Appendix File 1

Topic Guide for Key Informant Interviews

Interviewee Code: _______________ Retirement's years: ____________
Age: ___________________________ Education: ______________________
Interviewer: ____________________ Date: ________________________
Time Started: _________________ Time Ended: _________________

a) Explanation required
- Introduction (introduction and basic general explanations)
- Explanation of the purpose of the interview
- Explaining the work method and process
- Permission to use the audio recorder
- Ensuring the confidentiality of information
- Informed consent

b) In-depth interview

The interview will be guided by the following central questions. After each question, probing questions will be used to expand and deepen the findings.

- What comes to your mind when you hear the word retirement? (asking for full explanations to clarify the issue)
- What effect has retirement had on different dimensions of your life? (e.g., social life, financial situation, physical health, mental health)
- Has retirement affected the expectations of family members from you? How?
- What positive opportunities has retirement created for you that you didn't have while you were working?
- What difficulties has retirement created for you that you might think I wish I hadn't retired?!
- Do you feel that you have adjusted well to retirement? or have you coped?
  ➢ What helped you adapt to this change? What made it difficult for you to adapt to this change?
  ➢ What things or circumstances do you think can help you better cope with the different situations of the retirement course?

Probe questions
- Can you explain more?
- What do you mean when you said "...................." with more explanations?
- Can you give an example of your personal experience with your peers for this matter?

c) Closing
- We review the available notes for any needed clarification.
- We check the topic guide for the questions we missed.
- We thank the informants for time spent and for participation.