

# Four Qualitative Methods for Understanding Diverse Lives

See: <https://www.ncrm.ac.uk/resources/online/all/?id=20805>

## **Life History Interviews**

Life history interviewing uses in-depth questioning to record, document and preserve the experiences, beliefs, and perspectives of an individual.

Interview questions typically move chronologically from the past to the present and participatory exercises, such as mapping or collage, can easily be incorporated.

This method provides valuable insights into the subjective experiences and perspectives of individual participants.