

“Informing the Development of Mobile Apps for HIV Prevention, Treatment, & Care”

2d. Focus Group Moderator Guide – People Living with HIV/AIDS

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Focus Group Guide - PLWH

Introduction

Good morning/afternoon/evening. My name is _____ and I work for _____. We are studying ways of improving health and other services. This study is funded by the Centers for Disease Control and Prevention (CDC).

As part of our studies, we've asked you here to discuss the use of mobile technology for HIV prevention treatment and care. Our discussion should last for between 1 hour and 1 1/2 hours.

I will be helping to guide the discussion and make sure everybody has a chance to speak. This is my friend_____. S/he will be making notes during the discussion so that we do not forget any of the points discussed. Although s/he will be recording the points raised, s/he will not write down any names, so whatever you say will be private.

Please remember, you are the experts and we are here to learn from you. Please don't tell us what you think we might want to hear. Tell us your views, whatever they are.

Let me explain the ground-rules. They are very simple. Please don't interrupt anyone and try to give everyone a chance to speak. Are there other rules we would like to add?

1. Warm Up Questions: Tell us about your familiarity and experience with mobile health technology.
2. What do you think these mobile programs/applications do well?

A) Education and information

- 1) What type of information and education do you need to help manage your HIV infection? (Probes: HIV medication info, Medical definitions, How to disclose status, Partner testing)
- 2) What other type of information is needed to help improve overall health and quality of life? (probes: HIV prevention information, anal health, oral health, nutrition)
- 3) What is the best format for delivering information using an app?
- 4) What type of information and/or tools would help you better communicate with providers?
- 5) Women only: What are some of the health and health care issues that women living with HIV face?

B) Identifying Resources

- 6) What types of resources do you need to help manage your HIV infection? (Probes: healthcare providers, pharmacies, HIV prevention providers)
- 7) How would you like local resources to be integrated into your app? (Probes: Listing of resources, Map of resources, GPS location, Contact information, driving and walking directions, operating hours)?

C) Care and Treatment Adherence

- 8) What is needed to help the target population improve their HIV treatment adherence? (Probes: Reminders to take medications, Refills, Reminders for appointments, Referrals to ancillary services, providing reminder alarms, phone call reminders, Interpretation of medical information, Social support, real-time support, motivational messages, progress monitoring)
- 9) What is the best format for delivering information that helps improve HIV treatment adherence using an app?
- 10) PROBE: what type of information surrounding navigating the health care system would be helpful? What is the best format for delivering this information?

D) Health Data Management

What medical data and information would be helpful for the target population to have accessible when seeking services and healthcare? Probes: lab results, CD4 tracking, Medication schedule, proof of HIV status, Ryan White/insurance info, Refill history, side effect/symptoms diary)How do you want to store and view this information using an app?

E) Technology Adoption

- 10) What are some of the barriers that you anticipate encountering when using mobile health applications on your phone? (Probes – difficulty with medical terminology, unmet information needs, system hard to use, privacy concerns) [**Predisposing Factors**]
- 11) What are some of the strategies you can use to overcome these barriers? (Probes – medical dictionary, online resources, member of healthcare team, family member or friend) [**Enabling Factors**]
- 12) What are some of the ways that your overall health may benefit from using mobile health applications? (Probes – better health outcomes, fewer doctor visits) [**Reinforcing Factors**]
- 13) Anything else that you would like to say that you didn't get a chance to say?

Thank you very much for your time and consideration. The information you have provided today is important and will help us to develop appropriate solutions to support persons living with HIV in maintaining optimal medication adherence, thus leading to optimal health outcomes.

B. SEXUAL HISTORY AND ABSTINENCE/CONDOM USE INTENTIONS

1. Have you ever had sex (vaginal, oral or anal)?

Yes No

a. Who have you had sex with? (check all that apply)

Men Women Transgender

2. Do you think you will have sex sometime in the next 3 months?

Yes No

3. Do you plan to use protection such as a condom or dental dam if you have sex in the next 3 months?

Yes No No, I do not plan to have sex in the next 3 months

4. Have you had sex in the last 3 months (90 days)?

Yes No (**Skip to section C-Experience and attitudes about HIV Testing**)

5. In the past 3 months (90 days), how many people have you had vaginal sex with? ____

6. In the past 3 months (90 days), how many people have you had anal sex with? ____

7. In the past 3 months (90 days), how many people have you had oral sex with? ____

8. Do you currently have a boyfriend/girlfriend or main partner who you are serious with?

Yes No

9. How long have you been in this current relationship? ____

10. The last time you had vaginal sex with your main partner, did you use a condom?

Yes No

11. The last time you had anal sex with your main partner, did you use a condom?

Yes No

12. The last time you had oral sex with your main partner did you use a form of protection such as a condom or dental dam?

Yes No

13. The last time you had vaginal sex with your casual partner, did you use a condom?

Yes No

14. The last time you had anal sex with your casual partner, did you use a condom?

Yes No

15. The last time you had oral sex with your casual partner did you use a form of protection such as a condom or dental dam?

Yes No

C. EXPERIENCE AND ATTITUDES ABOUT HIV TESTING

How much do you agree or disagree with the following statements.

1. a. I am/would be too scared to get an HIV test.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

b. If I was offered a chance to get an HIV test, I would get it.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

c. Everybody who has had unprotected sex should get an HIV test.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

d. I know where to get an HIV test.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

e. I get tested for HIV regularly.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

f. I get an HIV test before I have sex with a new sex partner.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

g. I ask all new sex partners when their last HIV test was and the result.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

h. Everyone regardless of if they are sexually active should get an HIV test.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

2. Have you ever been tested for HIV? HIV is the virus that causes AIDS.

Yes No (**Skip to question #3**)

2a. How many times have you been tested for HIV in your life? #

2b. What type of HIV tests have you taken (check all that apply)

Oral Finger stick Blood draw

3. When was your most recent test? You can estimate if you cannot remember exactly.

Month/Year Don't remember

2a. What was the result of your most recent HIV test?

Positive, I have HIV Negative, I do not have HIV I did not get my test results

3. Do you plan to get tested for HIV sometime in the next 3 months (90 days)?

Yes No

D. HIV STIGMA

1. I would sit next to an HIV-positive person.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

2. People who got HIV through sex or drug use have gotten what they deserve.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

3. I would be afraid to live with an HIV-positive person.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

4. I would buy fruit from someone who I knew was HIV-positive.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

5. I would not eat in a restaurant if I found out that someone who was HIV-positive worked there.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

6. I would date someone who is HIV positive.

Strongly agree Somewhat agree Somewhat disagree Strongly disagree

E. HIV/STD KNOWLEDGE

Now we will ask you to answer some questions about HIV and STD

1. You can always tell if your partner has as an STD.

True False

2. All people who have been infected with HIV quickly show serious signs of being infected.

True False

3. You can't get HIV by sharing knives, forks, or cups with a person who has HIV.

True False

4. Wearing a condom correctly will protect you from most STDs.

True False

5. If a woman uses birth control pills, it lowers her risk for getting HIV.

True False

6. Using oil based lubricants such as Vaseline or Crisco with condoms will reduce the risk of getting HIV/STD.

True False

7. There is no cure for HIV.

True False

8. Having another sexually transmitted disease like Gonorrhea or Herpes increases a person's risk of becoming infected with HIV.

True False

9. Having sexual intercourse without a condom increases a person's risk of becoming infected with HIV/STD.

True False

10. A person can get HIV by sharing a glass of water with someone who has HIV.

True False

11. Withdrawal, or pulling out the penis before climax will always prevent HIV/STD transmission.

True False

12. There is a vaccine (shot) that can prevent people from getting HIV.

True False

13. There is a vaccine (shot) that can prevent people from getting some STDs.

True False

14. A person is likely to get HIV by deep kissing (putting their tongue in their partner's mouth) if his/her partner has HIV.

True False

15. There is a female condom that can help decrease a woman's chance of getting HIV/STD.

True False

16. A person cannot get HIV if she or he is taking antibiotics.

True False

17. By taking an HIV test one week after having unprotected sex, it can be determined if a person has been infected.

True False

F. CONDOM ATTITUDES AND KNOWLEDGE

1. Condoms ruin the mood.

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

2. Sex doesn't feel as good when you use a condom.

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

3. Sex with condoms doesn't feel natural.

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

4. I know how to put on a male condom correctly.

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

5. Condoms are easy to use.

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

6. I am embarrassed to ask my partner to use a condom.

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

7. I would insist on using a condom, even if my partner did not want to use one.

Strongly agree Agree Neither agree or disagree Disagree Strongly disagree

8. Space should be left at the tip of a condom when it is put on the penis.

True False

9. The time to put on a condom is right before a man cums or ejaculates.

True False

10. When a man uses a condom, he should unroll it first and then slip it on.

True False

G. Behavioral Intentions

1. Thinking of the occasions when you may have sexual intercourse in the next 3 months (90 days), how often do you think you will use condoms?

Never Occasionally About half the time Most times Always
 Not planning to have sex

2. Thinking of the occasions when you may have sexual intercourse in the next 3 months (90 days), how likely do you think it is you will attempt to negotiate safe sex?

Never Occasionally About half the time Most times Always
 Not planning to have sex

3. Thinking about the next 3 months (90 days) how likely is it you will get an HIV Test

Extremely unlikely Unlikely Neutral Likely Extremely likely

4. Thinking about the next 3 months (90 days) how likely is it you will get an STD Test

Extremely unlikely Unlikely Neutral Likely Extremely likely

5. How likely is it that you will remain abstinent in the next 3 months (90 days)

Extremely unlikely Unlikely Neutral Likely Extremely likely

6. Thinking of the number of sex partners you have had in the last 3 months (90 days), how likely do you think you will reduce the number of partners you will have?

Extremely unlikely Unlikely Neutral Likely Extremely likely
 Not planning to have sex