

Supplementary Appendix 2: Idioms of Distress Complete List

Category	Idiom	Translation	Total mentions	Mentioned by
Emotional	<i>Pareshani</i>	Worry	8	6 practitioners, 1 patient, 1 layperson
	<i>Bechaini</i>	Uneasiness	8	4 practitioners, 4 patients
	<i>Dil nahi lagraha</i>	My heart is not in it (anhedonia)	7	6 practitioners, 1 patient
	<i>Dil doobna/tootna</i>	My heart is sinking/breaking	4	4 practitioners
	<i>Udaasi/Mayoosi</i>	Intense sadness	6	3 practitioners, 3 patients
	<i>Ghusa ziyada aana/Chircharapan</i>	Becoming more angry than usual/ Irritability	9	4 practitioners, 4 patients, 1 layperson
	<i>Dar/Khauf</i>	Fearfulness	6	3 practitioners, 2 patients, 1 layperson
	<i>Rona aana</i>	Feel like crying	4	2 practitioners, 2 patients
	<i>Dilchaspi nahi hona</i>	No interest	1	1 practitioner
	<i>Bayzaari</i>	Dissatisfaction	1	1 practitioner
	<i>Baybasi</i>	Helplessness	1	2 practitioners
	<i>Beyaqeeni</i>	Uncertainty	1	1 practitioner
	<i>Khaalipan</i>	Emptiness	1	1 practitioner
	<i>Dil band hai</i>	Heart is closed	3	3 practitioners
	<i>Dukh</i>	Angst	1	1 layperson
	<i>Dil udaas rehna</i>	Heart is sad	1	1 practitioner
	<i>Dil pareshaan hai</i>	Heart is worried	1	1 practitioner
	<i>Dil bechain hai</i>	Heart is uneasy	1	1 practitioner
	<i>Himmat nahi hona</i>	Don't have willpower	3	2 practitioners
	<i>Umeed nahi hai</i>	Hopelessness	2	2 practitioners
	<i>Meri ahmiyat nahi hai</i>	I'm worth nothing	2	2 practitioners
	<i>Mein kisi qabil nahi hoon</i>	I can't do anything	3	3 practitioners
	<i>Depression</i>	Depression	3	3 practitioners
	<i>Anxiety</i>	Anxiety	2	2 practitioners
	<i>Kuch mehsoos nahi hota</i>	I can't feel anything	1	1 patient
	<i>Afsoos</i>	Sadness	1	1 layperson

Physical	<i>Ghabrahat</i>	Restlessness	8	7 practitioners, 1 patient
	<i>Kamzoori</i>	Weakness/Lethargy	11	5 practitioners, 6 patients
	<i>Neend mein masla</i>	Sleep problems	7	4 practitioners, 3 patients
	<i>Jism mein dard</i>	Pain in the body	8	5 practitioners, 3 patients
	<i>Sar mein dard</i>	Pain in the head	9	6 practitioners, 3 patients
	<i>Bhook mein masla</i>	Appetite problems	4	1 practitioner, 3 patients
	<i>Pait mein gas/dard</i>	Pain/gas in the stomach	5	5 practitioners
	<i>Sar bhari hona</i>	Head is heavy	1	1 practitioner
	<i>Dil doobna</i>	Heart is sinking	2	2 practitioners
	<i>Qamar mein dard</i>	Back pain	2	2 practitioners
	<i>Subha utha nahi jaata</i>	Can't wake up in morning	2	2 practitioners
	<i>Seene mein jalan hai</i>	Burning sensation in chest	2	1 practitioner, 1 patient
	<i>Hath pair sun ho rahe hain</i>	Hands, feet going numb	2	2 practitioners
	<i>Kaan mein dard</i>	Pain in ear	1	1 practitioner
	<i>Jism kaanpna</i>	Body is trembling	1	1 practitioner
	<i>Jism tootna</i>	Body is breaking	1	1 practitioner
	<i>Chakar lagna</i>	Dizziness	2	2 patients
	<i>Dil mein dard</i>	Heart pain	1	1 patient
	<i>B.P. high ho gaya</i>	Blood pressure is increasing	2	2 patients
Social	<i>Akela rehna pasand hai</i>	I prefer being alone	5	2 practitioners, 3 patients
	<i>Taluqaat mein masle</i>	Relationship problems	5	2 practitioners, 2 patients, 1 layperson
	<i>Tanhai</i>	Loneliness	5	2 practitioners, 3 patients
	<i>Shak-o-shubaat</i>	Paranoia/Lack of trust	7	3 practitioners, 4 patients
	<i>Batein karna chorna</i>	Stop talking to people	3	3 practitioners
	<i>Izzat khatam ho gayi</i>	Loss of respect/honour	1	1 practitioner
Mental	<i>Awazein aana</i>	Hearing voices	4	1 practitioner, 3 patients

	<i>Samajh nahi aarahi</i>	Confusion	8	4 practitioners, 3 patients, 1 layperson
	<i>Zehn/Dimagh kaam nahi karna</i>	Mind/brain is not working	8	4 practitioners, 3 patients, 1 layperson
	<i>Zindagi khatam ho gayi hai</i>	My life is finished (nihilistic thoughts)	7	4 practitioners, 2 patients, 1 layperson
	<i>Khudkush khayalat</i>	Suicidal thoughts	5	2 practitioners, 3 patients
	<i>Stress</i>	Stress	1	1 practitioner
	<i>Hungama</i>	Chaos	1	1 practitioner
	<i>Fragmentation</i>	Fragmentation	1	1 practitioner
	<i>Dimagh khali mehsoon hota hai</i>	Brain feels empty	1	1 practitioner
	<i>Dimagh sun hai</i>	Brain is numb	1	1 practitioner
	<i>Khaufzada khaab</i>	Nightmares	2	1 practitioner, 1 patient
	<i>Yaadgaash mein kami</i>	Memory loss	1	1 patient
	<i>Timelessness</i>	Timelessness	1	1 practitioner
	<i>Spacelessness</i>	Spacelessness	1	1 practitioner
Environmental	<i>Andhera hai</i>	There is darkness all around me	4	4 practitioners
	<i>Shehr mujhay pagal kar raha hai</i>	This city is driving me crazy	5	4 practitioners, 1 patient
	<i>Gandigi se khauf aana</i>	I'm scared of the garbage	2	2 practitioners
	<i>Yahaan mahfooz nahi hai</i>	I'm not safe here	2	2 practitioners
	<i>Traffic ke masle</i>	Traffic problems	3	2 practitioners, 1 patient
Spiritual	<i>Guanoon ki saza</i>	Punishment for my sins	5	2 practitioners, 2 patients, 1 layperson
Other	<i>Tension</i>	Feeling very stressed, pressure in the head	16	7 practitioners, 5 patients, 4 laypeople