**Supplementary Table 4. Emergent themes and sub-themes extracted from the interviews with refugees.**

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| **Themes** | **Sub-themes** | **Frequency** |
| **1.** **Environmental and psychosocial stressors are the main causes of emotional distress.** | -Environmental: lack of basic needs, poor housing, unemployment, lack of access to education and healthcare, perceived discrimination, movement restriction.  - Psychosocial: Loss of role, social isolation.  - Perceived lack of assistance from aid agencies. | All participants |
| **2. Mental health symptoms are a normal and collective reaction to a build-up of pressure (ضغط)** | - Symptoms of emotional distress: anger, frustration, hopelessness, inability to imagine a future, fear, fatigue, exhaustion, loss of dignity, chest pain and the metaphor of being strangled.  - MHPSS services are perceived as a source of support and a potential link to UNHCR. | All participants |
| **3. Resettlement is the only “true and definite” solution beyond the perceived need of psychosocial interventions.** | - Resettlement is considered to be the only hope.  - Interventions requested revolve around community engagement. | - All participants  - 8 out of 25 (30%) |
| **4. Lying is an adaptive mechanism in response to the humanitarian system.** | - The decision of granting aid or resettlement by UNHCR is perceived as arbitrary and impenetrable. | 20 out of 25 (80%) |