Appendix P: Quantitative Data Shells

	Cases		Controls		
Characteristic	**N**	**%**	**N**	**%**	***p-value***
Age					
25-29					
30-39					
40-49					
50-59					
60+					
Race					
Black					
White					
Other					
Hispanic Origin					
Yes					
No					
Education					
Did not complete high school					
High school diploma or GED					
Some college					
Bachelor's degree					
Master's/doctorate/professional degree					
Sexual Identity					
Bisexual					
Gay/Homosexual					
Queer					
Relationship Status					
Single					
Married to a man					
In relationship with a man					
Health Status					
Excellent					
Very good					
Good					

Fair
Poor

Number of text messages send per day
< 1
1-10
11-20
21-30
31-40
40+
Don’t know

Number of text messages send per day
< 1
1-10
11-20
21-30
31-40
40+
Don’t know

Use cell phone for e-mails

Use cell phone for internet

Table X. Number of Texts Sent and Received (Cases Only)

	Number of Texts
Texts Sent by RTI	
Successfully sent	
Failed	
Total sent	
Texts Received by RTI	
Process responses	
Adherence responses	
Acknowledgments	
Other responses	
Requests to stop receiving messages	
Total	

Table X. Mean Number of Texts Sent to Respondents by Month of Participation in the Study (Cases Only)

Month	Mean (SD)
1	
2	
2	
4	
5	
6	
7	
8	

Table X. Percentage of Respondents Indicating Agree or Strongly Agree with Statements Regarding the Text Messages: 9 Months Survey (Cases Only)

Item	N	%
Overall, I liked the text messages		
I learned something new from the text messages		
The text messages were easy to understand		
I was interested in the message topics		
I trusted the information in the messages		
The text messages were convincing		
The messages said something important to me		
The messages grabbed my attention		
The messages told me something I didn't already know		
The messages were confusing		
I did not like the messages		
The messages were persuasive		
The messages were very appealing to me		
I felt like the messages were designed for me		
The messages promoted behaviors that are difficult for me to do		
The messages motivated me to change my behavior		
The messages would motivate people living with HIV to act in ways that would prevent giving HIV to others		
The messages contradicted what I know about HIV prevention		
The messages helped me to remember to take my HIV medication		
The messages motivated me to be involved in my health care		
I learned about services or resources available to me from the messages		
The messages gave me good advice		

Table X. Percentage of Respondents Reporting Positive and Negative Adjectives about the Text Messages: 9 Months Survey (Cases Only)

Adjective	Selecting the Adjective	
	N	%
Accurate		
Annoying		
Believable		
Complex		
Effective		
Embarassing		
Clever		
Clear		
Condescending		
Dishonest		
Familiar		
Farfetched		
Creative		
Inappropriate		
Informative		
Interesting		
Irritating		
Offensive		
Original		
Pointless		
Realistic		
Silly		
Stigmatizing		
Worth Remembering		

Table X. Mean Ratings by Type of Message: 9 Months Survey (Cases Only)

Type of Message	Mean	SD
Appointment reminders		
Medication reminders		
General health and wellness		
Preventing risky sexual behaviors		
Preventing or reducing alcohol/drug use		
Social support		
Smoking cessation		
Being actively involved in my health care		

Note: Rating scale ranges from 1 to 10.

Table X. Percentage of Respondents Reporting Reading and/or Using Information from the Text Messages: 9 Months Survey (Cases Only)

Item	Always	Usually	Sometimes	Never
How often did you read the text messages you received from the study?				
How often did you use the information that was in the messages?				

Table X. Percentage of Respondents by Perceptions of the Text Messages: 9 Months Survey (Cases Only)

Item	Very	Somewhat	A little	Not at all
How concerned were you that people could see the text messages you got from the study?				
How helpful were the text messages that you received?				
How satisfied were you with the messages you received?				
How important is it to have programs like this one where people can receive information from their health care providers through text messages?				

Table X. Mean Ratings of Message Frequency, Timing, and Content: 9 Months Survey (Cases Only)

Type of Message	Mean	SD
The number of messages you received		
The timing of the messages you received		
The content of the messages you received		

Note: Response options range from 0 to 10.

Table X. Sexual Behaviors

Variable	Cases			Controls		
	Baseline N (%)	9 Months N (%)	p	Baseline N (%)	9 Months N (%)	p
Number of people had sex with in past 3 months						
0						
1						
2-5						
6+						
Number of times had sex in past 3 months						
0						
1-5						
6-10						
11+						
Had sex without a condom in the past 3 months						
Used alcohol or drugs before or during sex in past 3 months						
Never						
Rarely						
Sometimes						
Most of the time/Every time						

Table X. Smoking

Variable	Cases			Controls		
	Baseline N (%)	9 Months N (%)	p	Baseline N (%)	9 Months N (%)	p
All Participants						
Smoke cigarettes						
Seriously considering stopping smoking in next 3 months (smokers only)						

Table X. Substance Use

Variable	Cases			Controls		
	Baseline N (%)	9 Months N (%)	P	Baseline N (%)	9 Months N (%)	P
Had an alcoholic drink in past 3 months						
Never						
Once a month						
2-3 times a month						
Once a week or more						
Binge drank (5+ drinks within couple of hours) in past 3 months						
Had 5 or more alcoholic drinks within a couple of hours in past 3 months						
Never						
Once a month						
2-3 times a month						
Once a week or more						
Used any recreational drugs in past 3 months						
Have used the following drugs in past 3 months						
Marijuana						
Cocaine						
Heroin						
Methamphetamine						
MDMA						
GHB						
Ketamine						

Table X. Medication Adherence*

Variable	Cases			Controls		
	Baseline N (%)	9 Months N (%)	p	Baseline N (%)	9 Months N (%)	p
Number of days in past 7 days missed a dose of medication…mean (SD)						
Reasons for missing medications						
Away from home						
Busy with other things						
Simply forgot						
Too many pills to take						
Wanted to avoid side effects						
Did not want others to notice you taking medication						
Change in daily routine						
Felt like drug was toxic/harmful						
Fell asleep/slept through dose time						
Felt sick or ill						
Felt depressed/overwhelmed						
Problem taking pills at specified times						
Ran out of pills						
Felt good						
Drunk or high						

* Includes only participants who reported taking medications for HIV

Table X. Social Support

Variable	Cases			Controls		
	Baseline Mean (SD)	9 Months Mean (SD)	p	Baseline Mean (SD)	9 Months Mean (SD)	p
Social Support Score						
Someone you can count on to listen to you when you need to talk						
Someone to give you information to help you understand a situation						
Someone to give you good advice about a crisis or personal problem						
Someone who understands your problems						
Tangible support like money or food						
Someone to take care of you if you were sick						
Someone who shows you love and affection						
Someone to have a good time with						
Someone to get together with for relaxation						

Table X. HIV Knowledge

Variable	Baseline N (%) correct	9 Months N (%) correct	p	Baseline N (%) correct	9 Months N (%) correct	p
All Participants						
Knowledge Score…mean (SD)						
Certain oral health problems, such as oral candidiasis and herpes simplex, are common in people with HIV/AIDS						
If a person does not take their HIV medications at the right time of the day, they can become resistant to their HIV medications						
HIV is cured when someone's HIV viral load is "undetectable"						
If someone's viral load is "undetectable," they don't need to use condoms during sex						
Eating a high-fat diet help people with HIV/AIDS digest their medications						
People who have HIV can get re-infected with a drug resistant type of HIV						
Exercise is always unsafe for people with HIV/AIDS						
Recreational drugs can make a						

person’s HIV medications less effective

It is best for a person to stop taking their HIV medications as soon as they feel better

Taking HIV medications regularly protects people from getting common illness, such as food poisoning

After a few months, it becomes less important for people to take their HIV medications at the right time of day

If someone’s viral load is “undetectable,” they don’t need to use condoms during sex

People who have HIV can get re-infected with a drug resistant type of HIV

Recreational drugs can make a person’s HIV medications less effective

Table X. Self-Efficacy

Variable	Cases			Controls		
	Baseline Mean (SD)	9 Months Mean (SD)	p	Baseline Mean (SD)	9 Months Mean (SD)	p
Self-Efficacy Score						
I am confident that I can refuse to have sex if my partner doesn't want to use a condom						
I am confident that I can protect myself from STDs						
I am confident that I can protect myself from getting infected with another strain of HIV						
I am confident that I can protect my partners from getting HIV from me						
I am confident that I can use condoms consistently with my sex partners						

Note: Response options range from 1 (strongly disagree) to 5 (strongly agree).

Table X. HIV Stigma

Variable	Cases			Controls		
	Baseline Mean (SD)	9 Months Mean (SD)	p	Baseline Mean (SD)	9 Months Mean (SD)	p
In many areas of my life, no one knows that I have HIV						
Since learning I have HIV, I feel set apart and isolated from the rest of the world						
Most people with HIV are rejected when others find out						
Since learning I have HIV, I worry about people discriminating against me						
I never feel the need to hide the fact that I have HIV						
I have been hurt by how people reacted to learning I have HIV						
I regret having told some people that I have HIV						

Note: Response options range from 1 (strongly disagree) to 5 (strongly agree).

Table X. HIV Attitudes and Beliefs

Item/Scale	Cases			Controls		
	Baseline Mean (SD)	9 Months Mean (SD)	p	Baseline Mean (SD)	9 Months Mean (SD)	p
It is important to tell your sex partners that you have HIV.						
It is important to keep learning about HIV, its treatment, and new developments in HIV research.						
Drug or alcohol use can increase the risk for passing HIV to others because people are more likely to do risky behaviors when they are drunk or high.						
Being in a relationship with another HIV positive person can lead to a closer, more understanding relationship.						
Monogamy is an effective prevention strategy.						
It is important for my health to keep my doctor's appointments.						
If both sexual partners are HIV positive, they don't need to use condoms during sex.						

Note: Response options range from 1 (strongly disagree) to 5 (strongly agree).

Table X. Confidence in Following Treatment Plan: All Participants

Item/Scale	Cases			Controls		
	Baseline	9 Months	p	Baseline	9 Months	p
	Mean (SD)	Mean (SD)		Mean (SD)	Mean (SD)	
Follow the instructions correctly for a large number and variety of prescription medications?						
Take your medications as they are prescribed?						
Work with your provider to reach agreement on the best medication for you overall?						
Discuss openly with your provider any problems that may be related to your medications?						
Stick to your treatment plan even when side effects begin to interfere with daily activities?						
Integrate your treatment plan into your daily routine?						
Stick to your treatment plan even when your daily routine is disrupted?						

Stick to your treatment plan when you aren't feeling well?	
Continue with your treatment plan even when you are feeling discouraged about your health?	

Note: Response options range from 0 to 10.

Table X. Patient Involvement and Quality of Care: All Participants

Item/Scale	Cases			Controls		
	Baseline	9 Months	p	Baseline	9 Months	p
	Mean (SD)	Mean (SD)		Mean (SD)	Mean (SD)	
My providers made sure I understood what my lab test results (such as CD4 and viral load) meant for my health.						
My providers spent enough time with me.						
I asked my providers all of the questions I had about my HIV care.						
I felt comfortable talking about personal or intimate issues with my providers.						
I was involved in making decisions about my health care with my providers.						
67f. When I asked my providers questions about my HIV care, I understood their answers.						
I found my providers to be accepting and non-judgmental of my life and health care choices.						
I would rate my providers' knowledge of the newest						

developments in HIV medical standards as…	
I would rate the quality of care at this clinic in comparison to other clinics I know about as:	

Note: Response options range from 1 (strongly disagree) to 5 (strongly agree).

Table X. Health Care Provider Communication: All Participants

Item/Scale	Cases			Controls		
	Baseline N (%)	9 Months N (%)	p	Baseline N (%)	9 Months N (%)	p
My providers explained the side effects of HIV medications in a way I could understand						
My providers suggested ways to help me remember to take my HIV medications						
My providers explained to me what kinds of medical tests I should be getting and how often I should get them						
My providers talked to me about how to avoid passing HIV to other people and how to protect myself from getting infected again with HIV						
My providers talked to me about how to protect myself from getting STDs or how to avoid passing them on to others if I already had one						
My providers or case managers asked me how I was feeling emotionally and made a referral to a mental health provider, counselor, or support group if I needed help						
My provider asked me about my drug and alcohol use and made a referral if I needed help						

Table X. Quality of Life: All Participants

Item/Scale	Cases			Controls		
	Baseline Mean (SD)	9 Months Mean (SD)	p	Baseline Mean (SD)	9 Months Mean (SD)	p
During the past 3 months, how much of the time has your physical health interfered with your social activities (like visiting with friends, relatives, etc.)?						
During the past 3 months, how much of the time have your emotional problems interfered with your social activities (like visiting with friends, relatives, etc.)?						
During the past 3 months, how much of the time have you experienced difficult sleeping, poor appetite, or excessive worrying?						

Note: Response options range from 1 (all of the time) to 5 (none of the time). Higher values indicate better quality of life.

Table X. Clinical Data: All Participants

Item/Scale	Cases			Controls		
	Baseline	9 Months	p	Baseline	9 Months	p
	Mean (SD)	Mean (SD)		Mean (SD)	Mean (SD)	
CD4						
Viral Load						

Note: Viral load values were log transformed before conducting statistical test to account for a skewed distribution. Mean values are presented in original units here for easier interpretation.