

Additional file 2 – Dimensions and underlying themes of quality of life that are important to people with mental health problems (Connell et al. 2014)

1. WELL-BEING/ILL-BEING

- Distress/subjective experience of symptoms
- Experience of psychosis/mania
- Fear/Anxiety/Worry
- Energy/motivation
- Well-Being (positive concepts e.g. enjoyment/ relaxation/stability)

2. RELATIONSHIPS AND BELONGING

- Belonging/being part of the community
- Good relationships
 - . Support
 - . Acceptance/ understanding
 - . Company/camaraderie/shared interests
 - . Love, care and affection
- Difficulties forming and maintaining relationships
- Stigma
- Feeling normal
- Loneliness/Isolation, alienation

3. ACTIVITY

- Activity general
- Employment
- Meaningful/enjoyable/suited to needs
- Routine and structure

4. SELF-PERCEPTION

- Self-identity/sense of self
- Self-efficacy
- Self-esteem
- Self-acceptance/self-stigma

5. AUTONOMY

- Control (general)
- Symptom control/management
- Information and understanding of illness
- Choice (general)
- Choice - related to limited finances
- Choice - related to job opportunities
- Independence/dependence
- Personal strength, determination, self sufficiency

6. HOPE AND HOPELESSNESS

- Hope/hopelessness
- Goals/personal achievement
- Hope and Hopelessness
- Loss and effect of past experiences

7. PHYSICAL HEALTH