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| **Table S2. Questions about the domains extracted from Life Seasoning**  |
| Relations with family members and relatives before and after the earthquake | How was your relationship with your parents before the earthquake? How was it after the earthquake? How was your relationship with your siblings before and after the earthquake? How was the relationship between your parents before and after the earthquake? How was your family's relationship with your relatives and friends before and after the earthquake? Was there any change? |
| Death | What attitude did you hold towards death before and after the earthquake? How close were you to death? How did you find your experience of being close to death? Whom did you see dying? Whose death was your toughest experience? How did you find the experience of visiting so many dead bodies on the street? |
| Tackling with trauma and grief | Would you please explain the earthquake to use? How did you pass the night before the earthquake? How did you feel at the time of the earthquake? Were you under the earthquake rubble? Who was the first person you saw when you were pulled out from under the rubble? How did you feel? How was the first scene of your city after the earthquake? How did you feel about visiting the city? |
| Living under tough conditions after an earthquake | Where did you live after the earthquake? How did you find the experience of living in a tent? What feelings did you experience? What main facilities did you lack? How did you like living in a city but Bam? Do you think you would feel better if you were in Bam? Do you think being away from Bam helped you? |
| Metamorphosis- growth | In your opinion, how has the earthquake influenced your life? In the past? In the present? What aspects of your life are being affected by that earthquake? Have you ever wondered what your life would have been like if the earthquake had not happened? When do you think so? Did you feel that something inside you grew faster after the earthquake? Or did you feel that your growth slowed down or stopped? What part of the earthquake was more important to you and why? |
| Metamorphosis- traumatic | How often do you remember the earthquake per week or month? What do you think about? What effect did the earthquake have on your marital status? What effect did the earthquake have on your attitudes towards your body? What effect did the earthquake have on your attitudes towards the world and material affairs? What effect did the earthquake have on your attitudes towards religious beliefs? How do you feel when you hear of an earthquake in a place such as Kermanshah? In your opinion, how effective would psychological services be in such an event? |