

Supplementary Material 1 Interview Guide

Section A: Demographic Information

1. Please introduce yourself.
2. Could you share some basic information about yourself (e.g., age, gender, etc.)?
3. What is your child's diagnosis?
4. When was your child diagnosed?
5. How long has your child been living with this diagnosis?
6. How did you first realise your child needed treatment?
7. What were the signs or symptoms you noticed?
8. How did you feel at that time?
9. Did you understand your child's condition or diagnosis then?

Section B: Social and Personal Life of the Caregiver

1. Besides you, who else helps to care for your child?
2. What is your daily routine from morning until night when caring for your child?
3. What activities or tasks are part of your caregiving role?
4. Approximately how many hours a day do you spend on caregiving?
5. How has your social and personal life changed before and after your child's diagnosis?
6. Has your attitude towards your child changed since you became a caregiver? (In what ways?)
7. Were the changes significant? (How did you notice them?)
8. Has your social life changed? (In what ways?)
9. Do your friends or relatives know about your child's mental health condition?
10. Have they ever offered support?

Section C: Psychological Burden

1. What psychological effects have you experienced as a result of your child's condition?
2. Has this affected your relationship with your child?
3. How do you respond when your child does not listen to you?
4. What happens when you try to advise your child?
5. In your opinion, why do they react that way?
6. How does your child respond to your advice or actions?

Section D: Feelings of Guilt

1. How do you feel while caring for your child?
2. Do you feel that your care is sufficient?
3. Do you feel you could care for your child better?
4. If yes, in which aspects do you think you could improve?

Section E: Challenges in Mental Health

1. What challenges do you face regarding your mental health as a caregiver?
2. Have these issues affected your emotions and mental well-being?
3. Do you think your mental health has changed since becoming a caregiver?
4. Have you tried to overcome these challenges? (If yes, how?/If not, why?)
5. What is the biggest challenge you face in daily life?
6. Do you face financial difficulties in caring for your child (e.g., payments, services)?
7. Has caregiving affected your relationships with other family members? (What has been the effect?)
8. In your opinion, how do others perceive your child's condition?

Section F: Coping Strategies

1. What strategies, interventions, or support do you find effective in improving your mental health?
2. What specific coping methods do you use?
3. Who do you think can help you overcome these challenges (e.g., hospital, family, government)?
4. If there were a program to support caregivers like you, what would you expect from it?
5. What type of program would be most helpful?

Section G: Closing

1. Before we end, is there anything else you would like to share that has not been covered in this session?
2. What advice would you like to give to other caregivers in a similar situation?