
Research article

Perceived financial freedom among older adults: Relationships with financial preparation for retirement and risky indebtedness

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Supplementary

Appendix A

Table A.1. Items of the scales: perceived financial freedom, financial preparation for retirement, and risky indebtedness behavior.

Construct	Item	Scale
Perceived Financial Freedom	Item 1	My resources are sufficient for my lifestyle. 1 - Never 2 - Rarely 3 - Sometimes 4 - Often 5 - Always
	Item 2	I am able to cover the expenses of a vacation trip. - Always
	Item 3	I have enough money to invest in leisure activities.
	Item 4	My financial situation allows me to live comfortably.
	Item 5	I feel financially secure.

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Construct	Item	Scale	
Future Expectations	Item 6	My financial situation allows me to have the things I like.	
	Item 7	My finances allow me to enjoy life.	
	Item 8	I achieve the financial goals I set for myself.	
	Item 9	My money is enough to satisfy my everyday needs.	
	Item 10	I believe I'm saving enough to secure the standard of living I want in retirement.	
Financial Planning	Item 11	I feel that I will achieve the financial goals I set for myself.	
	Item 12	I feel able to save enough money to last me until the end of my life.	
	Item 13	I feel that I will be financially secure until the end of my life.	
	Item 14	I think a lot about future finances.	
	Item 15	I often compare my current financial position with the financial position I would like to have in retirement.	
Saving Behavior	Item 16	I think about the financial issues of retired people.	
	Item 17	I often talk to my family about financial issues for retired people.	
	Item 18	I feel able to save money to make my dreams come true.	
	Item 19	I save part of the money I receive monthly for a future need.	
	Item 20	I save part of my income every month.	
Risky Indebtedness Behavior	Item 21	I save money regularly to achieve long-term financial goals.	
	Item 22	I start saving more when I get a pay rise.	
	Item 23	I am often in debt much more than I can pay.	1 - Strongly Disagree 2 - Disagree 3 - Neutral 4 - Agree 5 - Strongly Agree
	Item 24	I often have to pay fines (or interests) for paying overdue bills.	
	Item 25	I often borrow money to pay off my debts.	
	Item 26	I am often in debt for much more than my monthly income.	
	Item 27	My debts damage my life goals. such as saving money. investing in education or buying my own home.	

Note: Perceived financial freedom (Vieira et al., 2024); *future expectations*, *financial planning*, and *saving behavior* are the three dimensions of the financial preparation for retirement scale (Vieira et al., 2022); and Risky indebtedness behavior items are part of the risky indebtedness behavior scale (Abrantes-Braga & Veludo-de-Oliveira, 2019, 2020).



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