

Online Resource 2: Coding Framework

This file presents the line-by-line coding and the development of themes in each section, based on participant interviews with South Asian migrant women working in Ireland

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

Line-by-Line Coding Example

Transcription	Codes	Subthemes	Theme
P12: <i>there are chances your feelings or your issues are not properly understood because of poor English and difference in family values.... So, if the healthcare professionals will be given more education regarding the various cultures</i>	Poor English	Language issues	Cultural barrier
	Difference in family values	Culture difference	
	Education to healthcare professionals	Culture sensitive team	Cultural facilitator

This section summarizes the initial codes from the first five interviews (figure S 1) how the codes were clustered into overarching themes under sections that aligns with research questions .

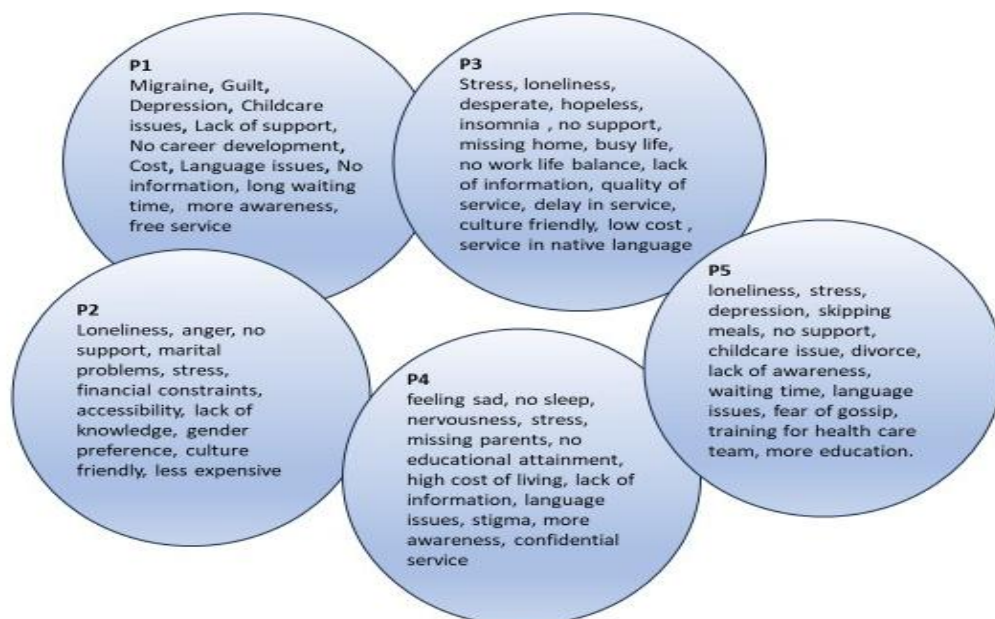


Figure S1: Codes identified in each of the first five interviews

Mental Health Experiences

1.1 Psychological Manifestations

- “I feel very low, sometimes...”
- “Hopeless and desperate...”
- “No one to talk to...”
- “Feel guilty for migrating...”
- “Everything looks fine outside, but we wear a mask...”

1.2 Somatic Manifestations

- “Frequent headaches after work”
- “I take painkillers every night”
- “Can’t sleep at night”
- “Constipation during stress”
- “Skip meals... feel unhealthy”

1.3 Factors Associated with Poor Mental Health

- “No help with childcare”
- “No career progression”
- No educational Attainment
- “Workplace bullying”
- “Missed family gatherings”
- “Language difficulties at work”
- “Discrimination in house hunting”
- Very Busy life

2. Barriers to Mental Health Help-Seeking

2.1 Structural Barriers

- “Too expensive... nothing left after bills”
- “GP visit, medication – all costly”
- “Had to travel hours for appointment”
- “No workplace support services”
- “Had to wait weeks and months for care”

2.2 Cultural Barriers

- “People think you are crazy to see a doctor”
- “I’m worried others will talk about me”
- “They don’t understand our family problems”
- “Talking to a doctor in front of my husband is uncomfortable”
- “Healthcare providers may laugh at our issues”

2.3 Cognitive Barriers

- “Don’t know what services are available”

- “I suppose feeling down is normal for everyone”
- “Maybe it’s just hormonal or fatigue...”
- “Even going privately, it’s hard to find someone”

3. Facilitators to Mental Health Help-Seeking

3.1 Structural Facilitators

- “If services are free or reduced, we can use them”
- “They take care of you once you’re in the system”
- “I prefer services here because of confidentiality”
- “Workplace-based support would be very useful”

3.2 Cultural Facilitators

- “We need someone who understands our culture”
- “Train healthcare workers about our values”
- “Multicultural teams would make us feel heard”
- “I prefer a female doctor for mental health concerns”

3.3 Cognitive Facilitators

- “Awareness campaigns in colleges, workplaces”
- “Social media can help reach people”
- “Mental health education needed in the community”
- “Train employers and staff to be supportive