

Supplement 5. Contextual factors

"I can't cope with bullying at all. I seemed to always get picked on. And I'd just end up getting depressed... Well it always seemed to be a friend, they'd pick on you. You know, they'd always make you feel a fool and – it wasn't actually bullying like thumping bullying. Just make you feel out of it... And it always seemed to have happened. So I sort of won't get close to anybody anymore." (p6,F,acu)

"My first husband died. My father died. And then everything's my fault then, you see. And I'm the one in the family that, if anything goes wrong, everybody comes to me."(p8,Facu)

"I've always had a tendency to go into waves of depression throughout my life.... It's a periodic thing. It comes and it's very difficult to know why it comes. But when it comes you really hit the trough and you go down and it's very hard to pick yourself up... It makes me extremely moody. It makes me extremely irritable. It makes me not enjoy anything about me. She (mother) was in and out of many mental institutions. And it created a great deal of difficulty within my life... It did affect me and made me very introverted."(p12,M,acu)

"I'd got myself tied up into...over-valuing myself in relation to work.. I just started increasingly shutting people out that would try to get close to me. And I think that's probably because deep down I was fundamentally insecure and my kind of work outlet was my bit of success that was under my control... I'd just lost sight of things that were important." (p13,M,acu)

"I felt I aimed too high and then I didn't sort of reach what I aimed to do. So I beat myself up a bit about it."(p20,F,acu)

"It's predominantly an anxiety disorder and I think that then triggered the depression. It varies for no apparent reason whatsoever. It can be quite kind of crippling social anxiety sometimes and at other times it can be a kind of general waiting for something to go wrong; the kind of belief that there's always going to be something that's going to go wrong. And it just gets worse and worse and worse and I think it went on for such a long time that it just became how things are. That was just how my life was. Just waiting for something else to go wrong and being petrified of everything." (p28,M,coun)

"I've been unemployed since November. I was employed. I left my work to look after my brother, who was poorly. And he died in November. Well I was hoping I was going to be a full-time carer for a lot longer than what it was, but it was only a matter of a few weeks, really."(p29,M,coun)

"I'm too sensitive. I believe what people say. I'm very affected by what people think about me... whether it's where we live, or the close knit community that there is here, I still feel that we're outsiders... Whether it's we give off this aura that we don't belong or because we don't do things the way they should be done around here, I don't know. But we're still not part of anything. And we've been here 8 years. It's strange... I don't know why, apart from the fact I wasn't born here."(p35,F,coun)

"I'm doing very well... But I struggle sometimes with the workload and controlling my emotions and things... Generally when I'm working, I'm a lot better. Because I like to be on the go, I like to be doing things, I like to be learning things. But I struggle though, because I'm dyslexic, and academic stuff really stresses me out. I think that's probably why I've been getting worse over the last month, because my deadline for my portfolio is tomorrow. And I know I'm worked up about that. And I've got an exam in May that I'm worked up about... at the moment I'm actually just purely overloaded."(p43,F,coun)

"I have had a job that's been pretty full on since December which has just finished. So all my energies went into that really. Which isn't healthy, I know, but I wanted to make a good job of the job, if you know what I mean."(p44,F,coun)

"I've lost a lot of confidence since I had the stroke and I'm a bit wary about going out in case it happens again and no-one's around, you know. I've lost all my confidence, really." (p51,F,uc)

"I've needed help for a long time really, but... I'm finding it really hard to deal with, you know. Letters arrive and I daren't answer letters and a lot of the times when the phone rings, I don't really want to answer the phone because, you know, there's somebody chasing me for money or threatening me with legal proceedings, or..."(p54,M,uc)

"I didn't sleep. I was very stressed and then I'd crash out as well. So I didn't sleep, I'd work really hard. I'd study really hard and then I'd crash.... I do set myself a high standard. But then I work to that standard but I don't push myself excessively to the point of collapse." (p55,F,uc)

"The way that it – the most debilitating manifestation for me I found myself spending the last three months living in one room in the house. And not going out. Escaping the world really...I had been depressed before and I kind of knew what I was getting myself into. And really just wanted to escape from there, but by the time I'd fully got myself round to wanting to tackle – it just slipped too far too quick and I couldn't actually cope on my own anymore."(p56,F,uc)

"About caring for ill spouse) it's stopped me doing things I used to enjoy doing. I'm not – it's made me tired a lot of the time. Agitated, grumpy, short-tempered. I used to do a lot of reading, which I hardly do any reading now. I used to go out on bike rides and I don't do that anymore. I used to go swimming; I stopped doing that. I get tired a lot.... I go to bed at night but a lot of the time I'm not asleep before 12 and I'm usually awake about six...I've been known to sit down in an afternoon, and I've been asleep for an hour." (p58,M,uc)