**Supplementary Table S1. Lifespan data of α-arrestin RNAi clones**

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| --- | --- | --- | --- | --- | --- | --- |
| **Strain/treatment** | **Mean lifespan ±SEM**  **(days)** | **75th percentile** | **% change** | **Number of animals that died/total** | ***p* value vs. control** | **Figure in text** |
| WT/control RNAi | 17.4±0.4 | 22 |  | 172/240 |  | Fig. 1D, 1F, S1A, S1B, S1C, S1D |
| WT/*daf-16* RNAi | 14.0±0.3 | 16 | -19.6% | 158/240 | <0.0001 | Fig. S1A |
| WT/*arrd-1* RNAi | 17.3±0.3 | 20 | -1.0% | 158/240 | 0.4068 | Fig. 1D |
| WT/*arrd-2* RNAi | 17.5±0.3 | 20 | +0.6% | 171/240 | 0.7799 | Fig. S1B |
| WT/*arrd-3* RNAi | 19.2±0.3 | 23 | +10.0% | 182/240 | 0.0045 | Fig. 1F |
| WT/*arrd-4* RNAi | 18.3±0.4 | 23 | +5.2% | 168/240 | 0.0798 | Fig. S1C |
| WT/*arrd-5* RNAi | 17.4±0.3 | 20 | -0.3% | 163/240 | 0.4941 | Fig. S1D |
| *daf-2(e1370)*/control RNAi | 43.7±0.7 | 49 | +150.5%  (vs. WT/ctrl RNAi) | 147/210 | <0.0001 | Fig. 1D, 1F, S1A, S1B, S1C, S1D |
| *daf-2(e1370)*/*daf-16* RNAi | 22.5±0.4 | 28 | -48.5% | 211/240 | <0.0001 | Fig. S1A |
| *daf-2(e1370)*/*arrd-1* RNAi | 40.8±0.9 | 46 | -6.6% | 124/180 | 0.0274 | Fig. 1D |
| *daf-2(e1370)*/*arrd-2* RNAi | 41.5±0.7 | 46 | -5.1% | 175/210 | 0.0115 | Fig. S1B |
| *daf-2(e1370)*/*arrd-3* RNAi | 43.3±0.7 | 49 | -0.8% | 192/240 | 0.9633 | Fig. 1F |
| *daf-2(e1370)*/*arrd-4* RNAi | 41.7±0.7 | 49 | -4.5% | 203/240 | 0.1107 | Fig. S1C |
| *daf-2(e1370)*/*arrd-5* RNAi | 41.1±0.6 | 46 | -5.9% | 194/240 | 0.0026 | Fig. S1D |
| WT/control RNAi | 21.7±0.4 | 24 |  | 181/240 |  | Fig. S1E, S1F, S1G, S1H, S1I |
| WT/*daf-16* RNAi | 17.6±0.3 | 22 | -18.6% | 193/240 | <0.0001 |  |
| WT/*arrd-6* RNAi | 20.5±0.4 | 24 | -5.3% | 176/240 | 0.2356 | Fig. S1E |
| WT/*arrd-7* RNAi | 20.9±0.4 | 24 | -3.4% | 188/240 | 0.3993 | Fig. S1F |
| WT/*arrd-8* RNAi | 20.5±0.4 | 24 | -5.3% | 182/240 | 0.3324 | Fig. S1G |
| WT/*arrd-9* RNAi | 20.8±0.4 | 24 | -4.1% | 178/240 | 0.2675 | Fig. S1H |
| WT/*arrd-10* RNAi | 20.2±0.4 | 24 | -6.6% | 184/240 | 0.072 | Fig. S1I |
| *daf-2(e1370)*/control RNAi | 44.3±0.7 | 51 | +104.6%  (vs. WT/ctrl RNAi) | 195/240 | <0.0001 | Fig. S1E, S1F, S1G, S1H, S1I |
| *daf-2(e1370)*/*daf-16* RNAi | 25.3±0.4 | 30 | -42.9% | 197/241 | <0.0001 |  |
| *daf-2(e1370)*/*arrd-6* RNAi | 44.3±0.7 | 51 | -0.1% | 194/240 | 0.4514 | Fig. S1E |
| *daf-2(e1370)*/*arrd-7* RNAi | 43.1±0.7 | 51 | -2.8% | 209/240 | 0.443 | Fig. S1F |
| *daf-2(e1370)*/*arrd-8* RNAi | 43.3±0.7 | 48 | -2.2% | 199/240 | 0.0516 | Fig. S1G |
| *daf-2(e1370)*/*arrd-9* RNAi | 43.6±0.7 | 51 | -1.6% | 207/240 | 0.0729 | Fig. S1H |
| *daf-2(e1370)*/*arrd-10* RNAi | 46.0±0.8 | 55 | +3.9% | 207/240 | 0.0158 | Fig. S1I |
| WT/control RNAi | 19.8±0.3 | 24 |  | 201/240 |  | Fig. 1C, S1K, S1L, S1M, S1O |
| WT/*daf-16* RNAi | 14.8±0.2 | 17 | -25.3% | 205/240 | <0.0001 |  |
| WT/*arrd-13* RNAi | 18.7±0.3 | 22 | -5.8% | 186/210 | 0.003 | Fig. S1K |
| WT/*arrd-14* RNAi | 19.1±0.3 | 22 | -3.5% | 193/240 | 0.0509 | Fig. S1L |
| WT/*arrd-15* RNAi | 18.9±0.3 | 22 | -4.9% | 214/240 | 0.0831 | Fig. S1M |
| WT/*arrd-16* RNAi | 18.0±0.3 | 20 | -9.3% | 209/240 | 0.0001 | Fig. 1C |
| WT/*arrd-18* RNAi | 18.9±0.3 | 22 | -4.7% | 214/240 | 0.1381 | Fig. S1O |
| *daf-2(e1370)*/control RNAi | 44.9±0.9 | 53 | +126.4%  (vs. WT/ctrl RNAi) | 172/210 | <0.0001 | Fig. 1C, S1K, S1L, S1M, S1O |
| *daf-2(e1370)*/*daf-16* RNAi | 23.5±0.3 | 26 | -47.8% | 202/240 | <0.0001 |  |
| *daf-2(e1370)*/*arrd-13* RNAi | 45.7±0.9 | 53 | +1.8% | 152/210 | 0.4607 | Fig. S1K |
| *daf-2(e1370)*/*arrd-14* RNAi | 42.9±0.8 | 50 | -4.3% | 165/240 | 0.0433 | Fig. S1L |
| *daf-2(e1370)*/*arrd-15* RNAi | 45.8±0.7 | 51 | +2.0% | 187/240 | 0.8875 | Fig. S1M |
| *daf-2(e1370)*/*arrd-16* RNAi | 43.3±0.8 | 51 | -3.6% | 187/240 | 0.1174 | Fig. 1C |
| *daf-2(e1370)*/*arrd-18* RNAi | 45.1±1.0 | 53 | +0.5% | 145/180 | 0.486 | Fig. S1O |
| WT/control RNAi | 18.0±0.3 | 21 |  | 220/240 |  | Fig. 1E, S1Q, S1R, S1S, S1T |
| WT/*daf-16* RNAi | 14.9±0.2 | 17 | -17.7% | 206/240 | <0.0001 |  |
| WT/*arrd-23* RNAi | 16.8±0.3 | 19 | -7.0% | 210/240 | 0.008 | Fig. S1Q |
| WT/*arrd-24* RNAi | 16.1±0.2 | 18 | -11.0% | 212/240 | <0.0001 | Fig. 1E |
| WT/*arrd-25* RNAi | 16.9±0.3 | 19 | -6.5% | 202/240 | 0.0022 | Fig. S1R |
| WT/*arrd-26* RNAi | 17.2±0.3 | 19 | -4.5% | 221/240 | 0.1342 | Fig. S1S |
| WT/*arrd-28* RNAi | 17.5±0.3 | 21 | -2.8% | 221/240 | 0.2188 | Fig. S1T |
| *daf-2(e1370)*/control RNAi | 45.9±0.8 | 53 | +154.6%  (vs. WT/ctrl RNAi) | 201/210 | <0.0001 | Fig. 1E, S1Q, S1R, S1S, S1T |
| *daf-2(e1370)*/*daf-16* RNAi | 20.3±0.4 | 24 | -55.8% | 206/240 | <0.0001 |  |
| *daf-2(e1370)*/*arrd-23* RNAi | 44.2±0.7 | 52 | -3.9% | 228/240 | 0.0039 | Fig. S1Q |
| *daf-2(e1370)*/*arrd-24* RNAi | 43.0±0.8 | 50 | -6.4% | 193/211 | <0.0001 | Fig. 1E |
| *daf-2(e1370)*/*arrd-25* RNAi | 43.7±0.6 | 50 | -4.8% | 211/240 | <0.0001 | Fig. S1R |
| *daf-2(e1370)*/*arrd-26* RNAi | 44.7±0.6 | 52 | -2.7% | 223/241 | 0.0006 | Fig. S1S |
| *daf-2(e1370)*/*arrd-28* RNAi | 43.5±0.9 | 50 | -5.2% | 137/150 | <0.0001 | Fig. S1T |
| WT/control RNAi | 20.3±0.4 | 24 |  | 184/240 |  | Fig. S1J, S1N, S1P, S1U |
| WT/*daf-16* RNAi | 15.6±0.4 | 18 | -23.0% | 175/240 | <0.0001 |  |
| WT/*arrd-11* RNAi | 20.2±0.4 | 25 | -0.7% | 194/240 | 0.7707 | Fig. S1J |
| WT/*arrd-17* RNAi | 20.5±0.4 | 24 | +1.0% | 187/240 | 0.9914 | Fig. S1N |
| WT/*arrd-19* RNAi | 19.6±0.4 | 24 | -3.7% | 183/240 | 0.1891 | Fig. S1P |
| WT/*ttm-2* RNAi | 19.1±0.4 | 24 | -5.9% | 171/240 | 0.0729 | Fig. S1U |
| *daf-2(e1370)*/control RNAi | 43.0±0.7 | 50 | +111.6%  (vs. WT/ctrl RNAi) | 190/240 | <0.0001 | Fig. S1J, S1N, S1P, S1U |
| *daf-2(e1370)*/*daf-16* RNAi | 21.5±0.4 | 25 | -49.9% | 199/243 | <0.0001 |  |
| *daf-2(e1370)*/*arrd-11* RNAi | 42.2±0.7 | 50 | -1.8% | 175/210 | 0.3156 | Fig. S1J |
| *daf-2(e1370)*/*arrd-17* RNAi | 41.3±0.6 | 46 | -3.8% | 199/240 | 0.0156 | Fig. S1N |
| *daf-2(e1370)*/*arrd-19* RNAi | 41.1±0.6 | 46 | -4.4% | 201/240 | 0.0007 | Fig. S1P |
| *daf-2(e1370)*/*ttm-2* RNAi | 41.7±0.6 | 49 | -3.0% | 200/240 | 0.0041 | Fig. S1U |