Appendix File 2

Topic Guide for Focus Group (FG) Participants

<table>
<thead>
<tr>
<th>Participant Code Number</th>
<th>Age</th>
<th>Education</th>
<th>Retirement’s years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Interviewer: ____________________           Date: ____________________

Time Started: ____________________        Time Ended: _______________

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

b) **In-depth Discussion**

The discussion 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?
- What are other’s opinions about what said by a member of the group?

c) **Exit question:**
- Is there anything else you would like to say about the retirement course?

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