

Cardiometabolic Outcomes, Mechanisms and Approach to Prevention of Dolutegravir Associated Weight Gain in South Africa

Focus Group Schedule (PLWH)

Introduction:

- Thank you for agreeing to participate in this focus group discussion. Your time is most appreciated.
- As you know the overall aim of this project is to **decrease the risk of PLWH on ART regimens from gaining weight and putting them at greater risk for NCD** (such as diabetes and heart disease).
- We want to do this by empowering PLWH to make better choices for healthy living/lifestyles.
- To help us achieve this objective we would like to talk to you about your knowledge, understanding and experiences around healthy living and what it entails/encompasses for you.

1st Part of the FGD:

1. How to feel about the concept of being overweight? [Possible probes: Do you see it as positive, or negative for instance and why?]
2. Are you familiar with the term obese?
3. Do you know if anything can be done to prevent weight gain?
4. What is your understanding on living a healthy lifestyle? What does it entail?
5. From what you have mentioned regarding healthy lifestyles such as (RECAP on what the participants said, healthy eating, exercise, other specifics mentioned) How confident would you be in bringing about changes to living a healthier lifestyle?
6. What would the typical barriers be for you to live a healthier lifestyle? [possible probes: physical environment; family environment; time; money]
7. Has your general health ever prevented you from living a healthy lifestyle? [appetite/nausea from medication – energy levels for physical activity] [Side-effects - exploration]
[Weight loss?] TLD/TEE – side-effects – differences – specifically weight gain
8. As a PLWH do you feel there are any barriers specific to you that others may not experience?
[stigma around weight and HIV]
9. Exercise [is this something that you think about?] Motivation /Groups vs. individual exercises
10. Mental health – support system – family dynamics (stigma in the household)/disclosure
11. Communication from/with staff [what their expectations are?][Elsies CHC – treatment/communication from staff]

12. General health/wellbeing

Okay great thank you for your inputs thus far!!

So, a healthy lifestyle CAN prevent weight gain!

We have previously developed an intervention for people at risk for developing diabetes, where being overweight is one of the key risk factors we wanted to address.

The intervention consisted out of six group sessions where lifestyle education, goal setting, and peer support were central elements.

A healthy lifestyle like you have mentioned consists out of healthy eating and physical activity. Healthy eating however encompasses more than just consuming healthy foods, but also things like portion sizes and meal times. Being physically active for a sufficient amount of time at a specific intensity is important in the exercise being beneficial to your body. AND THIS IS SOME OF WHAT WE WOULD LIKE TO CONVEY TO PARTICIPANTS DURING OUR GROUP SESSIONS

2nd Part of the FGD:

We would now like to present you with the materials and get your input....

- ✓ *[Hand out curriculum booklets for assessment by participants]*
 - Participants will be given 45-60 minutes to work/read through the curriculum booklet....

You have now worked through the curriculum booklet/participant booklet and we would like to take this opportunity to discuss with you your thoughts and opinions around these materials.

1. Please could you share your first impressions of the booklet when you received it.
[is there anything that immediately jumps out at/for you? whether it be good or bad...please share]
2. When you worked through your section/s did your first impression change? What is your overall impression of the section/s you revised? *[when sharing with the group please indicate which section you revised]*

Thank you for sharing your thoughts and opinions with us. Let's take it step by step now.

3. The size and font of the writing is that okay for you? If no, please elaborate. *[is it too big, too small, the font too unfriendly, difficult to read?]*
4. The spacing [between writing and sections] does it work for you? If no, please elaborate. *[is it too much or too little?]*

5. Did you find the writing/language in the booklet/s easy to understand? If no, please elaborate. *[did you understand it the first time you read it? or did you have to read it a few times before understanding?]*
6. Were there any sections or words that were unclear? *[Could you please share with the group which sections or words these were?]*
7. When reading the booklet section/s you read, did you feel the purpose of that section was clear? *[do you feel the information is clear and the messages are delivered well? do you understand what it is about?]*
8. Do you feel the information is relevant to you? *[Why, or why not?]*
9. The information e.g. the guidelines/tips for living a healthy lifestyle, is it written in such a way that you feel you could apply it in your life? *[If yes, please give an example. If no, please explain why not.]*
10. Is there any subject around healthy living pertaining to PLWH that you feel is not addressed here? *[What are those?]*

Now let's talk about the design of the book, the photos and illustrations/figures.

11. What is your overall opinion about the look and feel of the booklet/s?
12. We have asked that you make notes of any photos and illustrations/figures that you do not understand. Could you please share which ones they were so that we can discuss it within the group and get suggestions for more appropriate/suitable ones?
13. Do you feel the booklets are suited to you and your community? *[Why, or why not?]*
14. Is there anything in the book that could be interpreted as culturally inappropriate by your community?
15. In your honest opinion, do you think that someone would be able to use the booklets without instruction, to bring about lifestyle changes? *[Please tell me why?]*
16. Booklet – individual intervention vs. group [community-based intervention?] [if group session where??]

Thank you for your willingness to share your knowledge and views with us!!!