Supplemental Table 1. Treatment-related behaviors and attitudes among people living with HIV in Germany and Austria during the first wave of the Cross-Sectional Study, Positive Perspectives, 2016-2017

Indicator	Response	Germany (n = 140)	Austria (n = 50)
	Base: Ever on ART	**138**	**50**
Following diagnosis, how long was it before you were started on antiretroviral medication for the first time?	Within less than a month	27%	32%
	1-12 months	35%	30%
	After a year, or can't remember	38%	38%
Personal views about HIV medicines	Base: Currently on ART	**137**	**49**
	Very or quite satisfied with my current HIV medication	87%	90%
	These medicines keep my HIV under control	98%	98%
	My health in the future will depend on these medicines	95%	88%
	These medicines keep me alive	90%	78%
	These medicines are my best hope for the future	83%	86%
	My health, at present, depends on these medicines	87%	86%
	I have received enough information about HIV therapy	84%	78%
	Without these medicines I would be very ill	81%	65%
	My life would be impossible without these medicines	77%	59%
	I sometimes worry about long-term effects of these medicines	70%	69%
	Missing this medication for a day won't matter in the long run	54%	39%
	I am unlikely to get a bad side effect from this medication in the next month	28%	22%

	These medicines give me unpleasant side effects	34%	22%
	Having to take these medicines worries me	28%	20%
	I sometimes worry about becoming too dependent on these medicines	18%	14%
	These medicines disrupt my life	16%	22%
	These medicines are a mystery to me	8%	14%
	Using these medicines is embarrassing	11%	10%
	Taking this medication has been much worse than expected	12%	8%
	The taste of this medication makes me feel unwell	7%	12%
	worry about the number of drugs in the pill/s that you currently take for your HIV	21%	27%
	I prefer to reduce the number of HIV drugs in my system as long as it does not mean a less effective treatment	56%	57%
	Taking my pills daily reassures me that my HIV is being kept under control	84%	76%
	I have no problem in managing the number of pills I need to take each day for my HIV	74%	73%
	Taking pills for my HIV every day is a constant reminder of my HIV status	57%	49%
	My HIV medication is like a trustworthy friend that I can rely upon	69%	63%
	I feel stressed and under pressure to take my HIV medication at the right time every day	34%	37%
	Being tied to my daily HIV medication limits me in my day-to-day life	22%	27%
How you've felt about your HIV medications in the past 4 weeks	Base: Currently on ART	**137**	**49**
	I've been worried about the effects my medicine may have on my body	42%	24%
	Taking my medicine has been a burden	26%	14%

	Taking my medicine has made it hard to live a normal life	16%	8%
	I've been unsure about why I'm taking medicine	5%	8%
How often do you take your pills for your HIV?	Base: Currently on ART	**137**	**49**
	One pill – taken once daily	51%	35%
	Two or more pills – all taken once daily	35%	53%
	Two or more pills – some taken once daily, others taken twice daily	13%	12%
	Other	1%	0%
When was the last time your HIV treatment was changed?	Base: Ever switched ART	**107**	**33**
	0 – 6 months ago (3)	37%	24%
	7 – 12 months ago (9.5)	15%	12%
	13 – 18 months ago (15.5)	10%	9%
	19 – 24 months ago (21.5)	8%	21%
	More than 24 months ago (36)	30%	33%
Whose decision was it to change your HIV treatment?	Base: Ever switched ART	**107**	**33**
	I felt it was solely my decision to change	16%	9%
	I felt it was primarily my decision to change	9%	6%
	I felt it was a joint decision between myself and my main care provider	60%	64%
	I felt it was primarily my main care provider's decision to change	9%	15%
	I felt it was solely my main care provider's decision to change	5%	6%
	I can't recall	1%	0%
Which of the following reasons were the MOST important factors	Base: Ever switched ART	**107**	**33**
	To reduce severity or frequency of side effects	62%	39%

in the decision to change your HIV medication?	To help improve my quality of life	45%	36%
	To reduce the number of pills I needed to take	33%	33%
	To reduce the number of drugs within my overall HIV medication	29%	21%
	To reduce the dosing frequency (e.g., from twice-a-day to once-a-day)	22%	18%
	My previous medication was not controlling my viral load, or I was becoming resistant	9%	9%
	To improve compliance (my ability to take the medication as directed)	11%	6%
	To reduce potential interactions with other medications I am/was taking	9%	12%
	To allow me to take with/without food	11%	18%
	To reduce the cost of my medication	7%	3%
	Other	16%	12%

Note: Some denominators do not add up to the full sample size because of either non-response or skip patterns.

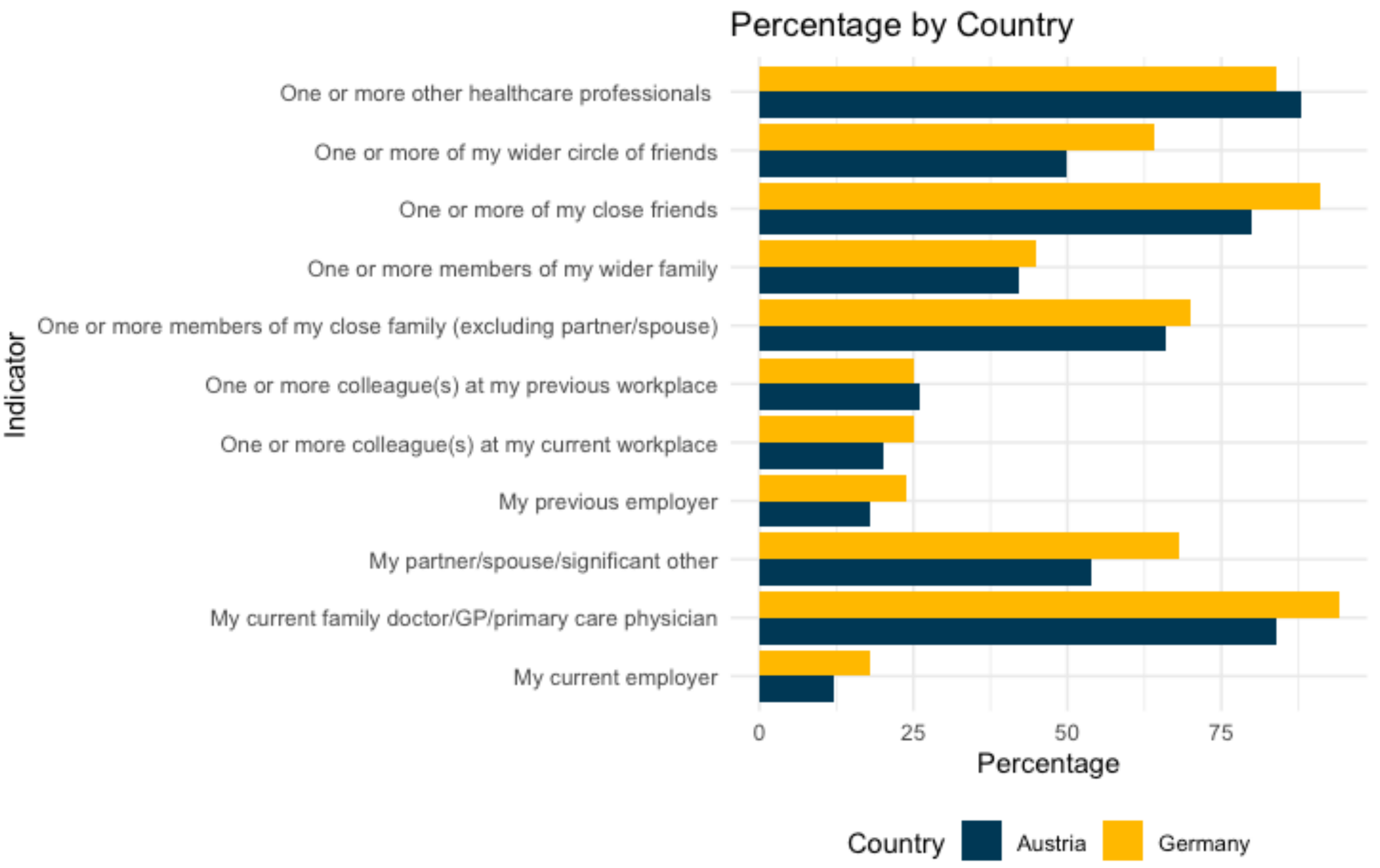
Supplemental Table 2. Stigma and privacy related challenges among people living with HIV in Germany and Austria during the first wave of Positive Perspectives, 2016-2017

Indicator	Response	Germany (n = 140)	Austria (n = 50)
Which of the following best describes how you feel about people knowing your HIV status? (base = all)	I am generally open in talking about my status	17%	18%
	If people ask me directly, I am happy to tell them, but I don't feel I need to tell anyone	37%	40%
	My status is only known to people very close to me and I would not tell others even when asked	44%	38%
	None of the above	2%	4%
Other than your HIV healthcare providers, who knows about your HIV status? (base = all)	My current family doctor/GP/primary care physician	94%	84%
	One or more of my close friends	91%	80%
	One or more other healthcare professionals (nurses, counsellors, pharmacists, psychiatrists, etc.)	84%	88%
	One or more members of my close family (excluding partner/spouse)	70%	66%
	One or more of my wider circle of friends	64%	50%
	My partner/spouse/significant other	68%	54%
	One or more members of my wider family	45%	42%
	One or more colleague(s) at my previous workplace	25%	26%
	My previous employer	24%	18%
	One or more colleague(s) at my current workplace	25%	20%
	My current employer	18%	12%

	Other	4%	6%
Disclosure worries in the past 4 weeks.	In the past 4 weeks, I've limited what I tell others about myself...	26%	20%
	In the past 4 weeks, I've been afraid to tell other people that I have HIV...	20%	24%
	In the past 4 weeks, I've been worried about people at my job/routine daily activities finding out that I have HIV...	12%	16%
	In the past 4 weeks, I've been worried that I'll lose my source of income if other people find out that I have HIV...	12%	12%
	In the past 4 weeks, I've been worried about my family members finding out that I have HIV...	9%	10%
Reported stigmatization in the last 12 months	Self-stigma (for example: feelings of self-blame, guilt, lack of worth, need for secrecy)	24%	20%
	Social stigma (for example: feelings of isolation from my local community or social circle)	14%	10%
	Institutionalized stigma (for example: barred from jobs, visas, being denied certain educational opportunities or health services)	15%	6%
	Verbal stigma (for example: gossip, taunting, scolding, labelling)	10%	8%
	Physical stigma (for example: instances of being shunned or abandoned by someone, harassment, asked to use implements or facilities separate to others, even violence)	10%	2%
Perceived interventions that could help reduce feelings of	Better education of the public	59%	74%
	Greater responsibility and better education of the mass media	45%	32%
	Better teaching in schools	39%	50%
	Greater visibility of people who are open about their HIV status	40%	44%

stigmatization amongst people living with HIV	New or improved legislation to reduce potential areas of discrimination	19%	28%
	Greater activity across social media, groups and forums to educate/counter negativity	26%	20%
	Better training of healthcare professionals	48%	32%
	Greater activity by HIV patient associations/groups to educate/counter negativity	14%	14%
	Other	4%	-

Supplemental Figure 1. Openness in sharing HIV status among people living with HIV in Germany and Austria during the first wave of the Cross-Sectional Study, Positive Perspectives, 2016-2017



Supplemental Figure 2. Percentage of people living with HIV who reported sharing their HIV status with different individuals around them in Germany and Austria during the first wave of the Cross-Sectional Study, Positive Perspectives, 2016-2017