

INTERVIEWSCHEME

The adapted version of the McAdams life story interview scheme: **McAdams DP** (2008) The Life Story Interview. Available at <http://www.sesp.northwestern.edu/foley/instruments/interview/>.

A. CHAPTERS

"Picture your life as if it were a book or a novel. Suppose you had to divide your life into chapters just like a book. What chapters would you divide your life into? What would the titles of these chapters be? To start with, I ask you to describe what these chapters in the book would be. Give each chapter a title, and tell me a little bit about what each chapter is about, and say in a few words how one chapter flows into the next. You tell a story here, you give me a **general summary of your life story**, chapter by chapter. You can have as many chapters as you like, but I suggest it's between two and seven. "

B. Low points/high points

"You have just told your life story in outline form. I would like to ask you to focus on important scenes per chapter."

o **High points and low points.** When you look back on your life, you may notice some events that have brought important changes in life.

- Can you describe such an important high point and low point? Please describe one high point and one low point for Chapter X.
- What impact does it still have on your life? What changes did this moment bring about?

o **Long-term impact.** Does this scene still have an impact on your life today? How?

C. Loneliness

"You have already told us a lot about your life and your social relationships. Today we will also have a lot of attention for feelings of loneliness. We are interested in people's stories about these feelings. That is why we would like to ask a few questions about this."

We start today: can you describe a moment when you last felt lonely?
What does loneliness mean to you right now?

Now we want to go **back to your life story**. (Take back the document – overview life story/chapters).
Are there particular chapters in your life where you have experienced 'loneliness'?

- What events have/had a role in experiencing these feelings?
- How did you experience/do you experience loneliness?
- How do these life events (earlier in life/ during the chapters) have an influence on your later life? Up to the present?
- How do life events in a chapter influence your current loneliness? Is there a particular way you cope/handle these feelings?

D. Pride and motto

"This part of the interview is about moments of pride and success."

- **Pride.** What are you particularly proud of in your life?
- Looking back on your whole life, if you could go back to the past, what would you do differently? Change?
- **Motto.** What life lesson (or tip) would you like to pass on to today's young people?

E. Future

"Now - during this last part - we are going to talk about the future."

- **The next chapter.** You have already described your chapters and important scenes of your past life story. Please describe how you see your next chapter in life.
 - What does your next chapter consist of?
 - What are your plans/dreams for the future?

F. Reflection

"Thank you very much for this interview. I have one last question for you. We have talked about your entire life story. Since not many people share their life story on a regular basis, I wonder if you could talk about what this interview was like for you today. What were your thoughts and feelings during the interview? How do you think this interview affected you? Do you have anything else to say about the interview?"

