

Supplementary Appendix 1: Code Book

Category	Sub-Category	Description	Example
Idioms of distress	What are they?	Practitioner's opinions about what idioms of distress are.	Idioms of distress are ways of expressing how you are feeling....
	Common	Practitioner's opinions on most common idioms used by patients	Headache, heart sinking
	Physical	Idioms that are physical in nature	Body pain, gastric problems, weakness, sleep problems, appetite issues
	Mental	Idioms that are related to thinking, cognition and other mental phenomenon	Thinking too much, concentration problems
	Emotional	Idioms that are related to emotions or emotional states	Sadness, unhappiness, fearfulness
	Social	Idioms that are related to issues with relationships, finances, occupation	Social isolation, financial loss
	Environmental	Idioms that are related to the spatial-temporal environment of the subject	The traffic and insecurity of the city drive me mad.
	Nature	Idioms that allude to natural phenomenon	I felt as if a darkness had descended on me
	Supernatural	Idioms that are related to supernatural phenomenon experienced by the subject	Jinn possession
	Spiritual	Idioms that are related to spiritual experiences and states.	I feel cut off from God
	Laymen	Idioms that are used by subjects with no diagnosable mental illness.	Anger, sadness, worry
	Anxiety	Idioms that are used by subjects diagnosed with an anxiety disorder	Restlessness, heart feeling faint
	Depression	Idioms used by subjects diagnosed with a depressive disorder	Lack of energy, loneliness
	Psychosis	Idioms used by subjects diagnosed with a psychotic disorder	Hearing voices, seeing dead relatives
Idioms Comparisons	Age	Similarities and differences of idioms between different age groups	The younger age group is more likely to use Western language
	Gender	Similarities and differences of idioms between different genders	Men are less likely to use emotional idioms
	Education/SEC	Similarities and differences of idioms between different education levels.	There is more somatization in the low income communities

	Ethnicity	Similarities and differences of idioms between different ethnic groups	Pashtuns are more likely to use social idioms
Explanatory Models (EM)	Biological	Mental illness attributed more to biological causes	Mental illness happens due to bio-chemical imbalances in the brain
	Social	Mental illness attributed more to social causes	Mental illness happens due to pressures from family
	Supernatural	Mental illness attributed more to supernatural causes	Mental illness is caused by jinn or black magic
	Environmental	Mental illness attributed more to environmental causes	Mental illness happens due to terrorist attacks or financial problems
	Spiritual	Mental illness attributed more to spiritual causes	Mental illness happens due to spiritual problems
EM Comparisons	Age	Similarities and differences of EM between different age groups.	Older people think mental illness is due to supernatural causes.
	Gender	Similarities and differences of EM between different genders.	Women are more likely to associate mental illness with social issues.
	Education/SEC	Similarities and differences of EM between different educational groups.	Individuals in high SEC are more likely to think it is biological.
	Ethnicity	Similarities and differences of EM between different ethnic groups.	Sindhis are more likely to think it is supernatural.
Other	Ethno psychology	Words and phrases denoting how subjects conceive of their sense of self.	The heart is the seat of emotion.
	Culture and mental health	Practitioner's opinions on the importance of culture and mental health.	Culture has a very important role to play in how mental illness manifests.
	Treatment	The modalities of treatment patients utilize and/or survivor's find most useful	I found that spirituality was very important in my recover.
	DSM	Practitioner's opinions on the applicability of the DSM to the Pakistani cultural context	The DSM captures the Pakistani experience of mental illness very well.
	Existential	Existential problems of patients that come out in mental health consultations	I have lost meaning in my life