Please contact X. Lu at xlu@whu.edu.cn with any questions regarding these data and their associated code.

Data are age, helper presence, whether receiving help (i.e. ever- and never-receiving help over life), fledgling number, territory quality, lifespan, and sex of ground tits in Dangxiong (30°28′N, 91°05′E, 4300 m elevation), south Tibet from 2006-2018.

Column headings (variable names):

Year	The year in which observations were taken. This was used in generalized linear mixed models as a random effect to account for repeated measures.
Individual_id	The individual that was monitored over study time. This was used in generalized linear mixed models as a random effect to account for repeated measures.
Mate_id	The social mate of the focal individual that was monitored in a given year. This was used in generalized linear mixed models as a random effect to account for repeated measures.
Individual_age	Individual age was the age of the focal individual in a given year.
Mate_age	Mate age was the age of the social mate of the focal individual in a given year.
Helper_presence	Helper presence was whether or not a helper appeared in a given nest.
Whether_receiving_help	Whether receiving help was whether or not the focal individual has received help over life.

Fledgling_number	Fledgling number was defined as the brood size at fledging.
Territory_quality	Territory quality was the quality of territory occupied by the focal individual. The study plot includes two sections, one along and the other far from, the river bank. The former has moister soil and better vegetation cover and thus more abundant soil invertebrates than the latter. The difference in habitat quality was set as a binary explanatory variable to specify each breeder.
Lifespan	Lifespan was defined as the interval between the year of birth (observed or inferred) and the year of death or last follow-up.
Sex	Sex (female or male) was set as a binary explanatory variable in the models.