

Appendix H: Sample Focus Group Discussion session plan

APPLE – Attendance in care amongst young People with Perinatal HIV Living in England

Adherence and viral load		Time: 25 min
Finding: Young people are less likely to go to clinic if they have a detectable viral or classify their adherence as not good or bad.		
<p>Aim</p> <ul style="list-style-type: none"> To see if young people agree that worse adherence or higher viral load means young people are less likely to come to clinic To explore the reasons why people with worse adherence or a higher viral load do not come to clinic To explore whether worse adherence and a detectable viral load mean you do not come to clinic OR you do not come to clinic and therefore you have worse adherence and a detectable viral load 		
<p>Resources needed</p> <ul style="list-style-type: none"> List of variables Pill and viral load pictures (on the wall) Post it notes for participants to write on (with younger and older written on) 		
Instructions		Timing
<p>Project findings</p> <ul style="list-style-type: none"> Next, I will now go through the findings from my findings one-by-one so that you can give me your opinion and help me understand the results better. Before I do this, I want you to look at this list of factors I included in my research. I want you to read the list and then tick the five things that you would expect to have an effect on whether young people come to clinic or not. So for example you could tick how long it takes the young person to get to clinic if you think this would affect whether a young person would come to clinic or not. I am now going to ask you your opinion on all things that I found have may be related to whether young people with HIV come to their appointments or not First are adherence (whether you take your medicines or not) and viral load (whether its undetectable or not) Findings (slides 26-30) <p>Firstly:</p> <ul style="list-style-type: none"> Viral load and adherence are closely related so I will talk about them together. So if you take your meds your viral load will almost always come down and if you do not take your meds, your viral load will almost always go up. In your experience if young people are having trouble taking their medicines, do they not come to clinic? What are the reasons for this? <p>Group discussion (write comments on flip chart)</p> <ul style="list-style-type: none"> Alternatively, are the reasons young people do not take their meds the same reasons that stop them coming to clinic? <p>Prompts:</p> <ul style="list-style-type: none"> Can you explain a bit more? Have other people felt the same? Who made them feel a certain way? What do you mean by this? Why do they feel this 		<p>5 min</p> <p>5 min</p> <p>5 min</p> <p>5 min</p> <p>3 min</p>

<ul style="list-style-type: none"> • Do they care about being judged/told off? • Clarify. <p>Discussion</p> <ul style="list-style-type: none"> • Remind people they do not need to feel the same. • Ask other people to elaborate on whether this is similar or different to their own experiences or of that of other young people they know. <p>Wrap up</p> <ul style="list-style-type: none"> • Summarise what they have fed back. • Ask if they want to add anything. 	2 min
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