**Collated Codes**

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| **Arday (2018)** | **Edge (2008)** | **Gunasinghe et al. (2018)** | **Islam et al. (2015)** | **Mantovani et al. (2016)** | **Mclean et al. (2003)** | **Memon et al. (2016)** | **Moller et al. (2016)** | **Rabiee & Smith (2013)** | **Rae (2016)** | **Robinson et al. (2011)** | **Sancho & Larkin (2020)** | **Shefer et al. (2013)** | **Sisley et al. (2011)** | **Wales et al. (2017)** |
| (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma |  | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma | (societal / cultural) stigma |
| Fear of judgement | Fear of judgement | Fear of judgement | Fear of judgement | Fear of judgement |  | Fear of judgement | Fear of judgement | Fear of judgement | Fear of judgement | Fear of judgement | Family expectations | Fear of judgement | Fear of judgement | Fear of judgement |
| Gender differences / expectations  |  | Cultural identity / value / norms |  |  | Cultural identity / value / norms | Gender differences / expectations.Cultural norms. | Cultural norms (no access / therapy) |  | Gender expectations | Gender differences / expectations | Cultural norms (no access / therapy). Gender differences |  | Generational differences / Gender expectations | Generational differences |
| Weakness | (self) stigma / weakness |  |  | (self) stigma / weakness / shame |  | (self) stigma / weakness | (self) stigma – accessing help |  | (self) stigma / weakness / shame | (self) stigma / weakness | (self) stigma / weakness | (self) stigma / weakness / shame | (self) stigma / weakness / failure | (self) stigma / shame |
| Negative impact of disclosure |  | Negative impact of disclosure | Negative impact of disclosure |  | Negative impact of disclosure | Negative impact of disclosure | Negative impact of disclosure | Negative impact of disclosure | Negative impact of disclosure | Negative impact of disclosure | Negative impact of disclosure |  |  | Negative impact of disclosure |
| Isolation |  |  | Isolation | Isolation |  | Isolation |  |  | Isolation | Isolation | Isolation | Isolation | Isolation | Isolation |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Lack of diversity of professionals | Lack of diversity of professionals | Lack of diversity of professionals | Lack of staff cultural competence | Lack of diversity of professionals / cultural competence |  | Lack of diversity of professionals / cultural competence | Lack of diversity of professionals (options) / cultural competence | Lack of diversity of professionals / cultural competence | Lack of diversity of professionals / cultural competence | Lack of diversity of professionals | Lack of diversity of professionals / cultural competence |  |  |  |
| Discrimination from professionals |  |  |  |  | Discrimination from professionals | Discrimination from professionals | Discrimination from professionals | Discrimination from professionals |  |  | Discrimination from professionals / system |  |  |  |
| Fear of judgement from professionals | Concerns about confidentiality |  | Mistrust of services, confidentiality concerns. |  | Mistrust of services | Mistrust of services | Confidentiality / mistrust |  | Concerns about confidentiality | Confidentiality / mistrust | Confidentiality / mistrust | Need for safe space / trust |  | Confidentiality / mistrust |
| Services not understanding | Services or professionals not understanding / Need for shared understanding | Services not suitable / negative view | Not being taken seriously by professionals |  | Services not understanding/ misunderstanding |  | Services not understanding | Services or professionals not understanding | Services or professionals not understanding |  | Services or professionals not understanding |  | Services or professionals not understanding / not taken seriously |  |
| Difficulties with finding help |  |  | Difficulties with finding help / awareness |  |  | Difficulties with finding help / awareness | View of therapy | Difficulties with finding help / awareness |  |  | Difficulties with finding help / awareness(diversity in promotiom) |  |  |  |
| Services not available |  |  |  | Access to help / options | Financial barriers / access to alternatives | Access to help.Financial barriers |  | Access to help / options |  |  | Access to help / options |  |  |  |
| Language barriers |  |  |  |  |  | Language barriers |  | Language barriers | Language / communication barriers |  |  |  |  | Language / communication barriers |
| Inappropriate care / options | Inappropriate care / options.  |  |  |  |  | Inappropriate care / options. |  | Need for community resources  | Need for community resources  |  |  |  |  |  |
| Power imbalances | Negative experiences (e.g. GP) |  | Negative experiences |  | Negative experiences | Negative experiences – waiting times.Power imbalances. |  | Inappropriate care / options. | Negative experiences (e.g. GP) |  |  |  |  |  |
| Negative view of services |  |  |  |  | Negative perception of services (not suitable to meet needs / understand) | Negative perception of services (not suitable to meet needs / understand) |  |  | Negative perception of services |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Speaking about emotions is not the ‘norm’ | Understanding of MH |  | Understanding of MH | Understanding of MH | Understanding of MH |  |  |  | Understanding / Knowledge of MH |  | Understanding of MH (not serious?) | Understanding of MH (not serious?) | Understanding of MH | Understanding of MH (PH and MH differences) |
|  |  |  |  |  |  |  |  |  | Speaking about emotions is not the ‘norm’ |  | Speaking about emotions is not the ‘norm’ |  |  | Speaking about emotions is not the ‘norm’ |
| Keeping problems to yourself | Keeping problems to yourself | Keeping problems to yourself / within home | Keeping problems to yourself | Keeping problems to yourself |  | Keeping problems to yourself |  |  |  | Keeping problems to yourself | Keeping problems to yourself | Keeping problems to yourself / within home / secrecy | Keeping problems to yourself / within home | Keeping problems to yourself / within home |
| Role of religion / spirituality / faith. | Role of religion / spirituality | Role of religion / spirituality | Role of religion / spirituality.  | Role of religion / spirituality (in coping and understanding) |  |  |  |  | Role of religion / spirituality / faith. (in coping and understanding) |  | Role of religion / spirituality / faith. (in coping and understanding) | Role of religion / spirituality (in coping and understanding) |  | Delayed help-seeking |
|  |  |  | Role of friends and family. |  |  | Preference for informal structures |  |  | Preference for informal structures (e.g. community) |  |  | Role of friends and family. |  |  |