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Article title: Associations of mental health help-seeking among Nepali women with anxiety or depression symptoms in the 2022 Demographic and Health Survey
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Online Resource 1 Complete results of the nested logistic regression models. Outcome: having ever tried to seek help, among the 710 symptomatic women.

OR = adjusted odds ratio; CI = confidence interval; SE = linearized standard error. Survey-weighted logistic regression (Stata svy) with subpop() restriction to the symptomatic subpopulation. Reference categories: age 15-24; no education; not married; poorest quintile; urban; no insurance; not employed; Koshi province; anxiety only. The intercept is the baseline odds of help-seeking with every variable in the model at its reference category. Values are taken from the Stata/SE 19.0 svy logistic output.

Model 1. Predisposing factors

Variable	OR	SE	95% CI	p-value
Age 25-34 years	1.43	0.32	0.91-2.23	0.119
Age 35-49 years	1.29	0.32	0.79-2.11	0.309
Education: Basic	1.06	0.23	0.69-1.63	0.774
Education: Secondary	1.49	0.37	0.91-2.44	0.109
Education: Higher	1.41	1.09	0.31-6.42	0.660
Married	0.90	0.19	0.59-1.36	0.608
Intercept (baseline odds)	0.52	0.15	0.29-0.92	0.026
Model F (df)	F(6, 457) = 0.85			
Prob > F	0.531			

Model 2. Predisposing and enabling factors

Variable	OR	SE	95% CI	p-value
Age 25-34 years	1.22	0.30	0.76-1.97	0.410
Age 35-49 years	1.05	0.29	0.61-1.80	0.871
Education: Basic	0.96	0.22	0.61-1.52	0.868
Education: Secondary	1.33	0.36	0.77-2.27	0.302
Education: Higher	1.36	1.22	0.23-7.94	0.732
Married	0.92	0.20	0.60-1.40	0.688
Wealth: Poorer	1.66	0.52	0.90-3.09	0.107
Wealth: Middle	1.27	0.41	0.67-2.40	0.464
Wealth: Richer	2.92	1.02	1.46-5.81	0.002
Wealth: Richest	1.92	0.81	0.84-4.39	0.121
Rural residence	1.06	0.20	0.73-1.54	0.771
Health insurance: Yes	0.97	0.30	0.53-1.77	0.917
Employed	1.85	0.35	1.28-2.67	0.001
Province: Madhesh	1.16	0.36	0.63-2.14	0.632
Province: Bagmati	0.86	0.29	0.44-1.68	0.652
Province: Gandaki	0.66	0.29	0.28-1.59	0.354

Province: Lumbini	0.74	0.20	0.43-1.25	0.258
Province: Karnali	0.93	0.29	0.51-1.70	0.806
Province: Sudurpashchim	0.65	0.21	0.34-1.22	0.178
Intercept (baseline odds)	0.28	0.12	0.12-0.66	0.003
Model F (df)	F(19, 444) = 1.63			
Prob > F	0.047			

Model 3. Fully adjusted model (predisposing, enabling, and need factors)

Variable	**OR**	**SE**	**95% CI**	**p-value**
Age 25-34 years	1.24	0.31	0.76-2.02	0.386
Age 35-49 years	1.07	0.30	0.61-1.86	0.823
Education: Basic	0.95	0.22	0.60-1.51	0.832
Education: Secondary	1.34	0.36	0.78-2.29	0.284
Education: Higher	1.35	1.33	0.19-9.37	0.761
Married	0.94	0.21	0.60-1.46	0.767
Wealth: Poorer	1.65	0.52	0.88-3.08	0.119
Wealth: Middle	1.19	0.39	0.63-2.26	0.586
Wealth: Richer	2.95	1.03	1.48-5.88	0.002
Wealth: Richest	1.87	0.78	0.82-4.26	0.133
Rural residence	1.02	0.20	0.70-1.49	0.926
Health insurance: Yes	1.01	0.32	0.55-1.87	0.974
Employed	1.80	0.34	1.25-2.60	0.002
Symptom type: Depression only	1.16	0.28	0.72-1.87	0.540
Symptom type: Both (comorbidity)	1.66	0.34	1.11-2.49	0.014
Province: Madhesh	1.17	0.36	0.64-2.14	0.611
Province: Bagmati	0.82	0.29	0.42-1.63	0.575
Province: Gandaki	0.65	0.29	0.27-1.58	0.340
Province: Lumbini	0.73	0.20	0.43-1.26	0.261
Province: Karnali	0.88	0.27	0.48-1.61	0.686
Province: Sudurpashchim	0.62	0.20	0.33-1.19	0.150
Intercept (baseline odds)	0.23	0.10	0.10-0.55	0.001
Model F (df)	F(21, 442) = 1.67			
Prob > F	0.033			