Individual production of social well-being
Bruggen, Alida Christina van

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Appendix A. Background characteristics of participants

Thirty-one people participated in the focus group interviews. Fourteen of these also participated in the time use studies and additional in-depth interviews. Some background information on the participants is summarised below (the names are faked for reasons of confidentiality); the table shows the variation achieved in the research group.

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Children</th>
<th>Education</th>
<th>Occupation</th>
<th>Health</th>
<th>Monthly Income Range</th>
<th>Country</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anneke de Wit</td>
<td>60</td>
<td>2</td>
<td></td>
<td>housewife, lower vocational training</td>
<td>good</td>
<td>£2800-£3200</td>
<td>Dutch</td>
</tr>
<tr>
<td>Annette de Hoog</td>
<td>58</td>
<td>4</td>
<td>lower</td>
<td>housewife, volunteer jobs</td>
<td>good</td>
<td>£2200-£2800</td>
<td>Dutch</td>
</tr>
<tr>
<td>Barbara van Kesteren</td>
<td>53</td>
<td>1</td>
<td>intermediary</td>
<td>housewife, HAVO</td>
<td>good</td>
<td>£1400-£1800</td>
<td>Dutch</td>
</tr>
<tr>
<td>Barend van der Weijde</td>
<td>76</td>
<td></td>
<td>intermediary</td>
<td>housewife, MULO and volunteer jobs</td>
<td>good</td>
<td>£2200-£2800</td>
<td>Dutch</td>
</tr>
<tr>
<td>Bram Kooistra</td>
<td>29</td>
<td></td>
<td>intermediary</td>
<td>part-time housemaker, MBO</td>
<td>good</td>
<td>£1100-£1400</td>
<td>Dutch</td>
</tr>
<tr>
<td>Carol Groothuis</td>
<td>28</td>
<td></td>
<td>intermediary</td>
<td>teacher / researcher, partner employed</td>
<td>perfect</td>
<td>£1800-£2200</td>
<td>Dutch</td>
</tr>
<tr>
<td>Cobie Strating</td>
<td>45</td>
<td></td>
<td></td>
<td>single, unemployed, MEAO</td>
<td>poor</td>
<td>£1400-£1800</td>
<td>Dutch</td>
</tr>
<tr>
<td>Conny van Ooij</td>
<td>27</td>
<td></td>
<td></td>
<td>cohabitant, engineer, partner employed</td>
<td>perfect</td>
<td>£1800-£2200</td>
<td>Dutch</td>
</tr>
<tr>
<td>Edwin Eijkhof</td>
<td>67</td>
<td></td>
<td></td>
<td>married, pension, MULO</td>
<td>good</td>
<td>£2800+</td>
<td>Dutch</td>
</tr>
<tr>
<td>Frank Zuidema</td>
<td>41</td>
<td></td>
<td></td>
<td>part-time housemaker, MULO</td>
<td>good</td>
<td>£1100-£1400</td>
<td>Dutch</td>
</tr>
<tr>
<td>Gerda Passies</td>
<td>34</td>
<td></td>
<td></td>
<td>divorced, living here, MOR-A</td>
<td>poor</td>
<td>£1400-£1800</td>
<td>Dutch</td>
</tr>
<tr>
<td>Gloria Pareman</td>
<td>57</td>
<td></td>
<td></td>
<td>married, living separate, MEAO</td>
<td>good</td>
<td>£800-£1100</td>
<td>Antillean</td>
</tr>
<tr>
<td>Greetje Brink</td>
<td>26</td>
<td></td>
<td></td>
<td>single, student, HBO-J</td>
<td>good</td>
<td>£1100</td>
<td>Dutch</td>
</tr>
<tr>
<td>Hetty Stubbe</td>
<td>30</td>
<td></td>
<td></td>
<td>married, living separate, MULO</td>
<td>good</td>
<td>£1800-£2200</td>
<td>Dutch</td>
</tr>
<tr>
<td>Hylkje Brouwer</td>
<td>26</td>
<td></td>
<td></td>
<td>single, living here, HBO-J</td>
<td>good</td>
<td>£1400-£1800</td>
<td>Dutch</td>
</tr>
</tbody>
</table>
Irene van der Wal is a married woman of 59 years, whose three children have left the parental home. She has a higher vocational education as a biomedical analyst. Since her marriage she has been a housewife. Her health is mediocre. The household income is far above f 2800 a month. She is Dutch.

Johan Berghuis is a married man of 60 years. His two daughters have left the parental home. Having a university degree as civil engineer, he has had a good career, working long hours. He is on early retirement now. His health is good, and his monthly income still exceeds f 2800 by far. He is Dutch.

Kees Nagelkerke is a 37-year old single man, who lives alone. He has finished intermediary secondary education and a lower vocational training (LBO). He is unemployed, but has a volunteer job teaching computer courses. His health is mediocre. Monthly income between f 1400 and f 1800. He is Dutch.

Leonie de Zeeuw is a 38-year old woman, divorced. Her one daughter lives with her. She has completed a higher vocational training in personnel management (HBO P&O). She is unemployed and has a volunteer job. She is in good health. Monthly income lies between f 1400 and f 1800. She is Dutch.

Lidia Roodwijn is a 64 year-old divorced woman, who lives alone. She has 4 children. She has been to domestic science school. She is unemployed. Her health is mediocre. Her income lies between f 1100 and f 1400 per month. She is Antillean.

Mahmet Abbas is a married man, age 25, who lives with his wife and their child. He has completed higher secondary school (VWO) and is now following a university study. His wife is housewife. He is in excellent health. The household income lies between f 1800 and f 2200 a month. He is Moroccan.

Marijke Tammenga is an unmarried woman, age 33. She has one daughter, who lives with her. She has completed lower vocational training (LBO) and is unemployed ever since. No volunteer jobs. Her health is mediocre (partly through drug problems). Monthly income between f 1400 and f 1800. She is Dutch.

Mike Bos is a single man, age 29, who lives alone, next door to his parents. He finished intermediary vocational training (MBO) and is unemployed for four years now. He does no volunteer work. He is in mediocre health. Monthly income lies between f 800 and f 1100. He is Dutch.

Mirthe Ganzevoort is a 26 year-old woman, living alone, her boyfriend coming over in the weekends. She holds a university degree, but has no job yet. Besides her unemployment benefit, she works as a cleaning woman. Her health is good. Monthly income lies between f 800 and f 1100. She is Dutch.

Nannie Doosje is a 59 year-old married woman with a son and two daughters, who all live on their own. She has intermediary vocational education (MHS). She works halftime as assistant-accountant, does voluntary work besides. She is in good health. Income between f 1400 and f 1800 monthly. She is Dutch.

Nasrat Bikhail is a 24 year-old single man, who lives on his own in a student flat. He has completed vocational training as an architect in Afghanistan. He is a student at a technical college (HTS) in the Netherlands to gain Dutch license. He is in good physical health, though very worried about the parents and sisters he left behind. His monthly income lies between f 800 and f 1100. He is Afghan.

Rosa Boogert is a 44 year-old single woman, who lives alone. She has a intermediary college degree in personnel work (MBO P&O). She is unemployed, and does a little voluntary work. Her health is mediocre. Monthly income lies between f 1100 and f 1400. She is Antillean.

Rutger van Woerden is a 22-year old unmarried man. He is co-parent to his two daughters, they live with him part of the week. He has completed higher secondary school (HAVO) and is unemployed. He is in good health. Monthly income lies between f 1400 and f 1800. He is Dutch.

Simon Goudsmid is a married man of 69 years. He has no children. He has finished intermediary secondary education, plus miscellaneous courses. He is retired since 4 years, and had his own (thriving) business before that. His health is good. His income exceeds f 2800 a month. He is a Dutch Jew.

Yasmin Rais is a married woman, age 40, who lives with her husband and grown-up son. She is schooled (lower level) as a nurse, but is a full-time housewife since her marriage. Her health is good. She does not know how much her husband earns, does not know about their monthly income. She is Indonesian.

Yousouf Benadi is a 37-year old, married man. He lives with his wife and children in a small apartment. He has completed secondary technical school in Africa. He is unemployed and longing for any paid job. His health is good. Monthly household income lies between f 1800 and f 2200. He is from Somalia.
Table A: Summary of the respondents’ background characteristics

<table>
<thead>
<tr>
<th>SEX</th>
<th>male</th>
<th>12 (38.7%)</th>
<th>5 (35.7%)</th>
<th>Female</th>
<th>19 (61.3%)</th>
<th>9 (64.3%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGE (range:22-75)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22-30 years</td>
<td>10</td>
<td>(32.3%)</td>
<td>4 (28.6%)</td>
<td>9</td>
<td>(29.0%)</td>
<td>6 (42.8%)</td>
</tr>
<tr>
<td>31-45 years</td>
<td>9</td>
<td>(29.0%)</td>
<td>6 (42.8%)</td>
<td>7</td>
<td>(22.6%)</td>
<td>3 (21.5%)</td>
</tr>
<tr>
<td>46-60 years</td>
<td>7</td>
<td>(22.6%)</td>
<td>3 (21.5%)</td>
<td>5</td>
<td>(16.1%)</td>
<td>1 (7.1%)</td>
</tr>
<tr>
<td>61-75 years</td>
<td>5</td>
<td>(16.1%)</td>
<td>1 (7.1%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PARTNER</td>
<td>yes</td>
<td>19 (61.3%)</td>
<td>7 (50%)</td>
<td>no</td>
<td>12 (38.7%)</td>
<td>7 (50%)</td>
</tr>
<tr>
<td>CHILDREN</td>
<td>yes</td>
<td>20 (64.5%)</td>
<td>6 (42.9%)</td>
<td>no</td>
<td>11 (35.5%)</td>
<td>8 (57.1%)</td>
</tr>
<tr>
<td>HOUSEHOLD COMPOSITION</td>
<td>alone</td>
<td>8 (25.8%)</td>
<td>4 (28.5%)</td>
<td>with partner</td>
<td>12 (38.7%)</td>
<td>6 (42.9%)</td>
</tr>
<tr>
<td></td>
<td>with partner and children</td>
<td>6 (19.4%)</td>
<td>1 (7.1%)</td>
<td>with children, no partner</td>
<td>4 (12.9%)</td>
<td>3 (21.4%)</td>
</tr>
<tr>
<td></td>
<td>other (students house)</td>
<td>1 (3.2%)</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EDUCATION</td>
<td>primary education</td>
<td>1 (3.2%)</td>
<td>0</td>
<td>lower vocational</td>
<td>5 (16.1%)</td>
<td>2 (14.3%)</td>
</tr>
<tr>
<td></td>
<td>intermediary secondary ed.</td>
<td>3 (9.7%)</td>
<td>1 (7.1%)</td>
<td>intermediary vocational</td>
<td>8 (25.8%)</td>
<td>4 (28.6%)</td>
</tr>
<tr>
<td></td>
<td>higher secondary education</td>
<td>6 (19.4%)</td>
<td>1 (7.1%)</td>
<td>higher vocational</td>
<td>3 (9.7%)</td>
<td>2 (14.3%)</td>
</tr>
<tr>
<td></td>
<td>university education</td>
<td>5 (16.1%)</td>
<td>4 (28.6%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>EMPLOYMENT STATUS</td>
<td>full-time empl.</td>
<td>2 (6.5%)</td>
<td>1 (7.1%)</td>
<td>part-time employed</td>
<td>3 (9.7%)</td>
<td>3 (21.4%)</td>
</tr>
<tr>
<td></td>
<td>unemployed (WW)</td>
<td>12 (38.7%)</td>
<td>6 (42.9%)</td>
<td>housemaker</td>
<td>7 (22.6%)</td>
<td>1 (7.1%)</td>
</tr>
<tr>
<td></td>
<td>student</td>
<td>2 (6.5%)</td>
<td>0</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>retired (AOW/VUT)</td>
<td>4 (12.9%)</td>
<td>2 (14.3%)</td>
<td>disabled (WAO)</td>
<td>1 (3.2%)</td>
<td>1 (7.1%)</td>
</tr>
<tr>
<td>VOLUNTARY WORK</td>
<td>yes</td>
<td>10 (32.3%)</td>
<td>6 (42.9%)</td>
<td>no</td>
<td>21 (67.7%)</td>
<td>8 (57.1%)</td>
</tr>
<tr>
<td>STATE OF HEALTH</td>
<td>poor</td>
<td>1 (3.2%)</td>
<td>1 (7.1%)</td>
<td>mediocre</td>
<td>8 (25.8%)</td>
<td>3 (21.4%)</td>
</tr>
<tr>
<td></td>
<td>good</td>
<td>22 (71.0%)</td>
<td>10 (71.4%)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ETHNICITY</td>
<td>Dutch</td>
<td>24 (77.4%)</td>
<td>13 (92.9%)</td>
<td>Antillian</td>
<td>3 (9.7%)</td>
<td>1 (7.1%)</td>
</tr>
<tr>
<td></td>
<td>Indonesian</td>
<td>1 (3.2%)</td>
<td>0</td>
<td>Morrocan</td>
<td>1 (3.2%)</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Afghan</td>
<td>1 (3.2%)</td>
<td>0</td>
<td>Somali</td>
<td>1 (3.2%)</td>
<td>0</td>
</tr>
<tr>
<td>HOUSEHOLD INCOME</td>
<td>&lt; f1400</td>
<td>10 (32.3%)</td>
<td>4 (28.6%)</td>
<td>f1400 – f2800</td>
<td>15 (48.4%)</td>
<td>8 (57.1%)</td>
</tr>
<tr>
<td></td>
<td>&gt; f2800</td>
<td>5 (16.1%)</td>
<td>2 (14.3%)</td>
<td>missing</td>
<td>1 (3.2%)</td>
<td></td>
</tr>
</tbody>
</table>
Appendix B. Example of the time use form and the activity coding scheme

Explanation of the items in the time use inventory

1. Where were you?
   1= at home
   2= not at home, in own town / village
   3= not at home, out of town

2a. What were you doing? Answer: the main activity in the 30 minutes concerned

2b. Activity code Answer: see the list of activity codes

3a. Were you alone or in company?  
   1= alone
   2= in company of 1 other person
   3= in company of more than one other person

3b. In what company were you?  
   1= partner 5= colleague
   2= son/daughter 6= family
   3= father/mother 7= neighbours
   4= friend 8= others

4a. Did you interact with someone?  
   (outside the company you were in) 1= no
   2= only exchanging greetings  
   3= ‘functional’ / business-like contact, initiated by me
   4= ‘functional’ / business-like contact, initiated by other
   5= ‘personal’ contact, initiated by me
   6= ‘personal’ contact, initiated by other

4b. Describe concisely the content of the interaction mentioned under 4a. (what was it about)

5a. To what extent did you enjoy the activity in these 30 minutes?  
   1= greatly enjoyed it / found it highly agreeable
   2= enjoyed it / agreeable
   3= neutral / neither really enjoyed nor disliked it
   4= I did not enjoy it / not agreeable
   5= I really disliked it / disagreeable

5b. Can you indicate why you (dis)liked the activity as you did? Note in particular reasons for changed mood or enjoyment as compared to previous 30 minutes.
<table>
<thead>
<tr>
<th>TIME</th>
<th>1. where were you?</th>
<th>2.a. what were you doing?</th>
<th>2.b. activity code</th>
<th>3.a. were you alone or in company?</th>
<th>3.b. what company were you in?</th>
<th>4.a. did you interact with someone else?</th>
<th>4.b. describe concisely the subject / content of the interaction</th>
<th>5.a. how much did you enjoy the activity?</th>
<th>5.b. what affected your enjoyment of the activity or your change of mood as compared to the previous 30 minutes?</th>
</tr>
</thead>
<tbody>
<tr>
<td>18.00-18.30</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>18.30-19.00</td>
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<td></td>
<td></td>
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<tr>
<td>19.00-19.30</td>
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<td>19.30-20.00</td>
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<td>20.00-20.30</td>
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<td></td>
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<tr>
<td>20.30-21.00</td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>21.00-21.30</td>
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<td></td>
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<tr>
<td>21.30-22.00</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>22.00-22.30</td>
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<td>22.30-23.00</td>
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<tr>
<td>23.00-23.30</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>23.30-24.00</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note here your comments, if any**

............................................................................................................................... ...........
............................................................................................................................... ...........
............................................................................................................................... ...........
Appendix C: Preparatory Questionnaire for focus group participants
(translated from Dutch)

Preparatory questions for the focus group discussion

Dear respondent, although I of course hope that, in the focus group discussion that you signed up for, you will be willing to talk freely about your own notions and ideas concerning well-being and quality of life, your answers to the questions in this questionnaire will remain strictly confidential. The information that you provide will only be used in the focus group discussions in anonymously: other participants will not be able to trace information back to you. If, however, there are questions that you are not willing or able to answer, I would appreciate it if you could inform me about the reasons for that, as it can help me to improve upon this questionnaire for later applications.

I. First, you are asked to evaluate your own ‘present day’ life. A continuum is used that ranges from ‘the worst possible life’ to ‘the best possible life’. You are asked, for each of the questions below to put a mark on the line at the point that you think corresponds best with your situation.

(1) How agreeable do you find your present life?

| worst life | possible life | best possible life |

(2) How pleasant do you find your life in general?

| worst life | possible life | best possible life |

(3) How do you rate your life in terms of fulfillment and satisfaction?

| worst life | possible life | best possible life |

(4) How do you rate your life in terms of what you have achieved or expect to achieve?

| worst life | possible life | best possible life |
APPENDIX C: PREPARATORY QUESTIONNAIRE FOR FOCUS GROUPS QUALITY-OF-LIFE STUDY

(5) How do you rate your life in terms of friendships and intimate relations?

<table>
<thead>
<tr>
<th>worst</th>
<th>best</th>
</tr>
</thead>
<tbody>
<tr>
<td>possible</td>
<td>possible</td>
</tr>
<tr>
<td>life</td>
<td>life</td>
</tr>
</tbody>
</table>

(6) How do you rate the chances for the future that your present life provides?

<table>
<thead>
<tr>
<th>worst</th>
<th>best</th>
</tr>
</thead>
<tbody>
<tr>
<td>possible</td>
<td>possible</td>
</tr>
<tr>
<td>life</td>
<td>life</td>
</tr>
</tbody>
</table>

(7) How meaningful do you find your life?

<table>
<thead>
<tr>
<th>worst</th>
<th>best</th>
</tr>
</thead>
<tbody>
<tr>
<td>possible</td>
<td>possible</td>
</tr>
<tr>
<td>life</td>
<td>life</td>
</tr>
</tbody>
</table>

(8) How do you rate your life in terms of the freedom to make your own choices?

<table>
<thead>
<tr>
<th>worst</th>
<th>best</th>
</tr>
</thead>
<tbody>
<tr>
<td>possible</td>
<td>possible</td>
</tr>
<tr>
<td>life</td>
<td>life</td>
</tr>
</tbody>
</table>

(9) How do you rate the degree of security and stability in your life?

<table>
<thead>
<tr>
<th>worst</th>
<th>best</th>
</tr>
</thead>
<tbody>
<tr>
<td>possible</td>
<td>possible</td>
</tr>
<tr>
<td>life</td>
<td>life</td>
</tr>
</tbody>
</table>
(10) How do you rate the extent to which you present life gives you new impulses and stimulates you?

<table>
<thead>
<tr>
<th></th>
<th>worst</th>
<th>possible</th>
<th>life</th>
<th>best</th>
<th>possible</th>
<th>life</th>
</tr>
</thead>
</table>

(11) How do you rate the amount of pleasant variation in your present life?

<table>
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<tr>
<th></th>
<th>worst</th>
<th>possible</th>
<th>life</th>
<th>best</th>
<th>possible</th>
<th>life</th>
</tr>
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</table>

(12) How do you rate the healthiness of your present way of living?

<table>
<thead>
<tr>
<th></th>
<th>worst</th>
<th>possible</th>
<th>life</th>
<th>best</th>
<th>possible</th>
<th>life</th>
</tr>
</thead>
</table>

(13) How well do you find your present life suits your own moral standards?

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<tr>
<th></th>
<th>worst</th>
<th>possible</th>
<th>life</th>
<th>best</th>
<th>possible</th>
<th>life</th>
</tr>
</thead>
</table>

(14) How well do you think your present life suits the moral standards of your parents?

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<tr>
<th></th>
<th>worst</th>
<th>possible</th>
<th>life</th>
<th>best</th>
<th>possible</th>
<th>life</th>
</tr>
</thead>
</table>
(15) How much do you feel your present life conflicts with the well-being or interests of others?

worst possible life best possible life

II. The following questions concern your time use pattern. The objective of these questions is to get an insight into the main important activities in your daily life.

(16) What is the main activity in your daily life, thus, what is it that you do for the largest part of the day? (e.g. paid work, study, house keeping, voluntary work, etcetera.)
........................................................................................................

(17) Please describe this main activity concisely: to what extent does it involve physical exertion, sociale contacts, what sort of people do you meet in the performance of this activity, etcetera.
........................................................................................................
........................................................................................................
........................................................................................................

(18) Besides the main activity you mentioned in question 16, which are the five main important activities in your life (in random order)?
........................................................................................................
........................................................................................................
........................................................................................................

(19) Which of these activities (vraag 18) do you find obligatory rather than that you do them because you like to?
........................................................................................................
........................................................................................................

(20) Which of these activities (vraag 18) are mainly for fun and enjoyment instead of being useful or necessary?
........................................................................................................
........................................................................................................
APPENDIX C: PREPARATORY QUESTIONNAIRE FOR FOCUS GROUPS QUALITY-OF-LIFE STUDY

(21) Can you roughly describe your usual weekly schedule?

Sunday:  morning:............................................................
afternoon:............................................................
evening:............................................................

Monday:  morning:............................................................
afternoon:............................................................
evening:............................................................

Tuesday:  morning:............................................................
afternoon:............................................................
evening:............................................................

Wednesday:  morning:............................................................
afternoon:............................................................
evening:............................................................

Thursday:  morning:............................................................
afternoon:............................................................
evening:............................................................

Friday:  morning:............................................................
afternoon:............................................................
evening:............................................................

Saturday:  morning:............................................................
afternoon:............................................................
evening:............................................................

III. In this third block of questions you are asked to think about what things you do for achieving certain general goals. These activities will probably for a large part overlap with the activities you also mentioned above.

(22) What do you do to maintain yourself, that is, to get food and housing etcetera?

..................................................................................
..................................................................................

(23) What – if anything - do you do in order to get physical exercise?

..................................................................................
..................................................................................

(24) Are there other activities, that you do for other reasons, which also provide physical exercise? If so, which activities are these, and for what main reasons do you do them?

..................................................................................
..................................................................................

(25) What – if anything – do you do in order to get mental exercise?

..................................................................................
..................................................................................
(26) Are there other activities, that you do for other reasons, which also provide mental exercise? If so, which activities are these, and for what main reasons do you do them?
..................................................................................................................................................
..................................................................................................................................................

(27) What – if anything – do you do in order to get respect, status or admiration from others?
..................................................................................................................................................
..................................................................................................................................................

(28) Are there other activities that you do for other reasons, which also provide respect, status or admiration? If so, which activities are these, and for what main reasons do you do them?
..................................................................................................................................................
..................................................................................................................................................

(29) Most people feel a need to ‘belong’. Are you conscious of doing certain things in order to belong to a group or to people you value and to be accepted by others? Are there things you do in order to get the approval of people that are important to you? If so, what things do you do?
..................................................................................................................................................
..................................................................................................................................................

(30) Are there other activities that you do for other reasons, which also provide approval of people that are important to you, or activities that confirm you belong to a certain group? If so, which activities are these, and for what main reasons do you do them?
..................................................................................................................................................
..................................................................................................................................................

(31) What activities do you believe can help to build friendships, how and where do you get friends from? What – if anything - do you do to get new social contacts and to maintain existing friendships and contacts?
..................................................................................................................................................

(32) Are there other activities that you do for other reasons, which also provide friendships or affection? If so, which activities are these, and for what main reasons do you do them?
..................................................................................................................................................

(33) Can you mention 3 through 10 things that you believe crucial for people’s ‘quality of life’? What do you think necessary preconditions for leading a happy life?
..................................................................................................................................................
..................................................................................................................................................
IV. The next two questions concern your recent moods and the amount of support you experience from the people around you.

(33) In the last few (3 or 4) weeks, have you felt:
   a. enthusiastic about or very interested in something? yes / no
   b. so restless that you could not keep sitting still for long? yes / no
   c. proud because someone praised you for what you did? yes / no
   d. very lonely or isolated from others? yes / no
   e. satisfied about something you achieved? yes / no
   f. bored? yes / no
   g. great, life is fantastic? yes / no
   h. depressed or deeply unhappy? yes / no
   i. as if everything was going for you? yes / no
   j. upset because someone criticised you? yes / no

(34) Below you find 11 statements. Please indicate for each of these statements to what extent it applies to you, as you are these weeks? Please put a circle around the figure of the answer that is most applicable to you.

The answering categories (note the !’s) have the following meaning:

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>yes!</td>
<td>means: exactly applicable to me</td>
</tr>
<tr>
<td>2</td>
<td>yes</td>
<td>means: largely applicable to me</td>
</tr>
<tr>
<td>3</td>
<td>more or less</td>
<td>means: more or less applicable to me</td>
</tr>
<tr>
<td>4</td>
<td>no</td>
<td>means: hardly applicable to me</td>
</tr>
<tr>
<td>5</td>
<td>no!</td>
<td>means: not at all applicable to me</td>
</tr>
</tbody>
</table>

a. There is always someone around with whom I can share my daily concerns.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

b. I miss a real good friend.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!
APPENDIX C: PREPARATORY QUESTIONNAIRE FOR FOCUS GROUPS QUALITY-OF-LIFE STUDY

c. I experience a void around me.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

d. There are enough people that I know will support me in time of need.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

e. I miss warmth and people around me.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

f. I find my circle of acquaintances too restricted.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

g. I have a lot of people that I can trust completely.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

h. There are enough people to whom I feel closely connected.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

i. I miss people around me.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!
APPENDIX C: PREPARATORY QUESTIONNAIRE FOR FOCUS GROUPS QUALITY-OF-LIFE STUDY

j. Often I feel forsaken.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

k. When I need them my friends are always available for me.
   1 yes!
   2 yes
   3 more or less
   4 no
   5 no!

V. Finally, I’d like you to fill in some of your background characteristics

(35) What is your sex?  
   1. male
   2. female

(36) What is your age?  
   ... years

(37) What is your living situation / the composition of your household?
   1. living alone, no partner
   2. living alone, but having a partner
   3. living together with partner
   4. living together with others than partner
   5. living with parents or family

(38) Do you have children?  
   1. yes
   2. no

(39) If you have children, do they live with you?  
   1. yes
   2. no

(40) Where do you live?  

(41) What is your highest education you completed?  

(42) What category applies to your net monthly household income?
   1. less than fl. 1400,-
   2. between fl. 1400,- and fl. 2800,-
   3. more than fl 2800,-
   4. no answer

Thank you very much for your cooperation!