Supplementary Material

**Interview guide (translated from Dutch to English)**

*Introduction*

- Introduce interviewer

- Briefly explain what we are going to do in the next hour/two hours

- Is everything clear? Are you ready to get started? (Have the informed consent form etc. signed, explain that someone can interrupt or quit the interview at any time.)

*General*

1. How are you now?

2. What does your day look like?

3. What does your week look like?

4. What are things you enjoy doing?

*Depression*

5. (You chose to participate in the NESDO study at the time. We wanted to speak to you because you had a depression in the past.) How do you look back on that period of depression?

6. Can you tell me a bit about how you felt at the time?

7. Was this the first time you felt this way?

8. Were there any events that preceded it? Can you describe those events?

*Resilience*

9. What do you do when something unpleasant happens?

10. Looking back, what helped you during (periods of) your depression?

11. What have been important points of support for you?

12. What else has been important in recovering from your depression? (For example, are there things that are different now than when you had depression? If so, what has changed?)

13. As you look back on the process of recovering from your depression, what has stayed with you that still helps you today? What do you do now when things go less well?

14. Did you speak to others during/about your depression? (If so, with whom?)

15. Were there any organizations or agencies that provided assistance during the period (s) of depression?

16. How do you feel about the help you received during that period (s) of depression?

*Review & conclusion*

17. How would you explain the term “resilience”? (What does it mean to you?)

18. Would you describe yourself as "resilient"?

19. What advice would you give to other older people who currently have depression?

20. What advice would you give to practitioners/caregivers who work with people with depression?

21. Is there anything else you would like to add to this interview about resilience after depression in the older adults?

22. Do you have any questions for me?

23. What did you think of the conversation?

Note: State that a summary of the interview and a thank you note will be sent within two months.

*Additional questions:*

- How did that happen? What do you think it had to do with?

- How did you deal with that?

- Can you give an example of that?

- How was that for you?

- Can you tell us more about that?

- What happened then…?