

Appendix1: SRQR Checklist for Qualitative Research			
SRQR Item	Description	Reported?	Location in Manuscript
1. Title	Concise description of the nature and topic of the study	Yes	Title page: "Family and Professional Perspectives on Relational Dynamics in Iranian Families affected by substance use disorders: A Qualitative Study with Codependency-Informed Insights"
2. Abstract	Summary of key elements using structured format	Yes	Abstract section (Background, Objectives, Methods, Results, Conclusions, Keywords)
3. Problem formulation	Description and significance of the problem	Yes	Background section, paragraphs 1–5
4. Purpose or research question	Study purpose and specific objectives	Yes	Objectives section: “to explore the lived experiences... to inform development of a culturally sensitive family-based intervention"
5. Qualitative approach and research paradigm	Type of qualitative approach and underlying paradigm	Yes	Methods → Study Design "constructivist paradigm" + reflexive thematic analysis
6. Researcher characteristics and reflexivity	Influence of researcher background and assumptions	Yes	Methods → Researcher Reflexivity: clinician-researchers, reflexive journaling, debriefing
7. Context	Setting/site and salient contextual factors	Yes	Methods → Study Design & Participants – outpatient clinics in Tehran and Isfahan, Iran

8. Sampling strategy	How and why participants were selected	Yes	Methods → Participants: purposive sampling, detailed criteria for family members and key informants (15+ years experience)
9. Ethical issues	Ethics approval and participant consent	Yes	Methods → Ethical Considerations : IR.TUMS.TIPS.REC.1402.078, written informed consent, confidentiality
10. Data collection methods	Types and procedures of data collection	Yes	Methods → Data Collection: semi-structured interviews, 45-60 min (family), 90-150 min (experts), audio-recorded, transcribed verbatim
11. Data collection instruments and technologies	Description of instruments (e.g., interview guides)	Yes	Methods → Data Collection & Appendix2 :full interview guide for wives/parents with main questions and probes
12. Units of study	Number and characteristics of participants	Yes	Results → Participants & Appendix 3 : detailed table: 20 family members (9 wives, 7 mothers, 4 fathers) + 10 key informants
13. Data processing	How data were prepared for analysis	Yes	Methods → Data Analysis : transcribed verbatim, ATLAS.ti 23, familiarization through immersive reading
14. Data analysis	Process by which themes were identified	Yes	Methods → Data Analysis : reflexive thematic analysis, Six phase Braun & Clarke approach, inductive coding

15. Techniques to enhance trustworthiness	Methods to ensure credibility	Yes	Methods → Data Analysis & Researcher Reflexivity : multiple coders (SRR, MA), reflexive discussions with AF, audit trail, journaling
16. Synthesis and interpretation	Main findings and how they were derived	Yes	Results → Family Members: 5 themes with subthemes; Key Informants: 5 themes; Integration : cross-source synthesis with Table 1
17. Links to empirical data	Evidence (quotes) to substantiate findings	Yes	Throughout Results section : multiple verbatim quotes (e.g., "I have to keep track of everything...", "I sold all my jewelry...") & Appendix 4 – full table of themes, subthemes, and illustrative quotations
18. Integration with prior work	How findings relate to previous research	Yes	Discussion → Comparison with Existing Literature: references Bowen theory, prior codependency studies,
19. Limitations	Trustworthiness and limitations of findings	Yes	Discussion → Limitations and Future Research: geographic specificity, qualitative design, expert inclusion criterion, lack of PWSUDs perspectives
20. Implications	Implications for practice, policy, or future research	Yes	Discussion → Clinical and Practical Implications& Conclusion: screening, psychoeducation, family-based interventions, national guidelines
21. Conflicts of interest and funding	Potential conflicts and funding sources	Yes	A complete author-specific disclosure is provided in Section 10. Funding source: Tehran University of Medical Sciences,

			as part of SRR's PhD dissertation in Addiction Studies.
--	--	--	---

Appendix2: Interview guide for Wives/parents of people with substance use disorders		
No	Main Question	Possible Probe Questions
1	Can you describe your experiences living with a spouse or child who has a substance use disorder?	☒ <i>"Can you walk me through a typical day when their substance use was most challenging?"</i> ☒ <i>"How did their behavior change over time, and how did that affect you?"</i> ☒ <i>"Were there moments during treatment or recovery when you felt hopeful? What contributed to that feeling?" "What emotions come up when you reflect on this period?"</i>
2	How do you perceive/define your role in their recovery process?	☒ <i>"What actions have you taken to support their recovery?"</i> ☒ <i>"Have there been times when you felt your help was effective? Why or why not?"</i> ☒ <i>"How do you balance supporting them versus protecting your own well-being?"</i> ☒ <i>"Has anyone (e.g., therapists, family) influenced how you see your role?"</i>
3	What challenges have you faced in managing your relationship with your spouse/child?	☒ <i>"Can you share a specific conflict that stands out to you? How did you handle it?"</i> ☒ <i>"How has trust been affected, and what (if anything) has helped rebuild it?"</i> ☒ <i>"What support systems (or lack thereof) made these challenges harder?"</i> ☒ <i>"How do you cope when tensions are high?"</i>
4	Why do you think previous treatment attempts may have failed?	☒ <i>"What barriers, if any, did you notice during treatment or while working toward change?" "Did their attitude toward treatment change over time? How?"</i> ☒ <i>"Was there a gap in the type of support offered versus what they needed?"</i> ☒ <i>"What could have made a difference in those attempts?"</i>
5	If you could change something in the past, what would it be?	☒ <i>"How do you think that change would have altered the situation today?"</i> ☒ <i>"What stopped you from doing that at the time?"</i> ☒ <i>"Is there anyone or anything you blame for what happened or not happened? Why or why not?"</i> ☒ <i>"What, if anything, did you learn from this experience?"</i>
Tips for Using Probes: • Follow the participant's lead: Use their wording (e.g., "You mentioned feeling 'exhausted', can you say more about that?"). • Silence is okay: Pause to allow deeper reflection. • Adjust for sensitivity: If a question triggers distress, validate their feelings ("This seems painful to discuss, would you like to pause?"). Reassure participants about his/her right for silence, denial to answer or leaving the interview without any consequence		

Appendix3: Demographic details of Interviewees Families				
No	Sex	Age	Relationship	Education (years)
1.	M	55	Father	5
2.	M	59	Father	12
3.	M	57	Father	14
4.	M	55	Father	6
5.	F	54	Mother	16
6.	F	68	Mother	12
7.	F	57	Mother	2
8.	F	55	Mother	8
9.	F	60	Mother	16
10.	F	49	Mother	12
11.	F	55	Mother	9
12.	F	27	Wife	12
13.	F	27	Wife	12
14.	F	26	Wife	15
15.	F	54	Wife	12
16.	F	29	Wife	6
17.	F	33	Wife	16
18.	F	39	Wife	18
19.	F	41	Wife	14
20.	F	50	Wife	12

Appendix4: Main themes, subthemes and quotations based on interview with the families		
Main Theme	Subtheme	Illustrative Quotation
Control, Distrust, and Surveillance	Restricting the PWSUDs social relationships	I don't let him go out with anyone; he should only be with family. His friends are all useless.
	Interfering in the PWSUDs decision-making	Whatever he wants to do, he has to consult me. He can't make the right decision on his own.
	Constant monitoring and checking	I always check his phone to see who he is been talking to or where he's gone.
	Emotional manipulation to maintain control	If he doesn't listen, I threaten to kick him out of the house.
	Distrust in the PWSUDs abilities and social circle	I can't trust him. He always messes things up.
Self-Sacrifice and Loss of Self	Prioritizing others needs over self-care	I spent all my time taking care of my husband. I forgot about myself.
	Over-fulfilling the PWSUDs material/emotional needs	Whatever he wanted, I got for him even if I didn't have it myself, I gave him my BMW! But I am taking snap [Iranian app like Uber] for myself
	Taking over the PWSUDs responsibilities	I did his tasks because I couldn't bear to see him struggle.
	Guilt and shame around self-care	Whenever I wanted to do something for myself, I felt guilty.
	Emotional burnout and neglect of personal well-being	I feel like I have no strength left because I've ignored myself for so long.
Emotional Entanglement and Fear of Abandonment	Excessive emotional dependence on the PWSUDs	Without him, I feel empty like no one else matters to me.
	Enmeshed family roles and lack of boundaries	I don't know what my role is anymore, mother, wife, or nurse? Its all the same now.
	Fear of loneliness and abandonment	I'm scared he will leave me. I don't know what to do without him.
	Sacrificing personal needs to preserve the relationship	I let him use [drugs] at home just so he would stay with me.

Enabling and Reality Avoidance	Providing financial or logistical support for substance use	I gave him money to buy drugs just so he wouldn't go steal.
	Justifying or hiding the PWSUDs behavior	I said my kids that their dad was just tired that's why he used again.
	Preventing the PWSUDs from facing consequences	I always fixed his problems so he wouldn't get hurt.
	Suppressing personal emotions to avoid conflict	I held back my emotions so we wouldn't get into a fight.
	Poor communication and lack of assertiveness	I never told him what I needed because he'd get upset.
Psychological Distress and Low Self-Worth	Chronic anxiety and emotional instability	I'm always worried he will use again or something bad will happen.
	Mood swings tied to the PWSUDs behavior	If he's doing well, I'm okay; if not, I'm totally broken.
	Self-blame and feelings of failure	I think it's my fault he ended up like this.
	Need for external validation	I don't feel good about myself unless someone praises me.
	Perfectionism, guilt, and sensitivity to rejection	I feel like everything has to be perfect. Even the smallest mistake upsets me.