

Supplement 1

Table A1 *The description of retirement styles/concepts/modes in the initial literature*

	Walker, Kimmel, and Price (1981)	Hornstein and Wapner (1985)	Schlossberg (2007), Maggiori et al. (2014)
1	Reorganizer: The retirees who have substituted <i>new</i> activities for the work that they have left. The retirees have remained active but in a newly reorganized life pattern.	Opportunity to make a new start: Retirement is welcomed as a start to a <i>new</i> phase of life. Retirees can live by their own needs, desires, and goals, exemptions from the demands and demands of others.	Adventurers: Opportunity to change daily life, habits, and organization of own time and space differently. Willingness to learn <i>new</i> skills and discover new horizons. Possibility to move to a different city or to do another change in the life course.
2	Holding On: The workers do not accept retirement after reaching retirement age. They have been highly active and wanted to <i>continue working</i> indefinitely.	Continuation of pre-retirement lifestyle: Retirement is not a big event, and life continues in established schemes. However, the most rated activities continue in a more satisfactory and less demanding way.	Continuers: <i>Continue</i> professional life. Retirement does not represent an important event (there is the intention to continue work, full or part-time). They use personal competencies to stay active.
3	Rocking Chair: The persons who have been generally satisfied with their decline in activity and made the decision to <i>disengage</i> from the pace of life without giving up.	Transition to old age: Retirement is not the time to start new projects. It is time to <i>reduce</i> the level of activity. The need for <i>rest</i> , reflection, balance, and the intention to put your life in order dominate.	Easy Gliders: Period of freedom, take things as they come, volition to not specify projects for the future. Do sports or leisure activities on one day and spend time with friends and family on another day, etc. Stay open to any opportunity, and <i>live day by day</i> without losing control of one's own life.
4	Dissatisfied: The people are less active and feel it is <i>difficult</i> to maintain activity as necessary for them.	Unwelcome imposed disruption: Retirement means the loss of a highly valued activity for which there is no compensation; the loss of the world of work. Retirement has no inner meaning. It is a <i>frustrating</i> period.	Retreaters: Retirement represents a <i>negative</i> life stage without meaning. They prefer the past professional life, see retired people as useless, and perceive retirement as a period of loneliness and boredom. Some retirement plans but all unfeasible. No plans for occupation or leisure activities.
5			Searchers: Doubts and uncertainty about life as a retired person. They consider different activities but are unable to find something that fits. A relative apprehension concerning the future. A challenging but transitional situation, and trust in reaching a new personal balance.