

## Supplementary Materials

Below is a summary of the initial themes and sub-themes identified by raters. Font colours reflect how they were subsequently consolidated into a final thematic structure.

Rater 1	Rater 2	Rater 3
Social relationships	Appearance	Help-seeking
<ul style="list-style-type: none"> <li>- Few/no friends</li> <li>- Lack of family support</li> <li>- Perceived vs actual lack of support</li> </ul>	<ul style="list-style-type: none"> <li>- Looked 'different'</li> <li>- Nervous/uncomfortable</li> <li>- Bored/disinterested</li> <li>- Seemed unfriendly</li> </ul>	<ul style="list-style-type: none"> <li>- Reluctance to engagement with support services</li> <li>- Reluctance to seek help</li> <li>- Trust issues</li> </ul>
Personality	Behaviour	Interpersonal relationships
<ul style="list-style-type: none"> <li>- Quiet</li> <li>- Shy</li> <li>- Awkward/nervous</li> <li>- Solitary</li> <li>- Difficult to engage</li> <li>- Negative self-image</li> </ul>	<ul style="list-style-type: none"> <li>- Minimal eye contact</li> <li>- Fidgety</li> <li>- Socially inappropriate</li> <li>- Overly friendly</li> <li>- Not confident/shy</li> </ul>	<ul style="list-style-type: none"> <li>- Family conflict</li> <li>- No close friends</li> </ul>
Mental health	Mental health	Approach to life
<ul style="list-style-type: none"> <li>- Depression</li> <li>- Anxiety</li> <li>- Self-harm</li> <li>- PTSD</li> </ul>	<ul style="list-style-type: none"> <li>- Touchy/sensitive</li> <li>- Anxious/worrier</li> <li>- Psychotic phenomena</li> <li>- Depression</li> <li>- Self-injurious behaviours</li> <li>- Asperger's</li> </ul>	<ul style="list-style-type: none"> <li>- Academic/career struggles</li> </ul>
Victimisation	Language/speech	Life stressors
<ul style="list-style-type: none"> <li>- Bullying</li> <li>- Physical abuse</li> <li>- Sexual abuse</li> </ul>	<ul style="list-style-type: none"> <li>- Self-deprecation</li> <li>- Lack of instigation/reciprocation of conversation</li> <li>- Talking too much</li> </ul>	<ul style="list-style-type: none"> <li>- Transitions</li> <li>- Victimisation</li> <li>- Money issues</li> <li>- Parent with mental health/addiction</li> </ul>
Family problems	Relationships	Health behaviours
<ul style="list-style-type: none"> <li>- Parent conflict</li> <li>- Sibling conflict</li> <li>- Parental separation</li> </ul>	<ul style="list-style-type: none"> <li>- Isolated/lack of contact</li> <li>- No confidantes</li> <li>- Poor relationship with twin</li> <li>- Parents favour other twin/sibling</li> <li>- Wary of others</li> </ul>	<ul style="list-style-type: none"> <li>- Substance use</li> </ul>
Suffering in silence	Personality	Nervous disposition
<ul style="list-style-type: none"> <li>- Reluctant to seek help</li> <li>- Keeping problems to self</li> <li>- Low trust</li> </ul>	<ul style="list-style-type: none"> <li>- Introvert</li> </ul>	<ul style="list-style-type: none"> <li>- Demeanour</li> <li>- Staying close to home</li> </ul>
Career prospects		Individual characteristics
<ul style="list-style-type: none"> <li>- Unemployment</li> <li>- Pessimism</li> </ul>		<ul style="list-style-type: none"> <li>- Learning difficulty</li> <li>- Self-critical</li> <li>- Associated mental health difficulties</li> <li>- Anger issues</li> </ul>

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Blue = uncomfortable in own skin

Red = clustering of risk

Green = difficulties accessing social resources