

## Supplementary Figure 1: Data Collection Form

### رضامندی نامہ

یہ مطالعہ شعبہ تفریحی (جامعہ پشاور) میں تحقیق کے مقصد سے سہیل ریاض کی طرف سے ڈاکٹر محفل خدا کی زیر نگرانی منعقد کیا جا رہا ہے۔ یہ تحقیق صحت کے متعلق پاکستان میں ڈپریشن کے مریضوں میں ادویات کی پابندی کے جائزہ کا مطالعہ ہے۔ اس میں آپ کو شرکت کی درخواست دی جاتی ہے جس کے لئے آپ کا کچھ وقت درکار ہے۔ آپ کی تمام معلومات میٹھرازرکھی جائیں گی۔

میں نے اوپر دی گئی ہدایات پڑھ لی ہیں اور اپنی تھمیں رضامندی سے اس تحقیق کا حصہ بننا چاہتا/چاہتی ہوں۔ مجھ پر کسی کا دباؤ نہیں ہے اور کسی بھی قسم کی کاٹونی کاروائی سے بلا اثر ہوں۔

تاریخ: \_\_\_\_\_

### حصہ اول ذاتی معلومات

1- جنس:

مرد  عورت

2- عمر

20 سال سے کم  21 سال سے 30 تک  31 سال سے 40 تک  41 سال سے 50 تک  50 سال سے زیادہ

3- ازدواجی حیثیت:

شادی شدہ  غیر شادی شدہ  طلاق یافتہ  دیگر

4- تعلیمی قابلیت:

میٹرک  ایمر  گریجویٹ  دیپٹی تعلیم  ان پڑھ

5- ملازمت کی حیثیت:

ملازم  روزگار  طالب علم  گھریلو خاتون  ذاتی کاروبار  ریٹائرڈ

6- رہائش:

شہری  دیہاتی

7- ماہانہ آمدنی (پاکستانی ہزار روپوں میں):

20 سے کم  20 سے 40 تک  41 سے 60 تک  61 سے 80 تک  80 سے زیادہ

8- صوبہ:

آزاد کشمیر  بلوچستان  پنجاب  سندھ  خیبر پختونخوا  اسلام آباد

## حصہ دوم

- 1- ڈپریشن کی قسم:  پہلی بار  بار بار
- 2- ملحقہ بیماریاں:  بلڈ پریشر  ذیابیطس  کوئی نہیں
- 3- بیماری کا دورانیہ:  اس سال سے کم  ۲ سے ۳ سال  ۳ سال سے زیادہ
- 4- ماہانہ دورہ ہسپتال:  ایک مرتبہ  ایک سے زیادہ مرتبہ
- 5- بیماری کا مرحلہ:  ابتدائی  بڑھتا ہوا  اختتامی

دیگر -----

## موجودہ نمبر

-6

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## پر لائن نمبر

-7

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## حصہ سوم

### ادویات کے حلقے روئے

- 1- میرے مطابق ادویات کے فوائد کے نقصانات سے زیادہ ہیں۔  ہاں  نہیں
- 2- ادویات کا استعمال میرے لیے تکلیف دہ ہے۔  ہاں  نہیں
- 3- ادویات کے استعمال میں میری مرضی شامل ہوتی ہے۔  ہاں  نہیں
- 4- ادویات کے استعمال سے مکون حاصل کرتا / کرتی ہوں۔  ہاں  نہیں
- 5- ادویات کا استعمال مجھے سستا و کا مل بنا دیتا ہے۔  ہاں  نہیں
- 6- میں ادویات کا استعمال صرف بیماری کی صورت میں کرتا / کرتی ہوں۔  ہاں  نہیں
- 7- ادویات کا استعمال میری تکلیف میں بہتری لاتا ہے۔  ہاں  نہیں
- 8- میرے لیے یہ غیر فطری ہے کہ ادویات میرے نفسیاتی او نا نفسیاتی نظام کو قابو کریں۔  ہاں  نہیں
- 9- میرے خیالات ادویات کے متعلق واضح ہیں۔  ہاں  نہیں
- 10- ادویات کے مستقل استعمال سے میں بیماری پر قابو پاسکتا ہوں۔  ہاں  نہیں
- 11- کیا آپ کبھی اپنی ادویات استعمال کرنا بھول جاتے ہیں؟  ہاں  نہیں
- 12- کیا آپ کبھی ادویات کے استعمال میں بے اختیار ترقی برتتے ہیں؟  ہاں  نہیں
- 13- کیا آپ اپنے مرض میں بہتری محسوس کرنے پر ادویات کا استعمال کبھی کبھی ترک کر دیتے ہیں؟  ہاں  نہیں
- 14- کیا کبھی مرض کی شدت میں اضافے کی صورت میں آپ اپنی ادویات کا استعمال بند کر دیتے ہیں؟  ہاں  نہیں

## ادویات کے آپ پر منفی اثرات

نیچے دی گئی علامات کو نمبر دیں 0 = غیر موجود، 1 = ہلکا، 2 = درمیانہ، 3 = زیادہ

برائے مہربانی ہاں اور نہیں سے واضح کیجیے اگر یہ علامات اینٹی ڈپرینٹ (Antidepressant) کا سائیڈ ایفیکٹ ہیں اور متعلقہ حنائے

میں اس سے منسلک معلومات بیان کیجیے۔

تبصرہ	اینٹی ڈپرینٹ سے تعلق		اسکور (0-3)				علامات
	ہاں	نہیں	3	2	1	0	
	ہاں	نہیں	3	2	1	0	منہ کا خشک ہونا
	ہاں	نہیں	3	2	1	0	اد نگھ یا سستی
	ہاں	نہیں	3	2	1	0	نیند کا نہ آنا
	ہاں	نہیں	3	2	1	0	دھندلا نظر آنا
	ہاں	نہیں	3	2	1	0	سر کا درد
	ہاں	نہیں	3	2	1	0	قتبض
	ہاں	نہیں	3	2	1	0	اسہال یا پیشاب کا زیادہ آنا
	ہاں	نہیں	3	2	1	0	بھوک کا زیادہ لگنا
	ہاں	نہیں	3	2	1	0	بھوک کا کم لگنا
	ہاں	نہیں	3	2	1	0	الٹی یا قے آنا
	ہاں	نہیں	3	2	1	0	پیشاب میں تکلیف ہونا
	ہاں	نہیں	3	2	1	0	جسئی انعام میں مسئلہ ہونا
	ہاں	نہیں	3	2	1	0	دل کی دھڑکن تیز ہونا
	ہاں	نہیں	3	2	1	0	کھڑے ہونے پر چپکنا آنا
	ہاں	نہیں	3	2	1	0	کمرہ گھومتے ہوئے محسوس ہونا
	ہاں	نہیں	3	2	1	0	پیسہ آنا
	ہاں	نہیں	3	2	1	0	جسم کا درجہ حرارت بڑھ جانا
	ہاں	نہیں	3	2	1	0	کسپکی طاری ہونا
	ہاں	نہیں	3	2	1	0	ماحول سے ناواقف محسوس ہونا
	ہاں	نہیں	3	2	1	0	جسائی کا آنا
	ہاں	نہیں	3	2	1	0	وزن کا بڑھ جانا

## PARTICIPANT INFORMATION & INFORMED CONSENT

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My name is Sohail Riaz and I am inviting you to participate in my Ph.D. research study. This study focuses on exploring treatment-related factors associated with antidepressant medications and medication adherence.

Your participation is completely voluntary. If you agree to participate now, you may withdraw at any time without negative consequences. There are no direct benefits or risks associated with participation.

Your signature below confirms your voluntary agreement to participate. All information provided will remain strictly confidential.

Participant Signature \_\_\_\_\_

Date \_\_\_\_\_

## SECTION 1: DEMOGRAPHIC INFORMATION

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Age (years): _____	Occupation: _____
Gender: _____	Monthly Income: _____
Ethnicity: _____	Qualification: _____
Religion: _____	Marital Status: _____
City: _____	Hospital / Facility: _____

## SECTION 2: SOCIAL DESCRIPTORS

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### 2.1 Smoking Habits

How often do you smoke? (Please select one)

- Never
- Occasionally
- Often
- Regularly

### 2.2 Alcohol Use

Has the subject used alcohol?

- Yes
  - No
-

## SECTION 3: CLINICAL DESCRIPTORS

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### 3.1 Type of MDD

Type:  First-Episode     Recurrent

### 3.2 Duration of MDD

Duration: \_\_\_\_\_ Months    \_\_\_\_\_ Years

### 3.3 Clinical Visits

Number of visits to current facility: \_\_\_\_\_

Overall number of visits for MDD: \_\_\_\_\_

### 3.4 Comorbidities

Please list any comorbid conditions:

\_\_\_\_\_

### 3.5 Current Prescription for Major Depressive Disorder

Drug / Medication	Dose	Frequency	Duration	Route

### 3.6 Adherence Phase

Current phase:  Initiation     Implementation     Termination

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**SECTION 4: DRUG ATTITUDE INVENTORY – 10 (DAI-10)**

Please refer to the scale below and indicate your responses accordingly.

**DAI-10 questionnaire**

Name		Date
Question		Answer (True/False)*
1	For me, the good things about medication outweigh the bad	<b>T</b> / F
2	I feel strange, "doped up", on medication	T / <b>F</b>
3	I take medications of my own free choice	<b>T</b> / F
4	Medications make me feel more relaxed	<b>T</b> / F
5	Medication makes me feel tired and sluggish	T / <b>F</b>
6	I take medication only when I feel ill	T / <b>F</b>
7	I feel more normal on medication	<b>T</b> / F
8	It is unnatural for my mind and body to be controlled by medications	T / <b>F</b>
9	My thoughts are clearer on medication	<b>T</b> / F
10	Taking medication will prevent me from having a breakdown	<b>T</b> / F
If you have any further comments about medication or this questionnaire, please write them below		

T = True, F = False

\*Answers shown in **bold** are scored +1; answers in normal font are scored -1

**SECTION 5: MORISKY GREENE LEVINE SCALE – 4 (MGLS-4)**

Please answer each question honestly by circling Yes or No.

Item No.	Question	Response
1	Do you ever forget to take your medicine?	Yes / No
2	Are you careless at times about taking your medicine?	Yes / No
3	When you feel better, do you sometimes stop taking your medicine?	Yes / No
4	Sometimes if you feel worse when you take the medicine, do you stop taking it?	Yes / No

**SECTION 6: ANTIDEPRESSANT SIDE-EFFECT CHECKLIST (ASEC)**

Please refer to the scale below and indicate your responses accordingly.

**The Antidepressant Side-Effect Checklist (ASEC)**

Please score the following list of symptoms 0 = absent, 1 = mild, 2 = moderate, 3 = severe

Please indicate if the symptom is *likely* to be a side-effect of antidepressant medication (Y = YES, N = NO). Write a comment to provide relevant information if the item is **not** a side-effect.

Symptom	Score (0-3)				Linked to Antidepressant?		Comment
	0	1	2	3	Y	N	
1 Dry Mouth	0	1	2	3	Y	N	
2 Drowsiness	0	1	2	3	Y	N	
3 Insomnia (difficulty sleeping)	0	1	2	3	Y	N	
4 Blurred vision	0	1	2	3	Y	N	
5 Headache	0	1	2	3	Y	N	
6 Constipation	0	1	2	3	Y	N	
7 Diarrhoea	0	1	2	3	Y	N	
8 Increased appetite	0	1	2	3	Y	N	
9 Decreased appetite	0	1	2	3	Y	N	
10 Nausea or vomiting 1 = slight nausea, 2 = more nausea, 3 = with vomiting	0	1	2	3	Y	N	
11 Problems with urination	0	1	2	3	Y	N	
12 Problems with sexual function	0	1	2	3	Y	N	
13 Palpitations	0	1	2	3	Y	N	
14 Feeling light-headed on standing	0	1	2	3	Y	N	
15 Feeling like the room is spinning	0	1	2	3	Y	N	
16 Sweating	0	1	2	3	Y	N	
17 Increased body temperature	0	1	2	3	Y	N	
18 Tremor	0	1	2	3	Y	N	
19 Disorientation	0	1	2	3	Y	N	
20 Yawning	0	1	2	3	Y	N	
21 Weight gain	0	1	2	3	Y	N	

B1: What other symptoms have you had since the antidepressant medication (or since last completing the ASEC) that you think may be side-effects of the medication?

B2: Have you had any treatment for a side-effect?

B3: Has any side-effect led to you discontinuing the antidepressant medication?

*This checklist was developed as part of the GENDEP study (<http://gendep.iop.kcl.ac.uk/results.php>). Copyright Royal College of Psychiatrists*

**Thank you for your participation.**

*Your responses are strictly confidential and will be used for research purposes only.*

## Supplementary Figure 2: Semi-Structured Interview Guide (English Version)

### After greetings and introduction:

- Can you walk me through how your treatment for depression began and how it progressed?
  - What led you to seek help?
  - How did you feel when the doctor first prescribed medication?
- What is your usual routine when it comes to taking your medicine?
  - Are there days you miss your dose? Why?
  - How do you manage reminders or forgetfulness?
- Has anything changed in how you take your medication over time?
  - Was there a time you felt like stopping? What happened?
- Have you noticed any changes in your body or health since starting the medicine?
  - What kind of physical reactions or side effects did you experience?
  - How did you respond to them?
- How do you decide whether to keep taking medication if it causes discomfort?
  - What makes a side effect acceptable or too much for you?
- What kind of support or advice have you received from your doctor or clinic?
  - Did they explain what the medicine might do or how long you'll need it?
  - Did you feel comfortable asking questions?
- Have you ever felt confused about your medication or its purpose?
  - Did any change in brand or packaging affect your trust in the medicine?
- Do you or your family believe in medication or alternative healing (like herbal or spiritual remedies)?
  - Have you used any of these instead of or alongside your prescribed medicine?
- What keeps you going with treatment, even when it's difficult?
- Are there times you feel like giving up?
- Looking back, what key moments made treatment harder or easier?
  - Is there anything else you'd like to share about your treatment experience?

### Supplementary Figure 3: Semi-Structured Interview Guide (Roman Urdu Version)

- Aap ke depression ka ilaaj kab aur kaise shuru hua tha, aur waqt ke sath ismein kya tabdeeliyan aayeen hen?
  - Kya koi khaas wajah thi jis ne aap ko ilaj k lye ksi ki madad lene par majboor kiya?
  - Jab doctor ne dawai likh kar di to aap ka kya reaction tha?
- Aap rozana dawai kaise lete hain? Aap ki ilaj se mutaliq routine kaisi hai?
  - Kya kabhi aisa hota hai ke dawai chhoot jaye? Or Kyun?
  - Bhool jane se bachne ke liye kya karte hain?
- Kya waqt ke sath dawai lenay ke tareeqay mein koi tabdeeli aayi hai?
  - Kya kabhi aisa waqt aaya hy jab aap ne dawai chhorne ka socha?
- Kya aap ne dawai shuru karne ke baad apne jism ya sehat mein koi tabdeeli mehsoos ki?
  - Kis qisam ke side effects ya asraat mehsoos huay thora sa wazaht paish kren?
  - Aap ne in side effects ko kaise deal kiya?
- Agar dawai se takleef ho, to aap kaise faisla karte hain ke dawai jari rakhni hai ya nahi?
  - Kon se asraat aap ke liye bardasht ke laayak hote hain aur kon se nahi?
- Doctor ya clinic ne aap ko dawai aur us ke istemal ke mutaliq kya guidance di?
  - Kya unhon ne dawai ke asraat aur duration ke baare mein wazahat ki?
  - Kya aap ko questions pochnay mein asani mehsoos hoti thi?
- Kya kabhi aisa hua ke aap dawai ya us ke maqsad ke baare mein confused ho gaye hon?
  - Kya dawai ka brand ya packing badalne se aap ka bharosa mutasir hua?
- Kya aap ya aap ke ghar walay kisi alternative ya totkay ya roohani ilaaj par bhi yaqeen rakhte hain?
  - Kya aap ne kabhi un ka istemal dawai ke sath ya us ke bajaye kiya?
- Kya cheez aap ko dawai jari rakhne ka hosla deti hai jab mushkil hoti hai?
  - Kya kabhi dil kiya sab kuch chhor dene ka?
- Jab aap peeche murh kar dekhte hain to kaun se lamhay ya haalaat aise thay jin ki waja se ilaaj mushkil ya asaan bana?
  - Kya aap kuch aur kehna chahein ge jo aap ke ilaaj ke tajurbe se mutaliq ho?

**Supplementary Table 1. English and Original Roman Urdu Verbatim Quotes for Themes**

<b>Theme</b>	<b>Quote (Participant)</b>	<b>Participant details</b>	<b>English (translation)</b>	<b>Roman Urdu (original)</b>
Theme 1: Medication Side Effects and Physiological Concerns	Quote 1 (QP-09)	Female, 39y, Home-based Tutor, MDD 2–3 yrs	Since I started taking the medicine, my mouth gets dry like sand. I keep drinking water, but the stickiness doesn't go away.	Jab se medicine lena shuru kiya hai muh ret jaisa sukh jata hai aur pani peeti rehti hoon lekin chipchipahat kam nahi hoti
Theme 1: Medication Side Effects and Physiological Concerns	Quote 2 (QP-08)	Male, 26y, Unemployed, MDD <1 yr	It's been a few months since I started the medicine. I sleep 10–12 hours every day, but my head still feels heavy.	Kuch mahine ho gaye hain dawai lete hue aur main roz das bara ghante sota hoon aur phir bhi sar bhaari lagta hai
Theme 1: Medication Side Effects and Physiological Concerns	Quote 3 (QP-03)	Female, 33y, Home-based Tailor, MDD >3 yrs	This medicine makes you gain weight gradually. I didn't even notice until my sister said my face had become round—then I looked in the mirror.	Yeh dawai aista aista mota karti hai mujhe pata bhi nahi chala jab behen ne bola ke tera chehra gol hogaya hai aur phir main ne shisha dekha
Theme 1: Medication Side Effects and Physiological Concerns	Quote 4 (QP-10)	Male, 61y, Retired, MDD >3 yrs	I've heard this pill damages the liver and kidneys, so taking it every day doesn't feel right to me. It seems like it's slowly harming me.	Suna hai yeh goli liver aur gurde khatam karti hai is liye har roz lena mujhe theek nahi lagta lagta hai dheere dheere nuksaan kar rahi hai
Theme 1: Medication Side Effects and Physiological Concerns	Quote 5 (QP-06)	Female, 41y, Housewife, MDD 1–2 yrs	Earlier I could do household work easily, but now I can't even fold clothes properly. It feels like my body has become weak.	Pehle main ghar ka kaam aaram se karti thi ab kapray tak theek se nahi fold hotay aisa lagta hai jism kamzor hogaya hai

Theme 1: Medication Side Effects and Physiological Concerns	Quote 6 (QP-14)	Male, 52y, Clerk, MDD 2–3 yrs	After taking the medicine, it feels like my condition has gotten worse. I remain weak, have no energy, and don't feel like doing anything.	Dawai lene ke baad lagta hai tabiyat aur bigar gayi hai kamzori rehti hai aur energy nahi hai kuch bhi karne ka dil nahi karta
Theme 1: Medication Side Effects and Physiological Concerns	Quote 7 (QP-12)	Male, 30y, Daily Wager, MDD <1 yr	This medicine feels 'garam taseer' (hot in nature). I get burning in my chest, and after a week of taking it I even developed mouth ulcers.	Yeh dawai garam taseer wali lagti hai seene mein jalan hoti hai aur ek hafta lene ke baad muh mein chalay bhi nikal aaye
Theme 1: Medication Side Effects and Physiological Concerns	Quote 8 (QP-15)	Female, 48y, Widow, MDD >3 yrs	My whole body feels hot; I sweat more, and I get angry for no reason.	Mujhe pura jism garam garam mehsoos hota hai zyada paseena aata hai aur be wajah gussa bhi ajata hai
Theme 1: Medication Side Effects and Physiological Concerns	Quote 9 (QP-05)	Female, 29y, Housewife, MDD 1–2 yrs	My mother-in-law said this medicine is 'garam taseer', that's why I keep getting headaches and body heat.	Meri saas ne kaha yeh dawai garam taseer wali hai isi liye sir mein dard rehta hai aur jism mein heat rehti hai
Theme 2: Unsafe or Unsupervised Medication Practices	Quote 10 (QP-11)	Female, 34y, Housewife, MDD 2–3 yrs	One day I was extremely sad—I felt one pill wouldn't do anything, so I took a second without telling anyone. I just wanted relief from the pain.	Ek din bohot zyada udaasi thi laga ek goli se kuch nahi hoga to dusri bhi le li kisi ko bataye bgher sirf dard se jan churwani thi
Theme 2: Unsafe or Unsupervised Medication Practices	Quote 11 (QP-07)	Male, 33y, Jobless, MDD <1 yr	When the grief becomes unbearable, I take it twice a day even if the doctor said once. I don't follow that at all.	Jab dukh bardasht se bahar hota hai to din mein do dafa le leta hoon chahe doctor ne ek baar bola ho main uska bilkul nahi maanta
Theme 2: Unsafe or Unsupervised Medication Practices	Quote 12 (QP-02)	Male, 44y, Factory Worker,	In the beginning I felt a difference, but after a few weeks the effect seemed less, so I thought I'd take two	Shuru mein farq lagta tha lekin kuch hafton baad asar kam hogaya to socha

		MDD 2–3 yrs	instead of one—without asking the doctor.	ek ke bajaye do le loon bina doctor se pooche
Theme 2: Unsafe or Unsupervised Medication Practices	Quote 13 (QP-08)	Male, 26y, Unemployed, MDD <1 yr	I was taking it daily, but one day I couldn't sleep at all, so I panicked thinking maybe the medicine had stopped working, and I stopped taking it.	Main roz le raha tha lekin ek din neend hi nahi aayi to ghabra gaya ke shayad dawai ka asar khatam hogaya aur maine lena band kar diya
Theme 2: Unsafe or Unsupervised Medication Practices	Quote 14 (QP-13)	Female, 43y, Housewife, MDD >3 yrs	No one told me how long I had to take the medicine. I thought it was for a few weeks, but months passed, so I stopped it.	Kisi ne nahi bataya ke dawai kitne arse leni hai mujhe laga kuch hafton ke liye hai lekin mahine beet gaye to maine chhor di
Theme 2: Unsafe or Unsupervised Medication Practices	Quote 15 (QP-17)	Female, 40y, Maid, MDD 2–3 yrs	When I asked the doctor how many days to take it, he said, 'Just take it and come later.' He never explained anything, so I didn't go back.	Jab maine doctor se poocha ke kitne din leni hai to kehne lage bas lo aur baad mein aana kabhi kuch bataya hi nahi is liye wapis nahi gayi
Theme 3: Health Beliefs and Alternative Explanations	Quote 16 (QP-05)	Female, 29y, Housewife, MDD 1–2 yrs	When I started feeling better, I stopped taking the medicine. Now I recite a wazifa daily and drink herbal tea—it gives me peace.	Jab behtar mehsoos hone laga to dawai lena chhor diya ab roz wazifa parhti hoon aur herbal chai peeti hoon sukoon milta hai
Theme 3: Health Beliefs and Alternative Explanations	Quote 17 (QP-16)	Male, 36y, Electrician, MDD 1–2 yrs	When it seemed my condition was fine, I thought I didn't need the medicine. Someone told me to take ashwagandha and tulsi water, so I started that.	Jab lagne laga ke halat theek hain to socha ab dawai zaroori nahi hai aur kisi ne bataya tha ke ashwagandha aur tulsi paani lo to woh lena shuru kar diya

Theme 3: Health Beliefs and Alternative Explanations	Quote 18 (QP-04)	Male, 55y, Watchman, MDD >3 yrs	I take it when I remember, but honestly I don't think anything will change—life is just like this.	Main tab le leta hoon jab yaad aata hai lekin sach kahoon to mujhe nahi lagta kuch badalne wala hai yeh zindagi aisi hi hai
Theme 3: Health Beliefs and Alternative Explanations	Quote 19 (QP-15)	Female, 48y, Widow, MDD >3 yrs	Now I don't even feel I will get better. The days just pass, and most of the time I forget to take the medicine.	Ab mujhe lagta hi nahi ke mujhe theek hona hai bas din guzarta hai aur zyada tar main dawai lena bhool jaati hoon
Theme 4: Health System Limitations Affecting Adherence	Quote 20 (QP-14)	Male, 52y, Clerk, MDD 2–3 yrs	Every time they give a different brand—sometimes a red box, sometimes blue. I can't understand if it's the same pill or not, and I get confused.	Har baar alag brand dete hain kabhi laal dabba hota hai kabhi neela mujhe samajh hi nahi aata ke yeh wahi goli hai ya nahi aur main confuse ho jata hoon
Theme 4: Health System Limitations Affecting Adherence	Quote 21 (QP-02)	Male, 44y, Factory Worker, MDD 2–3 yrs	I asked the dispenser why the medicine color was different. He said it's the same, but then I felt dizzy, so I didn't take it for a few days.	Maine dispenser se poocha ke dawai ka colour alag kyu hai usne kaha ke wahi hai lekin uske baad mujhe chakkar aaye to kuch din nahi li
Theme 4: Health System Limitations Affecting Adherence	Quote 22 (QP-13)	Female, 43y, Housewife, MDD >3 yrs	I went twice, but the doctor changed and the new one knew nothing about my previous case, so I stopped going—it felt like I'd have to explain everything from the start.	Main do baar gayi lekin doctor badal gaya aur naye ko meri purani baat ka kuch nahi pata tha to main wahan jana hi chhod diya laga sab shuru se batana padega
Theme 4: Health System Limitations Affecting Adherence	Quote 23 (QP-12)	Male, 30y, Daily Wager, MDD <1 yr	They say to come after fifteen days, but when I go the doctor isn't there, and then I don't go for weeks.	Kehte hain pandrah din baad aana lekin jab jaata hoon to doctor nahi hota phir main hafton nahi jata

Theme 4: Health System Limitations Affecting Adherence	Quote 24 (QP-05)	Female, 29y, Housewife, MDD 1–2 yrs	I only get a slip and the medicine—no one tells me how to take it or when. And I feel shy to ask in the crowd.	Mujhe sirf slip milti hai aur dawai mil jaati hai koi nahi batata ke kaise leni hai kab leni hai aur mujhe bheed mein puchhne mein bhi sharam aati hai
Theme 4: Health System Limitations Affecting Adherence	Quote 25 (QP-06)	Female, 41y, Housewife, MDD 1–2 yrs	There is no pharmacist in our clinic, only a dispenser. He just gives the medicine; he doesn't know about side effects or how doses are changed.	Hamara clinic mein koi pharmacist nahi hai sirf dispenser hai woh sirf dawai deta hai usko kuch nahi pata hota ke side effects kya hain ya dose change kaise hoti hai
Theme 5: Decision-Making Burden Around Medication Use	Quote 26 (QP-11)	Female, 34y, Housewife, MDD 2–3 yrs	Sometimes the pill is in my hand and I think: should I take it now, later, or leave it—what if it causes harm? And then I don't take it at all.	Kabhi kabhi goli haath mein hoti hai aur main sochti hoon ke abhi loon ya baad mein ya chhor doon kahin bura asar na karde aur phir main leti hi nahi

**Supplementary Table 2. English and Original Roman Urdu verbatim of Deviant Cases**

<b>English (Left)</b>	<b>Roman Urdu (Right)</b>
<b>Quote 27 (QP-01):</b> “There’s a bitter-sweet taste and dizziness too, but I have never missed a single dose because I know if I stop, I will go back to the same condition I came out of.”	<b>Quote 27 (QP-01):</b> “Kadvi si meethas aur chakkar bhi hotay hain lekin kabhi aik bhi dose miss nahi ki kyunke mujhe pata hai ke agar chhor doon to phir wapas us halat mein chali jaungi jahan se nikli hoon”
<b>Quote 28 (QP-17):</b> “Sometimes my hands tremble, but I still take the medicine because I’ve seen worse days than this; this is still bearable.”	<b>Quote 28 (QP-17):</b> “Kabhi kabhi haath kaampte hain lekin main phir bhi dawai leti hoon kyunke maine usse zyada bure din dekhe hain yeh phir bhi bardasht hai”
<b>Quote 29 (QP-07):</b> “One day I felt weakness and confusion, so the dispenser explained that this happens in the beginning; after he explained, I didn’t think about stopping.”	<b>Quote 29 (QP-07):</b> “Ek din mujhe kamzori aur confusion mehsoos hua to dispenser ne samjhaya ke shuru mein aise hota hai aur usne samjhaaya to maine lena chhorne ka nahi socha”
<b>Quote 30 (QP-11):</b> “I believe medicine and prayer go together; that’s why I take the pill after نماز (prayer). I feel that healing comes when both are combined.”	<b>Quote 30 (QP-11):</b> “Mujhe yaqeen hai ke dawa aur dua dono sath chalte hain is liye main namaz ke baad goli leti hoon mujhe lagta hai dono mila ke shifa milti hai”
<b>Quote 31 (QP-09):</b> “Sometimes I feel the dose is high, but I ask the doctor first; I don’t stop on my own.”	<b>Quote 31 (QP-09):</b> “Kabhi kabhi lagta hai dose zyada hai lekin main doctor se poochti hoon pehle main apni marzi se nahi chhorti”
<b>Quote 32 (QP-16):</b> “In the first meeting the doctor told me this is a treatment of months, and that prepared me that I have to take it continuously.”	<b>Quote 32 (QP-16):</b> “Pehli mulaqat mein hi doctor ne bata diya tha ke yeh mahino ka ilaaj hai aur is baat ne mujhe tayar kar diya ke mujhe isay lagataar lena hai”
<b>Quote 33 (QP-02):</b> “The doctor said this is not a painkiller; it’s treatment — I understood, so I take it even when I feel better.”	<b>Quote 33 (QP-02):</b> “Doctor ne kaha tha yeh dard ki goli nahi hai yeh ilaaj hai aur mujhe samajh aa gaya is liye main tab bhi leta hoon jab behtar mehsoos karta hoon”

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**English (Left)****Roman Urdu (Right)**

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**Quote 34 (QP-13):** “They told me this new tablet will be lighter on the stomach, and it actually was — so I felt they’re not only giving medicine, they’re also caring about me.”

**Quote 34 (QP-13):** “Unhon ne mujhe kaha ke yeh nayi goli pait pe halka asar karegi aur waqai aisa hi hua to mujhe laga ke woh sirf dawai nahi de rahe woh mera khayal bhi rakh rahe hain”

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**Supplementary Table 3: Individual Characteristics of Qualitative Participants (n = 17)**

<b>ID</b>	<b>Age</b>	<b>Gender</b>	<b>Marital</b>	<b>Occupation</b>	<b>Income</b>	<b>MDD Duration (years)</b>	<b>ADR Burden</b>	<b>UDAI- 10</b>	<b>UMGLS- 4</b>	<b>UAAS</b>
QP-01	38	F	Married	Housewife	Dependent	>3	1.9	2.2	Poor	2.5
QP-02	44	M	Married	Factory Worker	20k–40k	2–3	1.7	2.8	Poor	2.7
QP-03	33	F	Divorced	Home-based tailor	<20k	>3	1.6	2.3	Poor	2.3
QP-04	55	M	Married	Watchman	20k–40k	>3	1.8	2	Poor	2.1
QP-05	29	F	Married	Housewife	Dependent	1–2	1.4	2.5	Poor	2.2
QP-06	47	M	Married	Driver (Suzuki)	20k–40k	>3	1.5	2.6	Poor	2.6
QP-07	41	F	Married	Housewife	Dependent	1–2	1.7	2	Poor	2.4
QP-08	26	M	Single	Unemployed	No income	<1	1.3	2.8	Poor	2.7
QP-09	39	F	Married	Home-based tutor	<20k	2–3	1.4	2.9	Poor	2.5
QP-10	61	M	Married	Retired	<20k	>3	1.6	1.9	Poor	2.3
QP-11	34	F	Married	Housewife	Dependent	2–3	1.5	2.6	Poor	2.4
QP-12	30	M	Single	Daily wager	<20k	<1	1.4	2.7	Poor	2.6
QP-13	43	F	Married	Housewife	Dependent	>3	1.8	2.2	Poor	2.2
QP-14	52	M	Married	Clerk (Private)	20k–40k	2–3	1.7	2.5	Poor	2.3
QP-15	48	F	Widow	Unemployed	No income	>3	2	1.8	Poor	2.1
QP-16	36	M	Married	Electrician	20k–40k	1–2	1.5	2.9	Poor	2.4
QP-17	40	F	Married	Maid (Part-time)	<20k	2–3	1.6	2.3	Poor	2.3