Qualitative Interview Protocol
(Data Collection Questionnaire & Observational Checklist)

Title: Understanding elderly loneliness: A socio-psychological analysis
Target group: Older adults (60+
Type of interview: Semi-structured, In-depth interview

SECTION 1: Socio-Demographic Profile & Screening
(To be filled by the interviewer prior to the qualitative discussion)
Age: _____ years (Must be ≥60)
Gender:
[ ] Male [ ] Female [ ] Other
Spousal Status:
[ ] Single (Loss of a Spouse / Partner) [ ] With partner [ ] without partner [ ]
Current Living Arrangement:
[ ] Multi-generational nuclear household (Living with adult children & grandchildren)
[ ] Living exclusively with spouse [ ] Living alone
[ ] Living primarily with paid domestic worker (maid-care)
[ ] Institutional care / Elderly home
Educational Attainment:
[ ] No formal education [ ] Primary (Grades 1–5)
[ ] Secondary / Higher Secondary (Grades 6–12) [ ] Graduate / Post-Graduate
Socio-Economic & Housing Status:
Household monthly income: _____ BDT
Housing type: [ ] Informal settlement / Slum | [ ] Lower-middle class flat | [ ] Upper-middle class high-rise apartment
Floor level: _____ | Elevator available and functional? [ ] Yes | [ ] No

Daily routine and lifestyle
1. Could you please tell me about your daily routine? What time do you usually go to sleep and what time do you wake up?
2. Who do you talk to? What are the usual places you visit?
3. Could you describe your usual day out? How much time do you spend at home? What time do you leave and what time do you return?
4. Could you describe your usual day in? What are the usual places you spend time in your home? (Bedroom, sitting room, balcony, etc.)
5. How do you spend your time in your neighborhood? What are the usual places you visit in your street and park?

Household decision-making and power in the family
6. How are the decisions in the house made? Who decides what?
7. Could you compare the situation now to the past (10 or 20 years ago)?
8. How do you perceive your role in the family now?
9. Do you think that your thoughts and opinions are valued by the younger generation?

10. Have you noticed any significant changes in terms of power and subordination in the family?
11. Have you noticed any changes in your role as a wage-earner or head of the household?

Emotions and feelings of loneliness

12. Elderly people experience loneliness in different ways. How do you feel when you are alone?
13. Are you alone even when you are at home with other members of the family?
14. Do you feel lonelier at certain times of the day?
15. Is there something that makes you feel lonely or not? What are the situations, events, and conditions that make you feel that way?
16. How does your immediate environment influence your feelings of loneliness?

Adaptation and compensatory mechanisms

17. What do you do to feel better when you are alone? How do you behave when you are alone?
18. How do you use various leisure-time activities and hobbies (TV, radio, reading, gazing out the window) to pass time when you are alone?
19. Do you turn to religion and faith for support when you are alone?
20. How do you cope with the feeling of loneliness? What methods or strategies do you use?
21. Do you seek social interaction (visiting relatives and friends, visiting the tea shop, chatting with the neighborhood watch, etc.) to alleviate feelings of loneliness?
22. Are there any barriers to visiting family and friends?

Conclusion and desired change

23. What changes in your family or environment would make you feel less lonely?
24. Is there anything else about your daily routine, family life, and loneliness that we have not discussed today?

Structured Observational Checklist & Field Note Assessment

Dimension	Observation Item	Assessment Options / Field Notes	Observed Status
Living Space Allocation	Room location within apartment	• Master bedroom• Secondary/smaller bedroom• Partitioned/shared space	[ ]
Indoor Access & Quality	Light, ventilation, and private media	• Ample sunlight & natural ventilation• Private TV / Radio / Reading space• Poor light / unventilated	[ ]
Mobility Infrastructure	Building accessibility (Built environment)	• High-rise with working elevator• Low-rise walk-up (No elevator) • Ground floor / level entry	[ ]
Spatial Barriers & Safety	Physical hazards & safety inside home	• Grab rails present in bathroom• Slippery flooring / trip hazards• High door thresholds / narrow walkways	[ ]
Intergenerational Tone	Family dynamics during field visit	• Warm & welcoming• Distant / transactional• Tense / dismissive	[ ]

Material Comfort	Condition of bedding & mobility aids	• Well-maintained bedding & furniture• Clean, functional mobility aids (walker/cane)• Worn / inadequate furniture	[ ]

Methodological Instructions for the Field Researcher

Probing Strategy: Ask open-ended questions, particularly when the respondent begins to express feelings of being a burden or experiences associated with the loss of power and authority. You may ask, “Can you tell me more about that?” or “How did that make you feel?”

Ethics & Sensitivity: Elderly people may become emotional when discussing topics related to loneliness, loss of household authority, and adaptation to aging. It is critical to allow them to ventilate their emotions and ask if they want to continue or stop the conversation at any point.