### Online Supplemental Material

**Table II. Association between specific coping mechanisms and symptoms of depression in Bhutanese refugees, Arizona, Georgia, New York, and Texas, 2012**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | **Males (n=204)** | | |  | **Females (n=182)** | | |
| **Coping mechanism**a | Frequency usedb | Depressed | Not Depressed | aORc (95% CI) |  | Depressed | Not Depressed | aORc (95% CI) |
| **Withdrawal** |  |  |  |  |  |  |  |  |
| Avoided being with people in general | No/A little | 26 (81) | 157 (91) | 1 |  | 36 (75) | 115 (86) | 1 |
|  | A lot | 6 (19) | 15 (9) | 2.6 (1.0 – 7.8) |  | 12 (25) | 19 (14) | 1.8 (0.8 – 4.3) |
| Wished that people would just leave you alone | No/A little | 29 (91) | 161 (94) | 1 |  | 41 (85) | 129 (96) | 1 |
|  | A lot | 3 (9) | 11 (6) | 1.4 (0.3 – 6.2) |  | 7 (15) | 5 (4) | 4.8 (1.3 – 17.5) |
| **Friends/Self-focused problem solving** |  |  |  |  |  |  |  |  |
| Went to a friend to help you feel better about the problem | No/A little | 21 (66) | 116 (67) | 1 |  | 32 (67) | 90 (67) | 1 |
|  | A lot | 11 (34) | 56 (33) | 0.9 (0.4 – 2.1) |  | 16 (33) | 44 (33) | 0.7 (0.3 – 1.6) |
| Formed a plan of action in your mind | No/A little | 18 (56) | 93 (54) | 1 |  | 21 (44) | 85 (63) | 1 |
|  | A lot | 14 (44) | 79 (46) | 1.0 (0.4 – 2.2) |  | 27 (56) | 49 (37) | 2.0 (0.9 – 4.1) |
| Thought about what needed to be done | No/A little | 15 (47) | 96 (56) | 1 |  | 12 (25) | 63 (47) | 1 |
| to straighten things out | A lot | 17 (53) | 76 (44) | 0.5 (0.2 – 1.1) |  | 36 (75) | 71 (53) | 0.3 (0.1 – 0.8) |
| Tried to solve the problem | No/A little | 16 (50) | 61 (35) | 1 |  | 16 (33) | 63 (47) | 1 |
|  | A lot | 16 (50) | 111 (65) | 0.7 (0.3 – 1.5) |  | 32 (67) | 71 (53) | 1.8 (0.8 – 4.0) |
| Confided your fears and worries to a friend | No/A little | 15 (47) | 121 (70) | 1 |  | 30 (63) | 89 (66) | 1 |
|  | A lot | 17 (53) | 51 (30) | 0.4 (0.2 – 0.9) |  | 18 (37) | 45 (34) | 1.0 (0.5 – 2.0) |
| Sought reassurance from those you know best | No/A little | 20 (63) | 111 (65) | 1 |  | 32 (67) | 88 (66) | 1 |
|  | A lot | 12 (37) | 61 (35) | 1.0 (0.4 – 2.1) |  | 16 (33) | 46 (34) | 0.8 (0.4 – 1.6) |
| **Entertainment/Leisure activities** |  |  |  |  |  |  |  |  |
| Watched television more than usual | No/A little | 28 (88) | 162 (94) | 1 |  | 41 (85) | 121 (90) | 1 |
|  | A lot | 4 (12) | 10 (6) | 1.5 (0.4 – 5.9) |  | 7 (15) | 13 (10) | 1.4 (0.5 – 3.8) |
| Practiced yoga | No/A little | 29 (91) | 167 (97) | 1 |  | 44 (92) | 131 (98) | 1 |
|  | A lot | 3 (9) | 5 (3) | 0.4 (0.1 – 2.0) |  | 4 (8) | 3 (2) | 0.4 (0.1 – 1.8) |
| Went to a concert | No/A little | 29 (91) | 156 (91) | 1 |  | 39 (81) | 116 (87) | 1 |
|  | A lot | 3 (9) | 16 (9) | 0.9 (0.2 – 3.6) |  | 9 (19) | 18 (13) | 1.6 (0.6 – 4.0) |
| Went to a football or other sports tournament | No/A little | 24 (75) | 148 (86) | 1 |  | 43 (90) | 116 (87) | 1 |
|  | A lot | 8 (25) | 24 (14) | 2.7 (1.0 – 7.3) |  | 5 (10) | 18 (13) | 0.9 (0.3 – 2.8) |
| **Religion/Culture** |  |  |  |  |  |  |  |  |
| Participated in singing bhajans | No/A little | 21 (66) | 142 (83) | 1 |  | 32 (67) | 100 (75) | 1 |
|  | A lot | 11 (34) | 30 (17) | 0.7 (0.3 – 1.8) |  | 16 (33) | 34 (25) | 1.0 (0.4 – 2.1) |
| Visited the temple or church | No/A little | 21 (66) | 128 (74) | 1 |  | 33 (69) | 84 (63) | 1 |
|  | A lot | 11 (34) | 44 (26) | 1.2 (0.5 – 2.8) |  | 15 (31) | 50 (37) | 0.5 (0.3 – 1.2) |
| **Community support** |  |  |  |  |  |  |  |  |
| Talked with community leaders and/or elders | No/A little | 27 (84) | 150 (87) | 1 |  | 39 (81) | 119 (89) | 1 |
|  | A lot | 5 (16) | 22 (13) | 0.7 (0.2 – 2.4) |  | 9 (19) | 15 (11) | 1.9 (0.8 – 4.9) |
| Joined community support groups | No/A little | 24 (75) | 150 (87) | 1 |  | 37 (77) | 108 (81) | 1 |
|  | A lot | 8 (25) | 22 (13) | 1.6 (0.6 – 4.4) |  | 11 (23) | 26 (19) | 1.3 (1.0 – 1.1) |
| Consulted refugee agencies | No/A little | 22 (69) | 136 (79) | 1 |  | 37 (77) | 107 (80) | 1 |
|  | A lot | 10 (31) | 36 (21) | 1.7 (0.7 – 4.2) |  | 11 (23) | 27 (20) | 1.2 (0.5 – 2.8) |

a Phrases regarding coping are derived from the Amirkahn coping scale [[22](#_ENREF_22)]. Additional culture-specific coping questions were added based on the qualitative assessment during focus group

b Proportion reporting “Quite a bit” or “Extremely” categorized as “A lot;” Proportion reporting “Not at all,” “A little,” “Did not experience” categorized as “No/A little”

c Adjusted for state of residence and age