

## **Coding manual**

Coding manual for self-perceived causal attributions of illness (open responses to the Brief Illness Perception Questionnaire).

### 1. Relational

This category includes all responses focusing on relational problems, including loneliness and isolation, end of relationships or friendships, family problems, and lack of social support and care. This includes relational problems in childhood, but excludes bullying, pressure, and violence, which should be placed elsewhere.

### 2. Bullying

This category involves all responses mentioning bullying in any arena as a causal factor.

### 3. Childhood

Responses that emphasize upbringing and childhood, including living situation during childhood, are placed here. This does however exclude accounts of bullying, violence, and relational/family problems, although occurring in childhood, which should be placed in their respective categories.

### 4. Psychological

Causal attributions to psychological complaints and symptoms of mental illness, such as anxiety and depression, should be placed here. This includes e.g. fear and insecurity, but excludes attributions to coping responses characterized as poor by the respondent.

### 5. Self-control/coping

This category includes causal attributions to poor coping responses or lack in self-control, such as motivational problems and poor choices in life.

### 6. Health behavior

Responses concerning substance abuse (both alcohol and drugs), sleep, diet, lifestyle, physical activity or inactivity, are placed here.

### 7. Somatic

This category includes physiological health complaints, pain, and somatic factors that are attributed as the causal factor. Injuries caused by accidents are excluded.

### 8. Injury

All references to accidents, e.g. fractures and physical trauma. Deliberately inflicted injury, e.g. violence, is however excluded.

### 9. Hereditary/genetic

Responses stating genetic and hereditary causal factors are placed here. This includes congenital illness.

10. External environmental

This category concerns external factors related to the society or environment that the person is living in. This includes references to society, institutions (e.g. penal or educational institutions), living conditions and general life situation.

11. Financial

This category involves all responses concerning personal economy and financial problems.

12. Pressure/demands

This category includes pressure, demands, and general stress, whether the source is external or internal, e. g. pressuring oneself too much.

13. Traumatic life events

All traumatic life events belong in this category, such as accounts of abuse, violence, and rape. This also includes experiences where the nature of the event is not specified, but where an unnamed event is emphasized as the causal factor.

14. Fate/fortune

Responses concerning a predetermined course of events due to destiny or fate, along with attributions to uncontrollable factors determined by bad luck or fortune, are placed here.

15. Unknown

This category concerns responses where causal factors are stated as none, or unknown, or not understood.