( $n = 202$ ).



**Figure S6.** Standardized path coefficient for the parallel mediation model, examining indirect effect of dispositional optimism on life satisfaction via four dimensions of health behaviors (healthy habits nutrition, preventive behavior, positive mental attitude, and healthy practices), performed in the sample of men ( $n = 147$ ).