

## Online Supplemental Material A

### Transition Readiness Interview Guide

1. Did someone (e.g., a doctor, relative, etc) teach you how to manage your own healthcare needs? This can include information on how to fill prescriptions, how to communicate with different medical providers, and so on.” Some examples of people who may have provided this information are parents, doctors, or siblings.”
  - a. No (skip to question 4)
  - b. *If yes, say,* “Who was the main person who taught you how to manage your own healthcare needs?”
  
2. *If they already named a medical provider in question 1, skip to 2 b. If not, continue with full prompt for question 2.* “Medical providers (doctors, nurses, pharmacists, physician’s assistants, etc) often educate their patients on how to manage their healthcare needs. Did you receive information from any medical providers regarding how to manage your own healthcare needs?”
  - a. No (Skip to Question 3)
  - b. Yes (Continue with the rest of this question)
    - i. *If yes, say,* “Please list all types of medical providers that provided you this information. Be as specific as you can (e.g., your primary care provider, cardiologist, etc).”
  
    - ii. “Overall, are you satisfied with the education you received from your medical provider(s) regarding how to manage your own healthcare needs?”
      1. Yes
        - a. *If yes,* “Please describe the education you received from your medical provider(s) and what was most helpful.”
      2. No
        - a. *If no,* “Why not? What would have made it more helpful?”
    - iii. “There are many healthcare tasks medical providers may have educated you on. Please respond yes or no to indicate whether a medical provider educated you on how to complete the following tasks. You may indicate “not applicable” for any tasks that do not pertain to you.”
      1. Filling prescriptions.
        - a. Yes
        - b. No
        - c. NA
      2. Scheduling medical appointments
        - a. Yes
        - b. No
        - c. NA
      3. Remembering to attend medical appointments
        - a. Yes
        - b. No

- c. NA
  - 4. Details of your personal medical history
    - a. Yes
    - b. No
    - c. NA
  - 5. Communicating with healthcare providers
    - a. Yes
    - b. No
    - c. NA
  - 6. Managing your health insurance
    - a. Yes
    - b. No
    - c. NA
  - 7. Taking medications as prescribed
    - a. Yes
    - b. No
    - c. NA
  - 8. Names and dosages of current medications
    - a. Yes
    - b. No
    - c. NA
- iv. “Some ways people learn about managing their healthcare needs are via pamphlets, internet links, or conversations with others. I am going to list a number of ways that your medical provider(s) may have informed you about managing your own healthcare. Please answer yes or no to indicate whether a medical provider used each method to educate you about your healthcare needs.”
1. Verbal discussion?
    - a. Yes
    - b. No
  2. Pamphlets?
    - a. Yes
    - b. No
  3. Internet links?
    - a. Yes
    - b. No
  4. Group meetings with other teens and young adults?
    - a. Yes
    - b. No
  5. Please list any other ways a medical provider educated you on managing your healthcare needs.
    - a. “Which method did you prefer?”
    - b. “Which method was least helpful?”

3. “Did a parent or other caregiver provide you with information on how to manage your own healthcare?” *If the patient expresses uncertainty say, “For example, did your mother, father, grandparent, aunt or uncle provide you with this information?”*
  - a. No (Skip to Question 4)
  - b. Yes (continue with this question)
    - i. *If yes, “Please list all parents or caregivers who provided you with information on how to manage your own healthcare.”*
    - ii. “There are many healthcare tasks family members may have educated you on. Please respond yes or no to indicate whether a parent or other caregiver educated you on the following tasks. You may indicate “not applicable” for any tasks that do not pertain to you.”
      1. Filling prescriptions.
        - a. Yes
        - b. No
        - c. NA
      2. Scheduling medical appointments
        - a. Yes
        - b. No
        - c. NA
      3. Remembering to attend medical appointments
        - a. Yes
        - b. No
        - c. NA
      4. Details of your personal medical history
        - a. Yes
        - b. No
        - c. NA
      5. Details of your family medical history
        - a. Yes
        - b. No
        - c. NA
      6. Communicating with healthcare providers
        - a. Yes
        - b. No
        - c. NA
      7. Managing your health insurance
        - a. Yes
        - b. No
        - c. NA
      8. Taking medications as prescribed
        - a. Yes
        - b. No
        - c. NA
      9. Names and dosages of current medications
        - a. Yes
        - b. No

- c. NA
- iii. “Some ways people learn about managing their healthcare needs are via pamphlets, internet links, or conversations with others. I am going to list a number of ways that your parent or caregiver may have informed you about managing your own healthcare. Please answer yes or no to indicate whether a parent or caregiver used each method to educate you about your healthcare needs.”
1. Verbal discussion?
    - a. Yes
    - b. No
  2. Pamphlets?
    - a. Yes
    - b. No
  3. Internet links?
    - a. Yes
    - b. No
  4. Please list any other ways your parent or caregiver educated you on managing your healthcare needs.
    - a. “Which method did you prefer?”
    - b. “Which method was least helpful?”
4. Did you learn how to manage any aspects of your healthcare on your own, without the help of a parent, medical doctor or anyone else?
- a. No (Skip to question 5)
  - b. Yes (continue with this question)
    - i. *If yes, “What aspects of your medical care did you learn on your own?” If the participant has trouble thinking of a response say, “Did you learn how to make your own appointments, fill your prescriptions, or maybe something else, on your own?”*
    - ii. “I have a list of some aspects of your medical care you may have learned on your own. Please answer yes or no to indicate which of these tasks you learned to manage independently. If any tasks are not applicable to you, you can say that.”
      1. Filling prescriptions.
        - a. Yes
        - b. No
        - c. NA
      2. Scheduling medical appointments
        - a. Yes
        - b. No
        - c. NA
      3. Remembering to attend medical appointments
        - a. Yes
        - b. No
        - c. NA
      4. Knowing your personal medical history

- a. Yes
    - b. No
    - c. NA
  - 5. Knowing your family medical history
    - a. Yes
    - b. No
    - c. NA
  - 6. Communicating with healthcare providers
    - a. Yes
    - b. No
    - c. NA
  - 7. Being in charge of your health insurance
    - a. Yes
    - b. No
    - c. NA
  - 8. Taking medications as prescribed
    - a. Yes
    - b. No
    - c. NA
  - 9. Names and dosages of current medications
    - a. Yes
    - b. No
    - c. NA
  - iii. “For the aspects of your medical care that you learned to manage on your own, how did you gather this information? For instance, did you read books on the topic or search the internet?”
  - iv. “Did you feel like you needed more help navigating this process of learning to manage your own healthcare needs?”
    - 1. Yes
    - 2. No
5. “I have a list of several healthcare tasks that young adults may find hard, moderate, or easy. I want you to tell me whether you think each of these tasks is hard, moderate or easy for you to manage on your own. If not applicable to you, you can say that”
- a. Filling prescriptions.
    - i. Hard
    - ii. Moderate
    - iii. Easy
    - iv. NA
  - b. Scheduling medical appointments
    - i. Hard
    - ii. Moderate
    - iii. Easy
    - iv. NA
  - c. Remembering to attend medical appointments
    - i. Hard

- ii. Moderate
    - iii. Easy
    - iv. NA
  - d. Knowing your personal medical history
    - i. Hard
    - ii. Moderate
    - iii. Easy
    - iv. NA
  - e. Knowing your family medical history
    - i. Hard
    - ii. Moderate
    - iii. Easy
    - iv. NA
  - f. Communicating with healthcare providers
    - i. Hard
    - ii. Moderate
    - iii. Easy
    - iv. NA
  - g. Being in charge of your health insurance
    - i. Hard
    - ii. Moderate
    - iii. Easy
    - iv. NA
  - h. Taking medications as prescribed
    - i. Hard
    - ii. Moderate
    - iii. Easy
    - iv. NA
6. “What is/has been the most difficult part of learning to manage your own healthcare needs?”
- a. “What about [whatever they say] was difficult?”
7. “What is the easiest part of managing your own healthcare needs?”
- a. “What made [whatever they say] the easiest part?”
8. “Do you feel like you need(ed) more information about managing your own healthcare needs than you received?”
- a. No. (Terminate Interview)
  - b. Yes (continue with this question)
    - i. “In what specific areas would you like more information?”

*Note.* Though unlikely to lead to differences in responding, questions related to learning about health insurance via caregiver education versus independent learning included slight differences in wording (i.e., “managing your health insurance” versus “being in charge of your health insurance”).

## Online Supplemental Material B

### Codebook of Six Themes Related to Aspects of Managing Healthcare Needs

<b>Code</b>	<b>Description</b>	<b>Examples</b>
Health Insurance	Healthcare management related to health insurance coverage, billing, insurance plans, terminology/health insurance literacy	<ul style="list-style-type: none"> <li>- Finding health insurance options</li> <li>- Understanding coverage</li> <li>- Everything related to insurance, I still rely on parents</li> <li>- Knowing how insurance will bill me</li> </ul>
Medication Management	Healthcare management related to taking or acquiring prescription medications or over the counter medications	<ul style="list-style-type: none"> <li>- Making my own decision about what medicine to take</li> <li>- Remembering to take meds everyday</li> <li>- Taking antibiotics all the way</li> </ul>
Scheduling/Attending Appointments	Healthcare management related to how to schedule appointments in healthcare system or remembering to attend scheduled appointments	<ul style="list-style-type: none"> <li>- Remembering to make appointments</li> <li>- Setting up doctor's appointments</li> <li>- Remembering appointments if you don't write them down</li> </ul>
Knowledge of Self	Knowledge related to managing healthcare by knowing personal or family medical history, self-care, knowing when symptoms require doing to the doctor	<ul style="list-style-type: none"> <li>- Knowing if it is necessary to go to doctor</li> <li>- Knowing your symptoms and if something is off</li> <li>- Knowing my family's medical history</li> </ul>
Independence	Managing aspects of healthcare independently without involvement of previously involved parents or caregivers	<ul style="list-style-type: none"> <li>- Being an advocate for myself instead of letting someone do it for me</li> <li>- Going by yourself (to appointments) without parents</li> <li>- Taking over everything all of a sudden</li> </ul>
Provider Interactions	Interacting with healthcare providers during appointments, managing communication with provider within and outside of appointments, and navigating finding a new healthcare provider when needed	<ul style="list-style-type: none"> <li>- Talking with healthcare providers about specific issues</li> <li>- Finding a provider/who to go to</li> <li>- Communicating with doctors and asking questions</li> </ul>

### Online Supplemental Material C

Table 1C. *Sample healthcare characteristics*

Descriptives/Frequencies ( <i>N</i> = 108)	<i>M</i> ( <i>SD</i> )/ <i>n</i> (%)
Insurance	
Private health insurance or Tricare	86 (80%)
Medicare/Medicaid	9 (8%)
Student health insurance	5 (5%)
No health insurance	8 (7%)
Other	1 (1%)
Primary care doctor currently seen	
Pediatrician	31 (29%)
Adult primary care or family medicine doctor ( <i>NOT at Student Health Center</i> )	75 (69%)
Not reported	2 (2%)
Also seen at Student Health Center for primary care issues (e.g., flu, sinus infections, etc)	
Yes	80 (74%)
No	28 (26%)
Age at transfer from pediatric to adult primary care	
< 18 years	36 (33%)
18 years	32 (30%)
19 years	8 (7%)
20 years	5 (5%)
21 years	3 (3%)
Not reported	36 (33%)
Frequency of primary care visits	
Every 3 months or more frequently	6 (6%)
Every 4 – 6 months	17 (16%)
Every 7 – 9 months	8 (7%)
Every 10-12 months	42 (39%)
Never	7 (6%)
Does not have an adult primary care doctor	28 (26%)
Adult specialty care providers seen	
Gynecologist	10 (9%)
Dermatologist	6 (6%)
Gastroenterologist	2 (2%)
Ophthalmologist	1 (1%)
Psychiatrist	1 (1%)
Neurologist	1 (1%)
Otolaryngologist	1 (1%)
Other, not specified	5 (5%)
Not seeing an adult specialist provider	81 (75%)



### Online Supplemental Materials D

Table 1D. *Semi-structured interview responses to healthcare education experiences in preparation for transition.*

	Endorsed Yes, <i>n</i> (%)	Follow-up questions	Summary of responses to follow-up questions
<i>Did someone teach you how to manage your own healthcare needs?</i>	88/108 (82%)		-----
<i>Did you receive information from any <b>medical providers</b> regarding how to manage your own healthcare needs</i>	46/88 (52%)	<i>What was the education?</i>	Education included: <ul style="list-style-type: none"> <li>• Filling prescriptions</li> <li>• Scheduling and remembering appointments</li> <li>• Knowing medical history</li> <li>• Communicating with providers</li> <li>• Taking and knowing medication information.</li> </ul> Fewer reported medical provider education regarding insurance.
<i>What type(s) of providers gave this information:</i>			
<i>Primary care providers</i>	32/46 (70%)		
<i>Specialty care providers</i>	15/46 (33%)		
<i>Pediatricians</i>	11/46 (24%)		
<i>Pharmacists</i>	4/46 (9%)		-----
<i>Campus Health Center</i>	3/46 (7%)		
<i>Nurses</i>	3/46 (7%)		
<i>Physician assistants</i>	2/46 (4%)		
<i>Psychologist</i>	1/46 (2%)		
<i>What method(s) did your provider use:</i>			
<i>Verbal discussion?</i>	46/46 (100%)	<i>What method was preferred/least helpful?</i>	The majority preferred verbal discussions. Pamphlets were reportedly least helpful for many, but some indicated pamphlets were helpful to have as a reference later on, as well as written record of verbal discussion
<i>Pamphlets?</i>	32/46 (70%)		
<i>Internet links?</i>	13/46 (28%)		
<i>Group meetings?</i>	2/46 (4%)		
<i>Are you satisfied with the education you received from providers?</i>	42/46 (91%)	<i>What was most helpful?</i>	Discussions about systemic issues (e.g., scheduling, prescriptions) and managing daily life and preventative care (e.g., nutrition, exercise, healthy lifestyle)

<p>Did a <b>parent or other caregiver</b> provide you with information on how to manage your own healthcare?</p>	<p>84/88 (95%)</p>	<p>What was the education?</p>	<p>Education included:</p> <ul style="list-style-type: none"> <li>• Filling prescriptions</li> <li>• Scheduling and remembering appointments</li> <li>• Personal and family medical history</li> <li>• Communicating with providers</li> <li>• Taking and knowing medication information.</li> </ul> <p>Fewer reported education from caregivers regarding insurance. The majority preferred verbal discussions or learning by example from caregivers.</p> <p>Most indicated all methods of caregiver education was helpful, though some reported internet links were least helpful.</p>
<p>What method(s) did your parent/caregiver use:  <i>Verbal discussion?</i>  <i>Pamphlets?</i>  <i>Internet links?</i></p>	<p>83/84 (99%)            9/84 (11%)            23/84 (27%)</p>	<p>What method was preferred/least helpful?</p>	<p>Independent learning reported for most healthcare tasks, except knowing insurance and family medical history. Independent learning reportedly occurred through internet searches and drawing on past experiences.</p>
<p>Did you learn to manage any aspects of your healthcare <b>on your own</b>?</p>	<p>61/108 (56%)</p>	<p>What was learned/not learned independently and how?</p>	<p>-----</p>
<p>Did you feel you needed more help navigating this process of learning to manage your own healthcare needs?</p>	<p>27/61 (44%)</p>	<p>In what specific areas would you have liked more information?</p>	<p>The vast majority indicated needing more information about insurance</p>

Table 2D. *Semi-structured interview responses regarding level of difficulty managing various healthcare tasks independently*

	Students rated task as:			
	Easy	Moderate	Hard	Not applicable
Filling prescriptions	<b>83 (77%)</b>	18 (17%)	3 (3%)	4 (4%)
Scheduling medical appointments	<b>91 (84%)</b>	16 (15%)	1 (1%)	--
Remembering to attend medical appointments	<b>92 (85%)</b>	14 (13%)	2 (2%)	--
Knowing personal medical history	<b>79 (73%)</b>	25 (23%)	4 (4%)	--
Knowing family medical history	23 (21%)	<b>61 (57%)</b>	23 (21%)	1 (1%)
Communicating with healthcare providers	<b>68 (63%)</b>	36 (33%)	4 (4%)	--
Being in charge of health insurance	5 (5%)	25 (23%)	<b>64 (59%)</b>	14 (13%)
Taking medications as prescribed	<b>92 (85%)</b>	14 (13%)	1 (1%)	1 (1%)

*Note.* Bolding indicates majority of college students indicated level of difficulty. Ratings of difficulty were standard item options from the semi-structured interview.

Table 3D. *Thematically coded open-ended semi-structured interview responses regarding “most difficult” and “easiest” parts of learning to manage own healthcare needs*

Theme	Number of responses coded	Summaries of student responses
<i>What is/has been the <u>most difficult</u> part of learning to manage your own healthcare needs?</i>		
Health Insurance	72	Dealing with health insurance options Understanding health insurance coverage Transferring to personal insurance from parents’ plan
Scheduling/Attending Appointments	10	Knowing when to make appointments, keeping up with check-ups Remembering to attend appointments Forcing self to go to the doctor when not sick
Knowledge of Self	10	Knowledge of personal and family medical history Knowing what to ask doctor, what information to research Knowing when “sick enough” to go to the doctor
Independence	10	Transition from parent involvement in care to independence Being an advocate for self, instead of someone else doing it for her Keeping track of own medical record
Medication Management	10	Remembering to take medications every day and on time Taking antibiotics all the way Making decisions about what medicine to take for various issues
Provider Interactions	3	Communicating with providers about specific concerns Finding a new provider, knowing who is good to go to
<i>What is the <u>easiest</u> part of managing your own healthcare needs?</i>		
Scheduling/Attending appointments	63	Scheduling appointments and remembering to attend University health center makes it easy (online portal or phone call) All you have to do is show up, go when you’re sick
Medication Management	35	Setting reminders in phone to remember to take medications Automated, technology-enabled process for refills Easy and quick task, becomes automatic over time
Independence	10	Importance of self-care (e.g., physical activity, nutrition) Health is no one else’s responsibility but own, “it’s on me” Independently organize healthcare needs, no “middleman”
Provider Interactions	9	Easy to talk about yourself Assurance of privacy and confidentiality, increased comfort Comfort in asking questions when don’t know answer
Knowledge of Self	6	Lived experience of personal medical history Knowledge about own body, attuned to when something is “off”
Health Insurance	2	List of providers in network, pick provider from options

**Online Supplemental Material E**

Table 1E. *Demographic information by racial/ethnic group*

	White students (n=63)	Asian students (n=19)	Black students (n=13)	Hispanic students (n=9)
	<i>M (SD)/n (%)</i>	<i>M (SD)/n (%)</i>	<i>M (SD)/n (%)</i>	<i>M (SD)/n (%)</i>
Age (years)	21.03 (1.07)	20.93 (1.33)	20.62 (1.22)	20.81 (1.24)
Gender				
Male	12 (19%)	4 (21%)	5 (38%)	1 (11%)
Female	50 (79%)	15 (79%)	8 (62%)	8 (89%)
Annual Family Household Income				
\$49,000 or less	4 (6%)	3 (16%)	6 (46%)	1 (11%)
\$50,000 - \$79,999	11 (17%)	3 (16%)	5 (38%)	3 (33%)
\$80,000 - \$99,999	4 (6%)	4 (37%)	0 (0%)	1 (11%)
\$100,000 - \$199,999	22 (35%)	1 (5%)	0 (0%)	2 (22%)
\$200,000 or more	14 (22%)	4 (37%)	0 (0%)	1 (11%)
Not provided	8 (13%)	4 (37%)	2 (15%)	1 (11%)
Year in school				
2 <sup>nd</sup> year	26 (41%)	9 (47%)	7 (54%)	3 (33%)
3 <sup>rd</sup> year	18 (29%)	7 (37%)	5 (38%)	4 (44%)
4 <sup>th</sup> year	16 (25%)	2 (11%)	0 (0%)	1 (11%)
5 <sup>th</sup> year or beyond	3 (5%)	1 (5%)	1 (8%)	1 (11%)
Insurance				
Private health insurance or Tricare	59 (90%)	14 (74%)	7 (54%)	4 (44%)
Medicare/Medicaid	3 (5%)	2 (11%)	2 (15%)	2 (22%)
Student health insurance	0 (0%)	1 (5%)	1 (8%)	1 (11%)
No health insurance	1 (2%)	2 (11%)	3 (23%)	2 (22%)
Other	0 (0%)	1 (5%)	0 (0%)	0 (0%)
Frequency of primary care visits				
Every 3 months or more frequently	4 (6%)	1 (5%)	0 (0%)	1 (11%)
Every 4 – 6 months	10 (16%)	3 (16%)	2 (15%)	0 (0%)
Every 7 – 9 months	5 (8%)	1 (5%)	0 (0%)	0 (0%)
Every 10-12 months	26 (41%)	5 (26%)	7 (54%)	4 (44%)
Never	4 (6%)	2 (11%)	0 (0%)	1 (11%)
Not reported	14 (22%)	7 (37%)	4 (31%)	3 (33%)

Table 2E. *Thematically coded open-ended semi-structured interview responses regarding “most difficult” and “easiest” parts of learning to manage own healthcare needs among Asian, Black, Hispanic identifying college students.*

Theme	Number of responses coded (Full Sample)	White students (n=63)	Asian students (n=19)	Black students (n=13)	Hispanic students (n=9)
<i>What is/has been the <u>most difficult</u> part of learning to manage your own healthcare needs?</i>					
Health Insurance	72	46 (73%)	11 (58%)	8 (62%)	6 (67%)
Scheduling/Attending Appointments	10	5 (8%)	3 (16%)	1 (8%)	1 (11%)
Knowledge of Self	10	5 (8%)	2 (11%)	1 (8%)	1 (11%)
Independence	10	7 (11%)	0	2 (15%)	1 (11%)
Medication Management	10	5 (8%)	2 (11%)	2 (15%)	1 (11%)
Provider Interactions	3	0	3 (16%)	0	0
<i>What is the <u>easiest</u> part of managing your own healthcare needs?</i>					
Scheduling/Attending Appointments	63	38 (60%)	10 (53%)	7 (54%)	7 (78%)
Medication Management	35	25 (40%)	7 (39%)	2 (15%)	1 (11%)
Independence	10	6 (10%)	1 (5%)	1 (8%)	1 (11%)
Provider Interactions	9	7 (11%)	0	2 (15%)	0
Knowledge of Self	6	2 (3%)	1 (5%)	2 (15%)	1 (11%)
Health Insurance	2	2 (3%)	0	0	0

<sup>a</sup>n = 2 participants indicated other race/ethnicity, noted as Indian or mixed race

Table 3E. *Thematically coded open-ended semi-structured interview frequencies and summary responses regarding “most difficult” and “easiest” parts of learning to manage own healthcare needs among Asian, Black, Hispanic identifying college students.*

Asian students	# responses coded	Summaries of Asian students’ responses
<i>What is/has been the <u>most difficult</u> part of learning to manage your own healthcare needs?</i>		
Health Insurance	11	Unsure about rules and insurance plans, confusing terminology
Scheduling/Attending Appointments	3	Time to attend, remembering to schedule, finding new doctor
Knowledge of Self	2	Knowing when “sick enough” to go to the doctor
Independence	0	---
Medication Management	2	Remembering to take medications every day and on time
Provider Interactions	3	Finding a new provider, knowing who has “best interest” Unsure what to share, providers can be “condescending”
<i>What is the <u>easiest</u> part of managing your own healthcare needs?</i>		
Scheduling/Attending Appointments	10	Scheduling appointments and attending once scheduled
Medication Management	7	Taking medications as self-care, on time and as prescribed
Independence	1	Independence in communicating to get necessary information
Provider Interactions	0	---
Knowledge of Self	1	Knowing personal medical history and body
Health Insurance	0	---
Black students	# responses coded	Summaries of Black students’ responses
<i>What is/has been the <u>most difficult</u> part of learning to manage your own healthcare needs?</i>		
Health Insurance	8	Unsure about coverage on plans, confusing terminology
Scheduling/Attending Appointments	1	Time to attend, remembering to schedule, finding new doctor
Knowledge of Self	1	Knowing when to go to doctor
Independence	2	Maintaining medical record across providers, going by themselves to the doctor
Medication Management	2	Taking full dose of medications (e.g., antibiotics) and on time
Provider Interactions	0	---
<i>What is the <u>easiest</u> part of managing your own healthcare needs?</i>		
Scheduling/Attending Appointments	7	Scheduling appointments and attending once scheduled
Medication Management	2	Filling prescriptions
Independence	1	Learned independence by observing parents as role models
Provider Interactions	2	Communicating with doctors, verbally expressing self
Knowledge of Self	2	Knowing body and symptoms when something is “off”
Health Insurance	0	---
Hispanic students	# responses coded	Summaries of Hispanic students’ responses
<i>What is/has been the <u>most difficult</u> part of learning to manage your own healthcare needs?</i>		
Health Insurance	6	Understanding coverage of plans, managing insurance
Scheduling/Attending Appointments	1	Keeping track of appointments

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Knowledge of Self	1	Knowing family and medical history
Independence	1	Doing all healthcare tasks “on own”
Medication Management	1	Taking medicine
Provider Interactions	0	---
<i>What is the <u>easiest</u> part of managing your own healthcare needs?</i>		
Scheduling/Attending Appointments	7	Scheduling and attending appointments
Medication Management	1	Refilling previously established prescriptions
Independence	1	Available resources to help promote independence
Provider Interactions	0	---
Knowledge of Self	1	Knowing personal medical history
Health Insurance	0	---

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**Online Supplemental Material F**

Table 1F. *Demographic information by gender*

		Female students (n=85)	Male students (n=22)
		<i>M (SD)/n (%)</i>	<i>M (SD)/n (%)</i>
Age (years)		20.93 (1.09)	20.85 (1.25)
Race/ethnicity			
	White	50 (59%)	12 (55%)
	Black	8 (10%)	5 (23%)
	Asian	15 (18%)	4 (18%)
	Hispanic	8 (10%)	1 (5%)
	Other	2 (2%)	0
Annual family household income			
	\$49,000 or less	10 (12%)	5 (23%)
	\$50,000 - \$79,999	16 (19%)	6 (27%)
	\$80,000 - \$99,999	9 (11%)	0
	\$100,000 - \$199,999	24 (28%)	2 (9%)
	\$200,000 or more	13 (15%)	6 (27%)
	Not provided	13 (15%)	3 (14%)
Year in school			
	2 <sup>nd</sup> year	36 (42%)	11 (50%)
	3 <sup>rd</sup> year	26 (31%)	9 (41%)
	4 <sup>th</sup> year	19 (22%)	0
	5 <sup>th</sup> year or beyond	4 (5%)	2 (9%)
Insurance			
	Private health insurance or Tricare	70 (82%)	15 (73%)
	Medicare/Medicaid	7 (8%)	2 (9%)
	Student health insurance	3 (4%)	2 (9%)
	No health insurance	5 (6%)	3 (14%)
	Other	1 (1%)	0
Frequency of primary care visits			
	Every 3 months or more frequently	6 (7%)	0
	Every 4 – 6 months	10 (12%)	6 (27%)
	Every 7 – 9 months	5 (6%)	3 (14%)
	Every 10-12 months	35 (41%)	7 (32%)
	Never	6 (7%)	1 (5%)
	Not reported	23 (27%)	5 (23%)

*Note.* One participant did not provide gender and their responses are excluded from table.

Table 2F. *Thematically coded open-ended semi-structured interview responses regarding “most difficult” and “easiest” parts of learning to manage own healthcare needs among female and male identifying college students.*

Theme	Number of responses coded (Full Sample)	Female students (n=85)	Male students (n=22)
<i>What is/has been the <u>most difficult</u> part of learning to manage your own healthcare needs?</i>			
Health Insurance	72	55 (65%)	17 (77%)
Scheduling/Attending Appointments	10	6 (7%)	4 (18%)
Knowledge of Self	10	8 (9%)	1 (5%)
Independence	10	9 (11%)	1 (5%)
Medication Management	10	9 (11%)	1 (5%)
Provider Interactions	3	3 (4%)	0
<i>What is the <u>easiest</u> part of managing your own healthcare needs?</i>			
Scheduling/Attending Appointments	63	54 (64%)	9 (41%)
Medication Management	35	27 (32%)	7 (32%)
Independence	10	6 (7%)	4 (18%)
Provider Interactions	9	4 (5%)	5 (23%)
Knowledge of Self	6	5 (6%)	1 (5%)
Health Insurance	2	2 (2%)	0

*Note.* One participant did not provide gender and their responses are excluded from table.

Table 3F. *Thematically coded open-ended semi-structured interview frequencies and summary responses regarding “most difficult” and “easiest” parts of learning to manage own healthcare needs among female and male identifying college students.*

Female students	# responses coded	Summaries of female students’ responses
<i>What is/has been the <u>most difficult</u> part of learning to manage your own healthcare needs?</i>		
Health Insurance	55	Unsure about rules and insurance plans, unknown coverage
Scheduling/Attending Appointments	6	Remembering to schedule, finding new doctor
Knowledge of Self	8	Knowing personal/family medical history, when to go to doctor
Independence	9	Going independently to appointments
Medication Management	9	Remembering medications, knowing medications to take
Provider Interactions	3	Communicating history and specific needs
<i>What is the <u>easiest</u> part of managing your own healthcare needs?</i>		
Scheduling/Attending Appointments	54	Scheduling appointments and attending once scheduled
Medication Management	27	Filling prescriptions, taking on time and as prescribed
Independence	6	Independence in communicating to get necessary information
Provider Interactions	4	Communicating needs, comfortable asking questions
Knowledge of Self	5	Knowing personal medical history and body
Health Insurance	2	List of providers in network, pick provider from options
Male students	# responses coded	Summaries of male students’ responses
<i>What is/has been the <u>most difficult</u> part of learning to manage your own healthcare needs?</i>		
Health Insurance	17	Dealing with insurance, confusing terminology
Scheduling/Attending Appointments	4	Remembering to schedule, attending appointments
Knowledge of Self	1	Knowing when to go to doctor
Independence	1	Keeping track of medical records
Medication Management	1	Remembering to take medications everyday
Provider Interactions	0	---
<i>What is the <u>easiest</u> part of managing your own healthcare needs?</i>		
Scheduling/Attending Appointments	9	Scheduling appointments and attending once scheduled
Medication Management	7	Filling prescriptions, remembering to take medications
Independence	4	Learned independence by observing parents as role models
Provider Interactions	5	Communicating with doctors, getting information needed
Knowledge of Self	1	Knowing how to take care of self
Health Insurance	0	---

*Note.* One participant did not provide gender and their responses are excluded from table.