

In-depth interview Guide

Information collected by: _____

Time and date: _____

Participant ID: _____

Study Title: Enabler and barriers to physical activity among older adults in Karachi – A qualitative exploratory study

Greetings and Introduction

Can you provide some information about yourself?

Gender	
Age	
Marital Status	☐ Single ☐ Married ☐ Widow ☐ Divorced Others: _____
Education Level	☐
Family Demographics	☐ Living alone ☐ Living with spouse Living with Family
Location (area of residence)	☐
Duration of residence in current location:	
Current Occupation	☐ Working full time ☐ Working part time ☐ Never worked ☐ House wife ☐ Caring for sick family member ☐ Retired Others: _____
Mobility Status	☐ Able to walk independently without support ☐ Able to walk with support ☐ Others
Comorbid	

Personal Level

- 1) What do you think about physical activity?
Probe: exercise, cycling, jogging, stair climbing
- 2) What do you think physical activity is good or bad for you? And how
Probes: health conditions, pain, difficulty in doing daily living activities
- 3) How would do you describe your standard of living?
Probe: Socioeconomic status, household expenses
- 4) What type of physical activities do you perform daily? And how much time do you spent on these activities
Probes: walking, stair climbing, exercise, yoga, cycling, gardening, for how long.
- 5) How do your health conditions (if any) impact your participation in physical activity?
Probes: Joint diseases, pain, respiratory issues, comorbidities, barriers
- 6) What facilitates you while doing physical activity?
Probes: peer support, family, environment, home environment, exercise equipment's, time
- 7) *How do you think technological advancements, impact your motivation and engagement in physical activity?*
Probes: Wearable devices, Social media

Interpersonal Level:

- 8) Do you know about physical activities performed within social groups/friends/family?
Probes: morning walks, group exercises, gym, trainings,
- 9) How do your family and friends influence your physical activity choices?
Probe: support, motivation,
- 10) What are the general attitudes towards physical activity within your social circles/society?
Probe: Positive attitudes, Fear, Negative attitudes, experience
- 11) How do cultural beliefs influence your participation in physical activity?
Probes: indoor, outdoor physical activity, environment,

3. Community Level:

12) Do you have parks, pedestrian zones, walking spaces in your community?

Probes: How often do you use them, safety, accessible

13) Do you feel safe walking or performing physical activity or exercise outdoors in your neighborhood?

Probes: traffic, walking path, lack of lighting, security

4. Policy Level:

14) What type of government initiatives or programs you know about promoting physical activity for older adults in Karachi?

15) What kinds of support or resources do you think the government/community should provide to help older adults like yourself stay physically active?

Probes: Health care facilities

16) Give your opinion about physical activity in older adults for future recommendations?