

Online Resource 1. Interview Guide

Semi-structured interview guide used to explore mental health experiences and help-seeking behaviours among South Asian migrant women working in Ireland.

Title of Article : A qualitative exploration of mental health experiences and help seeking behaviour of South Asian migrant women working in Ireland

Section I- Welcome and Introduction to the study

1. Greetings
2. Verbal explanation of study- purpose, risk/benefits
3. Introduction Participant Information Sheet and obtaining consent.
4. Explanation of Interview questions (E.g.: ‘The interview has 6 sections and questions will be divided accordingly. I may not ask all the questions if you cover all areas of interest within your narrative. I might provide prompts in case I would like you to broaden the area under discussion’)
5. Time for participants’ questions and answers

Section II-General Information

1. Where do you come from in South Asia?
2. How long have you been in Ireland?
3. Could you explain the circumstances for migration to Ireland?
4. What were your expectations before arrival?
5. How did you rate your English skills at the time of arrival to Ireland?

Section III- Being a South Asian migrant in Ireland.

1. How do you feel being an immigrant woman working in Ireland?
2. Do you have opportunities to be involved in social life and cultural activities in Ireland?
3. Do you feel that you are integrating into Irish society?
4. Do you keep in touch with people from your native country in Ireland?
5. What stops you (if at all) from building relationships with host society members?
6. What stops you (if at all) from building relationships with your native country members in Ireland?
7. In your experience, what are the negatives/disadvantages of migration?
8. In your experience, what are the positives/advantages of migration?

Section IV-Mental health issues/Experiences.

1. Does being a migrant working woman in Ireland affect your mental health or mood. If yes, how?
2. What is the most difficult part of being a migrant working woman in Ireland?
3. What is the nicest part of being a migrant working woman in Ireland?
4. Does your mental health/psychological wellbeing differ in your native country and Ireland?
5. Have you noticed any change in your mental health/mood after moving to Ireland?

6. In your own words, how would you describe your mental health issues/problems, if any?

7. What are the main causes /sources of psychological distress/lowered wellbeing, if any?
8. Do you think you have enough mental health support? If so, from who?

Section V-Mental Health Help seeking behavior.

1. What do you know about mental health support services?
2. Have you ever used mental health support services in Ireland or back home?
3. What information do you have about mental health support services available for women in Ireland?
4. Would you use mental health support services in Ireland?
5. Why would/wouldn't you use mental health services in Ireland?
6. What are the factors that would make it more likely for you to use mental health support services in Ireland?
7. What are the factors that prevent you from using mental health support services in Ireland?
8. Do you think other South Asian women would be willing to use mental health support services in Ireland?
9. In your opinion what changes in the existing system would help migrant women to come forward and utilize services more effectively?

Section VI-Debriefing

1. Thank you for participation
2. Information about what happens next: transcribed verbatim/findings, data storage, thesis submission etc.
3. Introduction of contact information sheet
4. Reminding about ethics and right to withdraw from study.
5. Time for any questions and answers
6. Goodbye