

NICOLE MARAIS M.A.DIP.PSYCH	
LONELINESS BOOK RESEARCH – QUESTIONS	
This confidential questionnaire has been completed voluntarily. All identities will remain anonymous. Consent to use the information is obtained by virtue of completion of the form.	
Once completed if you would like to email the form back to Nicole Marais M.A.Dip.Psych, please do with the Subject Heading: Completed Book Questionnaire at the following address: info@nicolemarais.co.uk .	
If you would prefer to send it in anonymously please return in the post to : Nicole Marais. M.A.Dip.Psych, (Book Research) Violet Hill Studios, 6 Violet Hill, St John’s Wood, London NW8 9EB.	
All forms need to be completed by 31 October 2019 and received by 7 November 2019 for inclusion. Thank you.	
Name : Optional	
Age :	
Gender :	
Siblings :	
Single/Married/Divorced/Widowed:	
Children:	
Ethnicity :	
1 What’s your definition of loneliness.?	
2 Can you tell me about the different forms of loneliness that you have experienced? Or do experience?(Empty inside/sad/angry/happy/lost..... and so on)	
3 What was/is your explanation for feeling lonely at those times... if any?	
4 When you have felt lonely - how would/do you cope? (Addiction/food/drugs/isolation/partying/exercise ...and so on)	
5 What was/is your relationship with your mother like?	
6 What was/is your relationship with your father like?	
7 What was/is your relationship with your siblings like?	

8 Do you have any form of belief system; be it philosophical/ spiritual/ religious?
9 How has (does) that helped or hindered you?
10 What do you believe about people?
11 Do you think that has affected your relationship with loneliness? If so, in what way?
12 What do you believe about the Universe?
13 Do you think that has affected your relationship with loneliness? If so, in what way?
14 Do you think loneliness serves a purpose? If so, what?
15 What is your relationship with art and creativity?
16 What is the opposite of loneliness for you?
17 Can you make that happen? If so, how?
18 How does that feel?
19 Is there anything I haven't asked you that you would like to share?