

Supplemental Table 1 Percentage reporting various perceptions and experiences in relation to HIV treatment among people living with HIV aged 18+ years in South Africa, 2019, Positive Perspectives Study (N=179)

	Total population (n=179)	Aged < 50 years (n=148)	Aged 50+ years (n=31)	Men (n=68)	Women (n=99)	Other gender (n=12)
Challenges with daily oral dosing						
Having to remember to take their HIV medication every day causes them stress or anxiety	22.3	23.6	16.1	27.9	20.2	8.3
Taking HIV medication limits their day-to-day life	20.1	20.3	19.4	23.5	16.2	33.3
Taking pills for HIV every day is a daily reminder of HIV in their life	50.8	55.4	29.0	58.8	47.5	33.3
Taking pills for HIV every day is a link to some bad memories from their past	24.0	25.0	19.4	20.6	25.3	33.3
Worry about forgetting to take their daily HIV medication or taking it later than planned	47.5	45.3	58.1	44.1	49.5	50.0
Worry that having to take pills every day means a greater chance of revealing their HIV status	37.4	39.9	25.8	48.5	32.3	16.7
As long as their HIV stays suppressed, they would prefer not having to take HIV medication every day	27.9	29.1	22.6	32.4	26.3	16.7

Reported difficulty swallowing pills	35.2	36.5	29.0	47.1	29.3	16.7
Feel there is room for improvement with their HIV medications	44.1	42.6	51.6	42.6	47.5	25.0
Worry how taking HIV medicines for many years will impact their body and/or body shape	64.8	66.2	58.1	73.5	63.6	25.0
Worry about having to take more and more medicines as they get older	62.6	63.5	58.1	69.1	59.6	50.0
Worry how their HIV medicines will affect other medications/drugs/pills they take	48.0	51.4	32.3	57.4	42.4	41.7
Worry that the long-term impact of HIV medicines is unknown	64.2	65.5	58.1	67.6	64.6	41.7
Worry how their HIV medicines will impact their overall health and wellbeing	57.0	60.8	38.7	67.6	50.5	50.0
Worry that they will run out of HIV treatment options in the future	54.2	56.1	45.2	58.8	54.5	25.0
Worry about the long-term side effects of their HIV medication	68.2	69.6	61.3	69.1	69.7	50.0
Experience side effects with their current HIV medication	39.7	43.2	22.6	48.5	35.4	25.0
Ever changed HIV medication at least once for any reason	40.8	33.1	77.4	30.9	47.5	41.7
Reasons for ever changing ART						
To reduce severity or frequency of side effects	26.0	26.5	25.0	28.6	23.4	40.0
Previous medication was not sufficiently controlling their viral load, or they became resistant to it	20.5	20.4	20.8	38.1	14.9	0.0
Previous medication did not work well with other medicines/drugs/pills they were taking	6.8	8.2	4.2	14.3	4.3	0.0

To reduce the number of medicines they needed to take	26.0	22.4	33.3	28.6	21.3	60.0
To reduce the number of pills they needed to take	35.6	32.7	41.7	28.6	36.2	60.0
To reduce the cost of their medication	12.3	16.3	4.2	9.5	14.9	0.0
Self-rated health and wellbeing and interpersonal relationships						
Perceive their healthcare provider meets their needs	58.1	58.8	54.8	52.9	57.6	91.7
Satisfied with their current HIV medication	70.4	68.2	80.6	61.8	74.7	83.3
Reported optimal physical health	79.3	77.0	90.3	76.5	81.8	75.0
Reported optimal mental health	68.2	64.9	83.9	57.4	77.8	50.0
Reported optimal sexual health	59.2	58.8	61.3	55.9	63.6	41.7
Reported optimal overall health	72.6	70.9	80.6	70.6	73.7	75.0
Reported that because of their HIV, they do not plan for their old age	19.0	17.6	25.8	19.1	19.2	16.7
Comfortable sharing their HIV status with others	30.2	28.4	38.7	20.6	35.4	41.7
Ever hid/disguised their HIV medication to avoid revealing their status in the past 6 months	50.8	50.0	54.8	60.3	49.5	8.3
Would be stressed or anxious If someone were to inadvertently see their HIV pills	35.2	34.5	38.7	36.8	34.3	33.3
Missed ART ≥ 1 time in past 30 days because of privacy/confidentiality concerns	29.1	27.7	35.5	30.9	28.3	25.0
Anticipated stigma: reasons for withholding HIV status in the past						
It has not been necessary/relevant to their daily interactions with people	36.3	37.8	29.0	50.0	30.3	8.3
Were worried people would see or treat them differently	57.0	61.5	35.5	58.8	56.6	50.0

Were worried that people might then disclose their HIV status to others	57.5	62.2	35.5	66.2	52.5	50.0
Were worried that they might be excluded from activities	38.0	41.2	22.6	58.8	27.3	8.3
Were worried about being denied access to healthcare services	6.1	7.4	0.0	7.4	6.1	0.0
Were worried about being denied access to financial benefits/support	10.1	10.1	9.7	10.3	10.1	8.3
Were worried it might affect their friendships	40.2	40.5	38.7	54.4	33.3	16.7
Were worried they might lose their job	17.9	17.6	19.4	22.1	16.2	8.3
Were worried it might affect their romantic or sexual relationships	48.6	51.4	35.5	64.7	41.4	16.7
Were worried about their physical safety/potential violence	17.3	16.2	22.6	16.2	20.2	0.0
Were worried about criminal prosecution	2.8	2.0	6.5	2.9	3.0	0.0
People with whom PLHIV have shared their HIV status						
Partner/spouse/significant other	78.1	77.5	81.8	72.4	81.9	80.0
Sexual partners	46.3	42.5	70.6	36.2	53.4	71.4
Parents, siblings & children	72.3	70.9	79.3	61.8	79.4	75.0
Close friends	68.6	67.8	72.4	55.9	74.7	91.7
Wider family/circle of friends	48.8	44.2	76.0	38.8	51.6	83.3
Current family doctor/GP (providing non-HIV care)	76.9	75.6	82.8	66.7	83	83.3
Other healthcare professionals (not one of their HIV care providers)	72.8	69.6	87.1	60.6	79.6	90.0
Co-workers	39.6	37.8	52.6	23.7	48.8	54.5
Most of the people in their life	33.5	30.9	52.6	20.6	41.2	50.0

Extent of engagement by healthcare providers						
Feel they are given enough information to be involved in making choices about their HIV treatment	53.6	56.1	41.9	47.1	53.5	91.7
Feel they understand enough about their HIV treatment	62.6	62.8	61.3	54.4	65.7	83.3
Their provider seeks their views about treatment before prescribing an HIV medication	41.9	41.2	45.2	39.7	42.4	50.0
Their provider asks them if they have any concerns about their current HIV medication	57.0	58.1	51.6	57.4	53.5	83.3
Their provider tells them about new HIV treatment options that become available	48.0	50.7	35.5	55.9	39.4	75.0
Their provider asks them frequently about any side effects with their current HIV treatment	56.4	56.8	54.8	52.9	55.6	83.3
Their provider has told them about “undetectable = untransmittable” (U=U)	69.8	75.7	41.9	76.5	64.6	75.0
Would like to be more involved when it comes to decisions about their HIV treatment	77.1	79.7	64.5	67.6	81.8	91.7
Perceived comfort discussing salient issues with providers (% comfortable)						
Concerns about the impact HIV is having on their life generally	62.0	60.8	67.7	52.9	67.7	66.7
Concerns about the safety of others/preventing transmission	65.9	69.6	48.4	60.3	69.7	66.7
Concerns about their emotional well-being	62.0	61.5	64.5	54.4	66.7	66.7
Concerns about privacy and not disclosing their HIV status	55.3	56.1	51.6	51.5	58.6	50.0

Concerns about having children	54.2	55.4	48.4	45.6	59.6	58.3
Concerns about the illnesses caused by HIV	59.8	61.5	51.6	52.9	65.7	50.0
Concerns about side effects of their HIV medication	59.8	60.8	54.8	51.5	65.7	58.3
Concerns about how their HIV medication affects other medications/drugs/pills I take	58.7	60.1	51.6	61.8	56.6	58.3
Concerns about long-term side effects of their HIV medication (e.g., problems with bones, kidneys, liver)	54.7	55.4	51.6	47.1	58.6	66.7
Concerns about skipping/missing medication or forgetting to take their pill(s) each day	53.1	54.1	48.4	51.5	55.6	41.7