Supplementary Materials

Supplementary Table S1: Supporting Materials for the Development of Themes Across Participant Groups

Related to:
Warsini, S., Kristanti, M. S., Nurjannah, I., Fitryasari, R., & Marthoenis, M. (2026). Experiences of mental health challenges among vulnerable groups in Indonesia. *Nurse Media Journal of Nursing, 16*(2), 261–276. https://doi.org/10.14710/nmjn.v16i2.77275

Supplementary Table S1. Coding matrix showing the development of themes across participant groups

Coding	Group						Category	Theme
	Pregnant Women	Post Partum	Adolescents	University Students	Caregivers	HCP		
Lack of family support after childbirth		✓					Causes of mental health problems in pregnant and postpartum women	Root cause of mental health vulnerability
Lack of role/assistance from husband in household chores and baby care		✓						
Intergenerational conflict regarding infant care (plans)	✓	✓						
Pressure from the neighbors/society	✓	✓						
Uncontrollable postpartum conditions		✓						
Triggers for psychological problems during pregnancy and after childbirth (condition of the fetus/baby, no breast milk production)	✓	✓				✓		
Emotions felt during pregnancy and after giving birth	✓	✓						
Family triggers mental health problems			✓	✓		✓	Causes of mental health problems in young people (adolescents and college students)	
School environment triggers mental health problems			✓					
Bad social interactions among teenagers trigger mental health problems			✓					
Love problems among teenager			✓					
Teenagers' search for self-identity			✓					
The impact of technology and social media				✓				
Overthinking			✓					
A new phase of life that is complex and full of stressors				✓				
Negative emotions in response to challenges				✓				

Coding	Group						Category	Theme
	Pregnant Women	Post Partum	Adolescents	University Students	Caregivers	HCP		
Academic burnout				✓				
Poor family support during patient treatment and its impact on caregivers					✓		Caregiver burden related to caring for patients with mental disorders	
Difficulties faced by caregivers due to patient behavior					✓			
Impacts arising from the patient's illness/treatment					✓			
Need for ventilation		✓		✓	✓		The urgency of sharing feelings	Coping strategies and help-seeking behaviors
Share the burden/share with someone you trust after you have calmed down	✓	✓						
Consideration of not telling the problem to a significant other	✓	✓	✓	✓	✓		Preferences for disclosing psychological problems faced	
Prefer to share with peers			✓					
The influence of gender on the mode of venting			✓					
Prefer to tell problems to a particular teacher			✓					
Reasons for not telling the problem to the guidance counselor in school			✓	✓				
The person being avoided knows the problem they are facing and the reasons why.			✓	✓		✓		
Consequences that arise when families are not informed				✓				
The first response when encountering a problem: harbor feelings	✓	✓	✓				Problem-solving efforts	
Coping by managing emotions		✓			✓			
Doing activities to distract your mind			✓	✓	✓			
Spiritual coping	✓	✓		✓	✓			
Find our own solution	✓	✓	✓	✓				
Seek professional help	✓	✓		✓	✓			
Right time to go to a professional	✓	✓	✓	✓	✓			
Actively acquire mental health literacy (from books, articles, leaflets, seminars)	✓	✓		✓	✓		Efforts to gain mental health knowledge	
Search via the internet	✓	✓	✓					

Coding	Group						Category	Theme
	Pregnant Women	Post Partum	Adolescents	University Students	Caregivers	HCP		
Follow professional and survivor social media accounts	✓	✓	✓	✓	✓			
History of alternative medicine and reasons					✓		Caregiver considerations for bringing patients to mental health services	
Reason for going to a psychiatric hospital					✓			
The importance of husband's support for the psychological health of pregnant and breastfeeding mothers	✓	✓					The importance of support systems in dealing with psychological problems	
Family support	✓	✓			✓			
Peer support				✓	✓			
The need for family cooperation when caring for patients					✓			
Neglect of psychological problems by health workers	✓	✓					Disintegration of mental health programs	Structural barriers and service expectations
There is no mental health topic in the school curriculum			✓					
Neglect of college students' mental health on campus				✓				
Health promotion from the government is minimal						✓		
Educational videos from the Ministry of Health do not reach the public						✓		
Mental health service efforts at Community Health Centers through integrated Antenatal care						✓	Mental health services at community health centers and their problems	
Obstacles to implementing integrated Antenatal care						✓		
Implementation of adolescent mental health programs in community health centers and its obstacles						✓		
Solution to the limited number of psychologists in Community Health Centers						✓		
The role of midwives in mental health programs at community health centers						✓		
School-based mental health program efforts						✓		
Barrier to the Community Health Center	✓	✓						

Coding	Group						Category	Theme
	Pregnant Women	Post Partum	Adolescents	University Students	Caregivers	HCP		
Adolescent health problems encountered in campus counseling services				✓		✓	Dynamics of mental health services on campus	
Urgency and obstacles to mental health screening				✓		✓		
Benefits of psychoeducational classes on campus						✓		
The key to the success of mental health programs on campus						✓		
Barriers and challenges to reaching out to a psychologist				✓				
Challenges faced by students in accessing mental health services						✓		
Barrier to the Psychiatric Hospital					✓		Mental health services at psychiatric hospitals and their problems	
The need for mental health counseling	✓	✓		✓	✓		Hope for improved mental health services	
Need for psychological care assistance: during pregnancy and postpartum	✓	✓						
Proposed topic	✓	✓			✓			
Expected counseling settings	✓	✓			✓			
Potential involvement of cadres and students in psychological assistance programs in the community	✓	✓				✓		
Expectations for improvement in Community Health Center services	✓	✓	✓					
Obstacles faced by caregivers when using BPJS for people with mental disorders					✓			
Hope for a free service program for people with mental disorders					✓			