

**Supplementary Data:** Gender, mental health and resilience in armed conflict: Listening to Life stories of internally displaced women in Colombia

## Section 1. Life history interview guide

### Life History Interview Guide

1. What is your full name?
2. Did you have a nickname? How did you get it?
3. When and where were you born?
4. Tell me about your parents or your family background.
5. Where was your family originally from?
6. What did your parents do for a living?
7. Did you contribute to the family income or help your parents in their work in any way?
8. What was your parents' religious background?
9. How was religion observed in your home?
10. What were your parents' political beliefs?
11. Were they involved in any political organizations?
12. What other relatives did you have contact with growing up?
13. How many children were in the family, and where were you in the line-up?
14. Describe what your siblings were like. Who were you closest to?
15. Describe the house you grew up in. Describe your room.
16. What were your family's economic circumstances?
17. What were your duties around the house as a child?
18. When did you learn to cook and who taught you? Were there any special family foods or recipes?
19. What activities did the family do together?
20. What did you do on Christmas? Birthdays? Other holidays?
21. What is your earliest memory of home/family?
22. Tell me about the community you lived in
23. Describe your neighbourhood
24. Where did you go to elementary school?
25. What was school like for you?
26. What did you like about it? What was hard for you?
27. What did you do in your spare time?
28. Who were your best friends and what did you do when you got together?
29. Do you keep in touch with any of them?
30. Did you have any hobbies or special interests?
31. What did you want to be when you grew up?
32. How did your relationship with your parents change when you became a teenager? If you had conflict with them, what was it over?
33. Did you have chores around the house? What were they?

34. What were the different groups at your school?
35. Which did you belong to?
36. How do you think you were perceived by others?
37. Were you involved in any extracurricular activities?
38. What were they? What were your plans when you finished school? Education? Work?
39. What did your parents think of your plans?
40. What did your friends think? What did your friends plan to do?
41. Did the boys and girls in the family have different plans/expectations?
42. Did you have jobs during your teenage years? Doing what? Did you contribute to the family income? If not, how did you spend your money?
43. At what age did you begin dating? What kinds of activities did you do on dates?
44. Describe your first date.
45. What was the advice your parents gave you related to dating?
46. Did you get teaching on this in church or school? What was it?
47. What was your first job?
48. What kinds of jobs have you had?
49. How did you decide on your career?
50. How did the war change you?
51. How did you meet your husband?
52. What has been the most difficult thing about being married?
53. Describe the birth of your children
54. What were they each like when they were young?
55. How have they changed or not changed?
56. What were their relationships like with each other and with you when they were young? Now?
57. What activities did the family do together?
58. What family traditions did you try to establish?
59. Does your family have any heirlooms or objects of sentimental value? What is their origin, and how have they been passed down?
60. What was the most satisfying to you about raising children?
61. What was most difficult?
62. What values did you try to raise your children with?
63. How did you go about doing that?
64. What forms of discipline did you use and why?
65. How has being a parent changed you?
66. How has the war and the displacement changed you as a parent?
67. How was your family affected by the war?
68. How have you managed to stay afloat and provide your children with everything they need?

## Section 2. Coding Framework: global, organising and basic themes

**Table 1.** Coding framework for womanhood and resilience in armed conflict: Life stories of displaced women in Colombia.

Global Themes	Organising Themes	Basic Themes	Examples of codes
Armed conflict and its gendered consequences on women's emotional wellbeing	Adverse childhood experiences shaped by armed conflict and gender.	Abuse during childhood	Physical abuse by caregivers
		Education restriction due to gender	Sexual abuse by nonfamily member
		Absent parents	Psychological abuse by caregivers
		Deprivation of childhood due to gender	Neglect during childhood
		Instability and migration	Interruption of education because father wanted to protect from boys
			Interruption of education to take care of siblings
			Housework and take care of siblings
		Threats and vulnerability in the community	Migration
			Raised by grandparents
			Divorce or separation due to gender violence
Precipitating event or moment of departure	Fear of recruitment to join the armed group		
	Too much violence in the neighbour to raise children		
	Threats to grandfather and torture		
Search of a safer habitat	Murder of aunt		
	Kidnapping of husband		
	Moved to another town because family offered help		
Women's continuous and multicausal pathway of internal displacement	Transition and adaptation	Search of a place without guerrillas' presence	
		Search for a calm environment to raise children	
		Difficulty adapting due to economic scarcity	
Intergenerational gender violence exacerbated by armed conflict	Multicausal displacement	Difficulty adapting because of lack of lack of governmental support	
		Good adaptation due to social support	
		Displacement due to gender violence	
IPV towards themselves	Gender violence by armed groups	Displacement for education opportunity	
		Displacement due to better jobs opportunities	
		Displacement to take care of family	
IPV towards their daughters	IPV towards their mothers	Sexual harassment, /intimidation by armed groups	
		Physical IPV	
		Physical IPV	
IPV towards their mothers	IPV towards their mothers	Psychological IPV	
		Economic IPV	
		Physical IPV	

			Psychological IPV
		Mother figure to siblings/family members	Adopting a mother role to their siblings to help mother Help sister with childcare Unwanted pregnancy Belief of motherhood inherent to women's nature Became mother because of age
	Challenges of motherhood are made more hazardous by gender violence and the armed conflict.	Mandatory motherhood	Partner insisted in pregnancy Unequal childcare burden Unable to work forced by partner Physical abuse Hospitalization due to IPV
		IPV exacerbated during motherhood	
		High risk pregnancy due to armed conflict	Fear of pregnancy loss Hospitalization due to complications in pregnancy. Alcohol consumption
		Self-destructive behaviours to cope	Unsafe sex Suicide Attempt Nightmares and insomnia
	Deterioration of women's emotional wellbeing driven by the convergence of gender violence and armed conflict	Emotional distress associated with IPV	Nervousness and anxiety Sadness
		Emotional distress associated with the armed conflict	Nervousness Fear of being shot Mother's addiction Mother's sadness and loneliness Mother's suicide
		Intergenerational emotional distress	Father's alcoholism Siblings' drug addiction Access to trainings and education Desire to study and work Breaking out with oppression and violence Taking care of their body and mind
		Cognitive power	Leaving abusive partner Being support to other women in need Having support of their family to settle
Coping strategies co-occur with female empowerment	Women draw on power to exercise change	Bodied power Social power	

		Support of community to be independent Support of family to leave abusive partner Motivation to work Started their own business Commercialization of food Commercialization of beauty product Work in bad conditions to have money Religious beliefs as an opportunity to cope Religion as spirituality Religion as a source of exclusion Religion maintaining oppression and traditional roles
	Material power	
	Symbolic power Redistribution of gendered work	Teaching children to do housework Demanding husband to do housework
		Access to economic aids by movement Elderly programs Women's networks maternity Cooking and entrepreneurship courses Internally displaced status Neighbours' support and sense of community. Strong female relationships Family as a source of support: material resources Family for emotional support Mother's unconditional support
Social enablers from different social environments	Social enablers in the wider society/ political economy Social enablers in the community Social enablers in the household	

**TABLE 1. PARTICIPANT'S DEMOGRAPHIC INFORMATION**

<b>PARTICIPANT # AND INITIAL</b>	<b>Age</b>	<b>Municipality of origin</b>	<b>Number of interview sessions</b>
<b>1 MARÍA (L.C)</b>	59	Sucre	3
<b>2 LUCÍA (S)</b>	26	Sucre	3
<b>3 JOSEFINA (L)</b>	35	Tolima	1
<b>4 DORA ( R)</b>	24	Cesar	3
<b>5 RIGOBERTA (Y)</b>	35	Santander	3
<b>6 SARA (D.R)</b>	73	Cundinamarca	3
<b>7 MIRIAM (S.P)</b>	Not reported	Córdoba	2

