

The Effects of Technology Use in Later Life on Life Satisfaction, Loneliness, and Well-Being: A Qualitative Study of Multinational Older Adults

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ABSTRACT

Technology use has dramatically increased over the past ten years. While older adults tend to use technology less than younger adults, the "digital divide" is shrinking. Due to technology's increasing global impact, understanding the differences in use and how it impacts the user is crucial. Studies have identified numerous benefits of technology, particularly during the pandemic; the potential cost of overuse among older adults, possible technology addiction, and cyber dissociation have yet to be fully explored. Although recent research observed a higher risk of young individuals becoming addicted to technology, older adults, particularly older immigrants who may have globally dispersed social networks, are also at risk. Technology use among older adults has been shown to have multiple benefits in combating the worldwide loneliness and isolation epidemic. This exploratory qualitative research investigates how technology and internet use influence a group of multinational older adults' well-being, life satisfaction, loneliness, and isolation. Fifteen semi-structured interviews were conducted with multinational adults over 60 who are fully or partially retired. Thematic analysis revealed four major themes: Support, Information, Communication, and Balance. Technology access and competence generally provided participants with a vital source of support (personal and professional) and cultural connectivity. Concerns about technological competence were rare, and use amounts were high. Participants used technology to be well-informed about topics of interest, such as politics. They used their devices for reading, watching videos, planning trips, getting health information, or other small practical matters. The most beneficial aspect for most participants was their ability to communicate with friends and family who lived far away. Lastly, participants stressed the need to use technology in a balanced way. However, most participants had no issue separating technology from other fulfilling real-life activities and generally stated that technology played a positive and supportive role in their lives.

Keywords: Multinational older adults, Technology use, Loneliness, Connection

INTRODUCTION

Intergenerational disparities in the utilization of digital technologies have been well documented (Faverio, 2022). In recent years, however, the “digital divide” is shrinking. For example, smartphone ownership has risen dramatically over the past ten years; for 19 to 49 ownerships approached 100% in 2021; for older adults (65 years and older), there has been a linear increase from 13% in 2012 to 61% in 2022. These trends are repeated in other technological categories (Faverio, 2022; Hunsaker & Hargittai, 2018). However, age-related decline in internet use is still notable, particularly among the oldest-old adults (80+ years old), with rates half of those aged 65-69 (Hunsaker & Hargittai, 2018). Differences are attributed to a number of reasons, including training and familiarity with various technologies (Hunsaker & Hargittai, 2018). Consequently, an exposure-dependent gap evolves over time with the introduction of new technologies. Given the continuous influx of novel technologies, cohort-specific effects could persist, potentially rendering today's young adults also susceptible to technical illiteracy in later life (Neves & Mead, 2021).

In addition to the digital divide in age (Hunsaker & Hargittai, 2018; Leukel et al., 2021), studies also indicate that education and socioeconomic status (SES) influence the use of internet and social networking sites. Moreover, the context of one's social environment affects the experience of usage and utilization (Neves & Mead, 2021). For example, age or culturally-biased technological engineering can reduce the chances of successful technology use among certain populations, such as immigrants and older adults, increasing digital inequality. Regardless of age and background, a degree of technological competency is an important component of overall cultural competence. In a study by van Boekel and colleagues (2017), exploring internet usage among older adults, results identified four distinct clusters, each categorized and ranked based on their usage level. The most prevalent reason for internet utilization was 'practical use,' encompassing activities such as online banking and shopping. The second cluster, labeled as 'minimizers,' consisted of the oldest group with an average age of 73 years and exhibited the lowest online engagement. The subsequent cluster, relatively younger, maximized their internet usage for various purposes. The final group primarily used the internet for social activities like gaming and social networking, differing in usage quantity and age. Discrepancies between the identified clusters were noted. Specifically, the 'minimizers' cluster exhibited distinct differences from the 'practical use' and 'maximizers' clusters and were found to have notably lower levels of psychological well-being, instrumental activities of daily living (iADL), and self-reported health (van Boekel et al., 2017). Given the importance of technology in day-to-day life, it is essential to explore how usage shapes the well-being of various segments of the population, particularly marginalized segments, including immigrants. Immigration is at an all-time high. At the same time, immigrant populations are aging. As older immigrants struggle to maintain social relationships and connections, technology can offer a valuable source of support; as such, this study explores internet use among a group of multinational older adults.

Life Satisfaction and Technology

Studies have found that, in general, life satisfaction tends to increase with age (Gana et al., 2013; Bidzan-Bluma et al., 2020). Nevertheless, risks related to health, well-being, loneliness, and isolation can threaten later life satisfaction. For example, reduced ability to use community-based everyday technologies was significantly related to dissatisfaction with life (Köttl et al., 2021). Technology is one possible way that older adults can continue to engage in social activities, thereby reducing loneliness and isolation. To better understand factors influencing

life satisfaction among older adults, Papi and Cheraghi (2021) analyzed a convenience sample of 679 older adults. Results identified six significant positive correlations of life satisfaction, work, education, daily activities, social support, dimensions of health, and cognitive status. Other studies found positive associations between the use of social networking sites and life satisfaction in older adults (Gaia et al., 2021). Life satisfaction also appears to be a protective factor preventing internet and social media addiction (Longstreet & Brooks, 2017).

A recent empirical study by Shillair and colleagues (2015) investigated the effects of training and establishing Internet access in a community of older adults. This study explored stress, loneliness, social support, and life satisfaction. A moderate effect of internet use on the relationship between social networking and life satisfaction, accounting for 24% of the variance, was found. The authors suggest that more extensive training might be necessary to foster autonomy in older adults' internet usage. Nevertheless, the ability to willingly engage with the internet, particularly during moments of isolation and loneliness, could serve as a critical strategy for enhancing life satisfaction and fostering social connections. Similar results were replicated by a current study in older Chinese adults, corroborating the previous findings (Cheng et al., 2023). The researchers utilized multiple linear regression models and mediation analyses to investigate life satisfaction and internet use in older Chinese adults based on the 2019 Chinese Social Survey (CSS) data. Secondary analyses examined the mediation effects of online and offline social interactions. Positive associations were found between internet use and life satisfaction in older adults. Furthermore, offline social interactions significantly mediated the relationship, suggesting that internet use may increase in-person social networking in older adults.

Overall, studies have found intricate connections between internet use, social networks, feelings of loneliness, and life satisfaction (Khalaila & Vitman-Schorr, 2018; Shillair et al., 2015). For example, Heo and colleagues (2015) constructed an integrated research model to explore the interplay between internet usage, loneliness, social support, life satisfaction, and psychological well-being. To probe this relationship, they analyzed the 2008 U.S. Health and Retirement Study (HRS) dataset using structural equation modeling (SEM). Their findings demonstrated that internet use positively impacts older adults, as it fosters social support over time, subsequently leading to enhanced life satisfaction and well-being. Specifically, internet use indirectly bolsters social support, thereby increasing well-being by mediating the potentially adverse effects of loneliness. A recent investigation by Khalaila and Vitman-Schorr (2018) underscores that internet use can improve the quality of later life by directly or indirectly alleviating feelings of loneliness and social isolation.

Loneliness, Isolation, and Technology

Ongoing research endeavors consistently underscore the intricate interplay among technology use, loneliness, isolation, and life satisfaction. Older adults' risk for loneliness heightens as age-dependent losses accumulate (Cohen-Mansfield et al., 2016). Specific risk factors include being female, unmarried, older age, lower SES, reduced education level, living by oneself, poor social relationships, and poor health and functional status. Additionally, psychological constructs, such as lower mental health, self-efficacy beliefs, adverse life events, and cognitive impairments significantly associated with loneliness.

Based on a recent report released by the National Academies of Sciences, Engineering, and Medicine (NASEM), more than one-third of all adults over 45 feel lonely, and one-fourth of adults over 65 are socially isolated with an increased risk for minorities, such as immigrants and LGBT individuals (NASEM, 2020). As such, social isolation significantly increased the risk of dementia by 50%. Moreover, the risk of all-cause mortality paralleled those observed in smoking, obesity, and lack of physical activity. Global events like the COVID-19 pandemic increased loneliness among older adults, highlighting the significance of health policies and the healthcare system in addressing this issue (Su et al., 2022).

The bulk of research exploring the benefits of technology for older adults' centers around the potential to counteract loneliness and social isolation. For instance, social technology use in older adults increased self-perceived health and well-being and lowered depression and chronic impairments (Chopik, 2016). Decreases in loneliness mediated each of these effects. An earlier meta-analysis by Choi and colleagues (2012) unveiled the effectiveness of computer and internet training to mitigate loneliness but not depression in older adults. Moreover, recent findings from a systematic umbrella review conducted by Balki and colleagues (2022) underscore the positive influence of technology interventions on enhancing social connections. Particularly noteworthy was the substantial effect associated with the use of information and communication technologies, including videoconferencing. However, the authors of this review raised concerns about the current methodological quality of the studies examined, emphasizing the pressing need for more robust and rigorously designed research investigations.

Several studies evidence a connection between loneliness, life satisfaction, and the possibility of technology use to influence that relationship. However, few studies have focused on groups that are at an increased risk for loneliness and isolation, such as older immigrants. Moreover, research has yet to explore the influence of technology access, particularly social media, among older multinational adults. Findings have indicated that loneliness and social isolation are an even greater concern among older adult immigrants whose native language and culture differ significantly from their country of residence (De Jong Gierveld et al., 2015). In the United States alone, 7.3 million older adults (65 and older) are foreign-born, comprising 13.9% of all older adults and 2.2% of the total US population. Given this gap in the literature, this qualitative study aimed to understand how older multinational adults use technology in their daily lives; the study further explores the relationship between Internet use, loneliness, isolation, and life satisfaction.

METHODS

Participants

This study sample consisted of an available sample of 15 first-generation immigrant older adults residing in the United States of America. All participants were partially or fully retired and 60 years or older. Participants were included in the study if they stated that they had Internet competency and used the Internet at least two times each week.

Eight participants were born in Iran, four in Germany, and one in India, the Netherlands, Columbia, and Argentina. Although the participants were from varied backgrounds, all were "middle class" and had at least some college experience. Please see Table 1 for further demographic information.

Table 1: Demographic description of participants by age group, gender, marital status, and employment status.

	Demographic Description	<i>n</i> (%)
Age group		
Aged 60-69		4 (27%)
Aged 70-79		8 (53%)
Aged 80 and above		3 (20%)
Gender		
Male		5 (33%)
Female		10 (67%)
Marital Status		
Married		8 (53%)
Widowed		5 (33%)
Never married		2 (13%)
Unknown		
Employment Status		
Partially retired		8 (53%)
Fully retired		7 (47%)
	Total Number	15 (100%)

Procedures

Participants were recruited through a snowball-sampling method and interviewed between January 2023 and May 2023. The interviews lasted approximately 60 minutes and were audio-recorded in English. The conversation was semi-structured, and the questions were open-ended to allow for diverse meanings and the most salient topic to emerge. Interviews were conducted in person at convenient places such as coffee shops and lab spaces or online via Zoom. The study was approved by the University's Institutional Review Board and conducted in adherence to the approved protocol.

Interview Questions

The interview questions were categorized into seven subsections: demographics, health, life satisfaction, loneliness and isolation, relationships, work, technology, and words of wisdom. The researcher started the conversation with demographic questions and then naturally progressed to the other subsections. The focus of interviews was to create a "natural" flow of conversation focusing on well-being and internet use. Questions were used as a guide to create a meaningful inquiry into the topic of interest. See Appendix A for the interview protocol.

DATA ANALYSIS AND RESULTS

Interviews were recorded, and upon completion of data collection, identifying information was removed, and interviews were transcribed (Braun & Clarke, 2006). Coding and analysis of the data yielded four interrelated primary themes that were identified regarding the technology use of multinational older adults and the impacts on their life satisfaction, loneliness, and well-being: 1. Communication, 2. Information, 3. Support, and 4. Balance. Additional sub-themes were further identified in each of the primary theme domains.

Communication

'Communication' emerged as one of the most consistent and critical themes in the analysis. All participants emphasized the value of technology for communicating with family members, friends, and previous or current colleagues at work. After retirement, a significant part of daily social interaction disappears, and technology affords the means to sustain these connections. Besides the maintenance of current relationships, technology also helped in creating new connections. Respectively, two subthemes emerged within the central theme: 1. Overcoming spatial and temporal barriers, and 2. Creating new connections.

Overcoming Spatial and Temporal Barriers:

All participants emphasized the benefit of technology to overcome the spatial distance between them and parts of their family or friends. Technology provided convenience by reducing the time needed to communicate (sending a letter versus a text message), and at other times, technology seemed crucial to maintain the relationship at all. For example, some participants had friends living several thousand miles away. Throughout their decade-long friendship, their amount of communication grew as technology allowed for a cheaper and better way of communicating.

"I am so happy to have the opportunity for our weekly Stammtisch, it keeps me connected with friends I have had for 60 years." – German-American woman, 82

In general, communicating through voice and video was appreciated the most, as it allowed for the most intimate connection with others. For instance, some participants talked to their grandchildren in other states every week or ritualistically celebrated holiday events online. Other participants became creative and used regular family meetings to enjoy similar interests and hobbies, for instance, by sending YouTube videos back and forth or having book clubs.

"WhatsApp is the big one, Zoom is another big one. We have a family book club. We are in several different countries; I have family in India, I have family in London, I have family in Canada and family here. So, we get together every [...] two months and we read a book and talk to each other about the book." – Indian-American man, 80

Most participants also used social media to follow family members and their life events. Several participants emphasized that staying in touch with the life of their adolescent or young adult grandchildren is more accessible through social media than through regular calls or messaging—most of the participants even created an account, particularly for that reason.

"But for myself it's been a god sent, because I have family in France, in Europe...so for me technology, Facetime, Facebook, Instagram...I am on all that, because that gets me connected to my brothers and sisters and my nieces and nephews and my good friends that I still see all the time when I go back. So, to me it's a plus, a big plus." – Dutch-American woman, 73

Participants stated that they highly valued technology for their ability to communicate, particularly over great distances; several stressed that such communication did not fully satisfy and only substituted actual visits from friends and family. The technological connections lacked the emotional depth they desired. Furthermore, the constant opportunity to connect did not necessarily lead to connection. Several participants mentioned reduced outreach due to the

chronic availability to connect to everyone at any time. A loss in significance might hinder the motivation to engage in the connection.

"Kids complain sometimes that I don't call them" "I will call and they will never answer" – Columbian-American man, 65

Creating New Connections:

Not all participants used technology to create new connections, but 80 % of the participants stated that this was important to them. For instance, two participants, one widowed and the other never married, highlighted their success in using technology for online dating. On the one hand, they appreciated the convenience of getting in touch with other people of interest; on the other hand, they were concerned that meeting people in person becomes increasingly more challenging. Another participant, recently widowed, highly appreciated her online grief support group. Some participants used technology to come together for mutual hobbies by joining online book groups or exercise groups.

Overall, all the participants were highly grateful for the opportunity technology offered them to maintain old relationships and create new ones. The participant's demographics and life stories determined how they benefited from using technology to communicate and connect.

Accessibility

The second theme is 'accessibility' through technology. Most participants emphasized their wish to stay informed and keep up with current developments related to politics, hobbies, or cultural topics. Furthermore, even after retirement, participants heavily relied on technology for information acquisition, resembling behavioral habits during their professional careers. Using technology, it was significantly easier to access information. Customization of devices, new modes of access, lower costs, and immediate and global accessibility proved particularly helpful to the participants. For example, enlarging documents eases reading, leading some participants to substitute conventional reading with technology:

"I read newspapers online" – Dutch-American woman, 73

Similarly, in situations of traveling, technological devices reduced the strain of carrying many books, making it the preferred mode of reading in these scenarios. At home, however, a regular book was often still favored. Technology also offered new modes of access, as in the examples of retrieving health care information or looking up journal articles. Where previously a trip to the library or the doctor was necessary, now a large database can be accessed conveniently from home. Unfortunately, this convenience was outweighed by a lack of customer service. Participants also reported liking the reductions in costs associated with information access through technology. Technologies' immediate accessibility proved useful when researching political news, listening to music, or translating unknown words. For example, social networking sites allow real-time updates of political news anywhere and everywhere conveniently on the smartphone. Lastly, each participant used technology for cultural and political information about their home countries, allowing them to maintain a cultural connection.

"Youtube has become my partner in the house. I watch anything from kind of modern German music... [...], Latin music, political stuff." – American-Columbian man, 65

In sum, multinational older adults strongly rely on technology to conveniently access information relating to culture, politics, or hobbies.

Technology as a Source of Support

The third prominent theme identified was 'support' divided into 1. Safety, 2. Work, 3. Health, and 4. Barriers and competency. All participants found areas of support using technology, but they varied greatly depending on the individual compared to the group.

Safety:

Two participants emphasized the benefit of using technology for safety. As the participant was recently widowed, the phone offers a source of support when going for walks alone in the woods or traveling: "I like to go walking in the woods, it helps me feel better, makes me feel less sad, but I would not do it alone if I did not have my phone with me. I wish I had someone to walk with but at least the phone gives me a sense of security." – Iranian-American woman, 71

Work:

More than half of the participants experienced significant advantages through technology-enabled work opportunities. For instance, several participants noted that technology facilitated their ability to engage in part-time online work. As a result, four participants derived substantial value from this capability, allowing them to sustain employment that would have been otherwise inaccessible in person. This not only provided additional income but also enhanced their professional engagement. Paralleling these results, one individual stressed the advantage of being able to keep their job while dealing with a health scare preventing them from attending the job in person:

"I do not know what I would do without my computer. I would not be able to keep my job and that would be so depressing right now, especially as I am so worried about my health. I have also been able to research my health situation online so that I am more prepared for questions when I go to see the doctor. It has been a lifesaver." – Iranian-American woman, 62

Another benefit created through technology was remote options addressing the recurrent concern of ageism in the workplace. For example, three participants mentioned that technology reduced age bias by increasing personal awareness of age and background.

Health:

Most participants discussed the ambiguous effects of technology on their health. On the one hand, it supports motivation, helps with stress reduction, and allows for information acquisition on health-related topics. For example, one participant uses their Fitbit fitness tracker to motivate them to move, which helps with their back pain. Another participant utilizes technology to listen to music whenever stressed, and some joined online exercise groups, such as yoga and Pilates. On the other hand, three participants noted that they have become more sedentary due to heightened technology use and that increased screen time impacted their eyesight negatively. Consequently, increased weight gain and back problems followed due to prolonged sitting.

Barriers and Competency:

Collectively, participants experienced some technological barriers. The reasons for complaints were general trends in corporate customer service structures, such as moving from human service to artificial intelligence and poorly engineered software and hardware products. For example, one participant lamented: "Irrational websites" – Argentinian-American woman, 70

and added that: *"[Technological competency] is not age-related, it's exposure related in a way."* – Argentinian-American woman, 70

Therefore, problems with technology were less related to age-dependent aspects and reflected rather how the different products are operationalized for its customers. For instance, a participant highly knowledgeable in soft- and hardware technology experienced technological barriers when applying for a special Visa card. This was grounded in poor instructions and a badly designed user interface for the applicants rather than incompetence in technology use per se. After generally inquiring about his relationship with technology, the same participant answered: *"I don't feel overburdened with technology at this time."* Researcher: *"Is that a concern you may have?"* Answer: *"No, no, no, no."* – Indian-American man, 80

Most participants gained their first exposure to technology through their jobs and, after full or partial retirement, made a continuous effort to stay up to date with technological developments. Special technical knowledge acquired through their jobs was reduced after retirement, but general technical understanding remained or kept improving after the participants stopped full-time employment. In sum, international older adults strongly benefit from technology in the context of work and safety. Furthermore, the participants of this study experienced minimal technological barriers, with most complaints being directed toward age-independent product engineering.

Balance

The fourth theme identified focused on the 'balance' of technology and was separated into three distinct facets: 1. Time-consuming and addiction, 2. Substitution, and 3. General attitude. Besides the vast benefits of technology to the participants, everyone emphasized the need for self-control in using technology, strengthening the hypothesis of technology's addictiveness independent of the age group it is used in.

Time-Consuming and Addictive:

The amount of technology use in our cohort was large. For instance, some participants averaged 6-7 hours daily, and one individual had his computer running from 7 a.m. to 10 p.m. every day. Explicitly asking the former person about his technology use, he replies:

"Omg.... a lot ... a lot, I mean if you ... I am constantly on my phone...like everybody else. You are always staring at it because there is so much stuff." – Iranian-American male, 61

Moreover, another participant showed great appreciation for the benefits technology offered to them but cautioned against its addictive nature, especially when it substitutes real activities like walks in nature or meeting friends. Technology use also varied seasonally, as the probability of other rewarding activities changes throughout the year. The unanimous desire to be well-informed created the most prominent draw towards technology. The majority of

participants were aware of the time-consuming nature of their behaviors around technology and the habits that emerged over time:

"...at my age I should not waste a lot of time [laughs] ...there is times where I think, okay enough, then I put it away, but it's ...addictive, let's be honest, and I do realize I could probably spend less time on it." - Dutch-American woman, 73

The heightened self-awareness, occasionally expressed by dissatisfaction towards the used technology, fostered the development of proactive problem-solving tendencies and prompted individuals to recalibrate and harmonize their behaviors. For example, a married couple keeps each other in check by monitoring the technology use of their spouse, hoping to avoid technology taking over their lives by providing an outside perspective.

Substitution:

Besides the general tendency to lose oneself in technology, five of the participants mentioned a fear of missing out (FOMO) when using technology. Even though technology affords the chance to connect with friends and family, it can also create a sense of isolation and missing opportunities if events happen without the person being included:

"I feel that I am glued to the computer sometimes, like it is too much a part of what I do with my day. I need to let go and go outside and also connect with friends for lunch or dinner instead of reaching out by computer when I feel lonely." – German-American woman, 64

Another participant reports that since his second marriage, his wife and family are mostly unbeknownst to each other due to the relationship primarily being maintained online. He speculates that in-person connections would be more fulfilling, not believing their online connection is a proper substitution. One subject maintains a conscious effort to avoid utilizing technology while going about some of his favorite hobbies:

"When I go for a walk for example, I see a lot of people with earphones [...], listening to podcasts, when they walk in the park, I don't do that, because when I go to the park, I enjoy hearing the birds, I enjoy listening to the wind, I enjoy seeing the leaves, I want to be present." – Iranian-American male, 61

Furthermore, he describes behaviors, such as looking at one's phone during conversations, as:

"Asocial behavior." – Iranian-American male, 61

Several participants purposefully engaged in technology use to cope with loneliness, it allowed them a sense of connection and something to do if feeling down and lonely:

"If I get lonely, I start reading" – Argentinian-American woman, 70

However, it is uncertain how technology influenced this relationship, as the participant emphasized that they would read regular books in moments of loneliness without access to technology.

CONCLUSION AND DISCUSSION

This study explored the relationship between technology use and several dimensions of well-being for a group of older immigrant adults. Overall, the findings indicated that technology played a positive role in the lives of the participants. Ninety percent of the participants stated that access to technology improved their lives and reduced feelings of loneliness and isolation. At the same time, the majority also emphasized the need to monitor their technology use so that the benefits keep outweighing the decrements of using too much technology.

Technology is an integral component of 21st-century life. For older adults who were socialized in pre-technological societies, adapting to technology may prove challenging, but the participants in this study found that the benefits outweigh the challenges. Technology's impact on human life cannot be overstated. The overall attitude related to technology use spanned from general gratefulness to positivity. The comment below summarizes the overall feeling of the participants.

"Now that I have it, I don't want to give it up...certainly. Giving it up is going back to the stone age.... right, you can't do it...so am I a lot happier now because of technology compared to the 1980's when I did not have technology, I would not say so, I was pretty happy back then too" – Iranian-American male, 61

For multinational older adults, in particular, technology can serve as a connection to families and cultures of origin. It can help them maintain meaning and connection in later life.

There are several limitations to this study. This study relied on a non-random sample of multinational older adults; further studies should explore the intriguing dynamics of targeted technology use among older adults and their potential for reducing loneliness and isolation and increasing life satisfaction. Technology use has many potential benefits in later life. Qualitative investigations have found that engagement with friends and family through technology bolstered self-worth and identity, potentially mitigating the negative effects of widespread ageism. There are also downsides to technology use; for example, some studies have found that heightened technology engagement could inadvertently curtail actual social interactions, exacerbating social isolation. Excessive reliance on technology may lead to technological dependence, potentially deepening the experience of isolation, loneliness, and reducing well-being. Consequently, future design and development of technological devices and applications should account for this aspect to maximize the potential benefits of technology use among older adults of diverse backgrounds.

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Appendices

Appendix A: Demographic description of participants by age group, gender, marital status, and employment status.

Subsections	Example questions
Demographics	<i>"What is your gender, age, and ethnic group you identify with?"</i> <i>"What is your work history and current work status?"</i>
Health	<i>"What are the primary ways that you cope with stress in your life?"</i> <i>"Where do you get your primary health-related information?"</i> <i>"How satisfied would you say you are with your health?"</i>
Life satisfaction	<i>"In general, how satisfied are you with your life?"</i> <i>"What makes you satisfied?"</i>
Loneliness	<i>"Everyone is lonely or disconnected sometimes; what % of the time would you say that applies to you?"</i> <i>"What is going on when you feel lonely?"</i> <i>"What do you tend to do when you feel lonely?"</i>
Relationships	<i>"Please tell me about your family situation (feelings, living situation, concerns)."</i> <i>"How often do you see your family members?"</i> <i>"How do you communicate with your family (in person, online, phone, or other)?"</i> <i>"How satisfied are you with their family relationships?"</i> <i>"Who are you closest to? Tell me about that relationship."</i>
Work	<i>"What sort of work do you do?"</i> <i>"What do you enjoy about your work?"</i> <i>"Do you have any work concerns you would like to share?"</i> <i>"Do you use technology at work? In what way?"</i>
Technology	<i>"What do you associate with technology?"</i> <i>"What are some primary ways (research, communication with family and friends, travel, medical and health care information, general, news, other) that you use technology?"</i> <i>"What do you find beneficial about technology?"</i> <i>"Is there a downside to technology?"</i> <i>"How many hours each day would you say that you are on your tech devices?"</i> <i>"Do you feel you use technology too much? Too little?"</i> <i>"How do you feel if you do not have access to your devices?"</i> <i>"Do you ever try to limit or control your technology use, and if yes, when and how do you feel when you are limiting yourself?"</i> <i>"Do you ever feel like you get absorbed into technology without wanting to?"</i> <i>"Do you turn to your tech devices when you feel lonely, disconnected, or isolated?"</i> <i>"When you take breaks from technology, how do you like to spend your time?"</i> <i>"Does your time outside influence your technology use?"</i> <i>"What do you find most satisfying about technology?"</i> <i>"What do you find least satisfying about technology?"</i>
Wisdom	<i>"What suggestions "words of wisdom" do you have about technology use and its influence on well-being?"</i>