

Self-Management of HIV and Type 2 Diabetes Interview Guide

Self-management routine

1. Tell me about a typical day for you.
 - a. Probes: When do you wake up? If you work, when do you go to work? How do you fill your day? What time do you typically go to bed?
2. Many people have certain priorities each day, the things they feel like the MUST do. What are those things for you? Are you able to get them done each day?
3. Most people experience some symptoms related to HIV and diabetes— what kinds of things do you feel?
 - a. Examples: feeling really tired, headaches, pain, nausea or vomiting? Do you have memory problems? Have you had changes in your bowel movements such as diarrhea or constipation?
4. What do you do about these symptoms?
 - a. Probes: Do you call your doctor or wait for your next doctor visit? Do you talk to your pharmacist about what you are experiencing? Do you look up your symptoms on the internet?
5. What do you typically eat each day?
 - a. How many meals do you eat each day? Do you eat snacks?
6. Since receiving a diagnosis of diabetes have you received recommendations about a different way of eating? Are these recommendations easy or difficult for you? Did your doctor refer you to see a nutritionist?
 - a. If other people cook for you, do they know that you have diabetes?
7. How well do you sleep?
 - a. How many hours of sleep do you get each night? Do you wake up during the night? How many times? Why do you wake up? To go to the bathroom? Do you take medication to help you sleep?
8. Can you tell me about your daily routine for taking medicine? And insulin?
 - a. Probes: How many pills do you take each day? How many times a day do you take medication? How many times a day do you check your blood sugar?
9. Some people have difficulty taking their medications every day – how has it been for you?
 - a. Probes: What is going on in your day when you forget to take your medication? Are you traveling without your meds? Do you

experience side effects? Housing issues? How many days over the past seven days did you miss taking your medications?

10. How do you feel you're handling the following (good, so-so, not so good)?

a. Have participants rate the following:

- i. Meals
- ii. Exercise
- iii. Food and Diet
- iv. Stress
- v. Provider Visits

11. Think about a time when you felt that you did a good job with your diabetes or that things were going well with diabetes—what did that look like?

12. Tell me about a time when you felt that you did not do a good job.

13. Can you describe what it means to feel your best? What things do you do to feel that way?

14. Some people have a hard time keeping their blood sugar in the healthy range. What do you do if your blood sugar is high? Or low?

Self-management barriers and facilitators

1. Many people with chronic illnesses talk about depression or depressive thoughts, how has that been for you?
2. Everything we discuss is confidential. Many individuals with chronic illnesses and pain have relied on drugs and or alcohol. Tell me about alcohol or drug use, if there is any. How many drinks/day or what is your substance of choice? How often do you use it?

Technology use to manage health

1. If you use technology to manage your conditions, what do you use?
 - a. Prompt: Provide examples of technology such as apps and wearables.
2. Do you have access to the internet? Do you have a computer or do you use one at the Library?
3. If you do not use technology, what would you be most likely to use? Apps, social media, or wearables (like a watch)?

Housing and access to care

1. If you are comfortable, please tell me about your current housing situation.

- a. Prompts: Do you live alone or with others? Do you currently rent or own? Do you plan to stay where you are living for a while?
2. Over the past two years has it been difficult to keep consistent housing?
 - a. If so, have you accessed housing assistance?
3. Which part of town do you live in? Where are most of the clinics/centers that you need to access?
 - a. Prompt: About how many miles away is your doctor? Dentist?
4. How do you travel to your doctor's visits? Do you have a car or do you take the bus or other means of transportation? Do you have a bus pass?
5. Are there any challenges in getting to your doctor's visits? Are there any challenges in getting to the pharmacy?
 - a. Would you consider having medications delivered to your home?

Quality of life

1. Since being diagnosed with HIV and diabetes, how has your life changed? Give an example of something that you used to do but no longer can do
2. If you have shared your HIV status with family and or friends, what was that experience like? How does it compare to sharing with people that you have diabetes (if you have shared it)?
3. Tell me about changes in your body since being diagnosed with HIV.
 - Probes: Weight gain or loss? Changes in body image?
4. Some patients have said that support is really important for managing chronic illnesses. When you hear the word support, what does that mean to you? Do you feel that you have support?
 - a. Probes: Do you go to either HIV or diabetes support groups? Do you access services at one of the AIDS services agencies in the area?:
5. Do you have family members or friends who help you with your illnesses? If so, how?
6. When you think about spiritual or religious support, do you have any practices (like mindfulness, prayer, or going to church) or a community that supports you in any way?
7. If someone you knew came to you and said that they were recently diagnosed with both HIV and Type 2 diabetes, what kinds of things should this person know? What all would you share with them about what it is like to manage these conditions?