# Supplementary Material

## Appendix A: Semi-structured interview guide

**Introduction:**

Thank you very much for meeting with me. In our interview today, I would like to ask you some questions about your social relationships and the influence they may have on your memory. Your participation in this study is voluntary. If you would like to stop at any point during the interview, then please let me know.

Before we start, I would just like to inform you that to participate in this interview today, you must agree to have our conversation audio-recorded. This audio recording will only be used to transcribe the interview for subsequent analysis and will not be shared with anyone except myself and authorized members of the research team. All personal information, including your name and contact information, will not be included in the written transcript. In addition, your identity will be kept confidential. If you wish to look over your interview transcript, you may let me know at the end of the interview and I will send you a copy.

**Demographic Information:**

I am first going to start by asking you a few basic demographic questions to get to know you better. Can you please tell me your:

Age:

Sex:

Highest level of education:

Marital status:

**Participant's Perceived Level of Social Support:**

1. Can you describe the current support systems that are available to you? Who can you call upon to provide you with social support, especially in times of need?
   * *Prompts:* family, friends, spouses, relatives, etc.
2. What types of support do they provide? For example, do they drive you to appointments or provide you with advice or a shoulder to lean on?
3. Do you feel this support system is helpful to you? In what ways?
4. How do you think the social support available to you influences your physical and/or mental well-being?

**Marital Status and Satisfaction:**

1. You said your marital status was \_\_\_, how long have you been in your current marital status?

* *If married or in a common-law relationship:* How satisfied are you with your current relationship on a scale of 1 to 10, with 10 being very satisfied (i.e., do you feel that your spouse/partner understands you, you can rely on them if you have a serious problem or be yourself around them)? Can you comment on your rating?
* *If single, divorced, or separated:* How satisfied are you with being \_\_\_ on a scale of 1 to 10, with 10 being very satisfied? Can you comment on your rating?
* *If widowed:* How satisfied were you with your previous relationship on a scale of 1 to 10, with 10 being very satisfied (i.e., did you feel that your spouse/partner understood you, you could rely on them if you had a serious problem or be yourself around them)? Can you comment on your rating?

**Memory Function:**

1. How would you rate your memory on a day-to-day basis on a scale of 1 to 10, with 10 being excellent (i.e., no or minimal memory problems)?

* Can you tell me more about why you picked that number? What does that mean to you?

1. How do you typically cope with memory challenges or lapses? Are there any helpful tools or things you do to help jog your memory?

**FSS and Memory:**

1. Earlier you mentioned that you receive support in the form of \_\_\_\_. Do you feel like having this type of support can help people to remember things better?

* Can you share any specific examples of how support from loved ones might be able to influence memory in certain situations? (e.g., emotional support, tangible support, informational support, etc.)

**Marital Status, FSS and Memory:**

1. Earlier, you mentioned that you were \_\_\_ *[insert marital status]*. Does the fact that you are \_\_\_ influence your memory?

* *If yes:* how might it influence your memory?
* *If no:* why do you think that might be?

1. Earlier I asked if you think that support from loved ones has an impact on memory. Building on this, do you think marital status may play a role in how social support affects memory and can you expand on your reasoning?
2. In what ways do you think the influence of social support on memory might differ for people who are married, single, divorced, separated or widowed?

**Optional – based on responses to previous questions:**

1. As mentioned previously, this study is the second component of a larger project examining the role of social and marital relationships on memory. In the first component of this study, we found that social support generally does not influence memory differently for people who are married, compared to those who are unmarried (i.e., single, divorced, widowed, or separated). Can you comment on these findings?

* Why do you think we may have found this?

**Closing Statements:**

Thank you so much for taking part in this interview today.

1. Is there anything else you would like to add to what we discussed today?

* Are there any additional factors about the research that we have not discussed, but which you would like to bring up?