

**The Finding Respect and Ending Stigma around HIV (FRESH) Study
Intervention Workshop Survey
Community Participants**

Thank you for participating in this study. Please fill out this questionnaire as completely as possible. **However, if you feel any questions are not applicable to you, you can write "N/A" in the response area.**

PART 1

1. How old were you at your last birthday (How old are you now)? ____ years

2. What is your gender? (Check one)
 - Female
 - Male
 - Transgender
 - Other (please specify):

3. What is your religion? (Check one)
 - Christian-Catholic Christian-Protestant
 - Hindu Jewish
 - Muslim Buddhist
 - None Other (please specify):

4. How important is religion to you? (Check one)
 - Not important
 - Somewhat important
 - Important
 - Very important

5. What is the **highest level** of school you completed?
 - Less than High school High school diploma or GED Some College
 - Associate Degree Bachelor's Degree College Graduate
 - Other

6. How would you classify your race/ethnicity?
 - Caucasian/ White
 - African American/Black
 - Multi-Racial
 - Asian
 - Hispanic/Latino
 - Other

PART 2

Instructions: These questions ask about your involvement in your health care. For each item circle your response:

When you strongly disagree (1) or strongly agree (5), you are very firm about your decision. When you disagree (2) or agree (4), you are close to being firm about your decision

Please indicate your response by circling which of the responses corresponds to it.

| Please indicate how much you agree or disagree with the following statements: | Strongly Disagree (SD) | Disagree (D) | Neither agree nor disagree (N) | Agree (A) | Strongly Agree (SA) |
|---|-------------------------------|---------------------|---------------------------------------|------------------|----------------------------|
| 1. I prefer to get as much information as possible about treatment options | SD | D | N | A | SA |
| 2. I try to get my health care providers to listen to my preferences for my treatment | SD | D | N | A | SA |
| 3. I am very active in my health care. (I take an active role in my health care) | SD | D | N | A | SA |
| 4. I take my commitment to my treatment seriously | SD | D | N | A | SA |
| 5. I accept that the future of my health condition is unknown even if I do everything I can | SD | D | N | A | SA |
| 6. I recognize that there will likely be setbacks and uncertainty in my health care treatment | SD | D | N | A | SA |
| 7. I am comfortable with the idea that there may be setbacks in my treatment | SD | D | N | A | SA |
| 8. I have learned to live with the uncertainty (unknown) of my health condition | SD | D | N | A | SA |

PART 3

Instructions: For these questions we will ask you to tell us how confident you are that you can do things related to HIV using this response scale ranging from 0 ("cannot do at all") to 10 ("certain can do"). Treatment can involve different things for different people. Sometimes, this might refer to taking medications, and other times it could refer to other things that you do to deal with HIV such as diet and exercise or taking vitamins. So, in these questions, when we ask you about your "treatment" or your "treatment plan," We are talking not only about any medications that you might be taking for HIV, but also other things that make up your self-care. (The term "clinic" may be replaced by "doctor's office" if you do not receive care in clinic settings.)

Please indicate on a scale from 0 to 10 (see scale below) how confident you are that you can complete the following activities related to your HIV treatment.

| | | |
|-------------------------|--------------------------|----------------------------------|
| <i>Cannot Do At All</i> | <i>Moderately Can do</i> | <i>Completely Certain Can do</i> |
| 00 01 02 03 | 04 05 06 | 07 08 09 10 |

Please indicate your response by writing down which of the numbers corresponds to it.

How confident are you that you can:

Rating

| | |
|---|--|
| 1. Stick to your treatment plan even when side effects begin to interfere with daily activities? | |
| 2. Integrate your treatment into your daily routine? (Make your treatment part of your daily routine) | |
| 3. Integrate your treatment into (Make your treatment part of) your daily routine even if it means taking medication or doing other things in front of people who don't know you are HIV-infected? | |

Cannot Do At All

Moderately Can do

Completely Certain Can do

00 01 02 03 04 05 06 07 08 09 10

Please indicate your response by writing down which of the numbers corresponds to it.

How confident are you that you can:

Rating

| | |
|--|--|
| 4. Stick to your treatment schedule even when your daily routine is disrupted (interrupted)? | |
| 5. Stick to your treatment schedule when you aren't feeling well? | |
| 6. Stick to your treatment schedule when it means changing your eating habits? | |
| 7. Continue with your treatment even if doing so interferes with (disturbs) your daily activities? | |
| 8. Continue with the treatment plan your physician prescribed even if your T-cells drop significantly in the next three months? | |
| 9. Continue with your treatment even when you are feeling discouraged about your health? | |
| 10. Continue with your treatment even when getting to your clinic appointments is a major hassle (problem)? | |
| 11. Continue with your treatment even when people close to you tell you that they don't think that it is doing any good? | |
| 12. Get something positive out of your participation in treatment, even if the medication you are taking does not improve your health? | |

PART 4

Instructions: These questions are about social and emotional aspects of having HIV. There are no right or wrong answers. These questions ask about some of your experiences, feelings, and opinions as to how people with HIV feel and how they are treated. Please do your best to answer each question.

When you strongly disagree or strongly agree, you are very firm about your decision. When you disagree or agree, you are close to being firm about your decision

Please indicate your response by circling your answer.

| Please indicate how much you agree or disagree with the following statements: | Strongly Disagree (SD) | Disagree (D) | Agree (A) | Strongly Agree (SA) |
|---|-------------------------------|---------------------|------------------|----------------------------|
| 1. In many areas of my life, no one knows that I have HIV/AIDS | SD | D | A | SA |
| 2. I feel guilty because I have HIV/AIDS | SD | D | A | SA |
| 3. People's attitudes about HIV/AIDS make me feel worse about myself | SD | D | A | SA |
| 4. Telling someone I have HIV/AIDS is risky | SD | D | A | SA |
| 5. Most people with HIV/AIDS lose their jobs when employers learn that they have HIV/AIDS | SD | D | A | SA |
| 6. I work hard to keep my HIV/AIDS a secret | SD | D | A | SA |

| Please indicate how much you agree or disagree with the following statements: | Strongly Disagree (SD) | Disagree (D) | Agree (A) | Strongly Agree (SA) |
|--|-------------------------------|---------------------|------------------|----------------------------|
| 7. I feel I'm not as good as others because I have HIV/AIDS | SD | D | A | SA |
| 8. I never (don't) feel ashamed of having HIV/AIDS | SD | D | A | SA |
| 9. People with HIV/AIDS are treated like outcasts | SD | D | A | SA |
| 10. Most people believe a person who has HIV/AIDS is dirty | SD | D | A | SA |
| 11. Having HIV/AIDS makes me feel unclean | SD | D | A | SA |
| 12. Most people think that a person with HIV/AIDS is disgusting (gross) | SD | D | A | SA |
| 13. Having HIV/AIDS makes me feel that I'm a bad person | SD | D | A | SA |
| 14. Most people with HIV/AIDS are rejected when others learn that they have HIV/AIDS | SD | D | A | SA |
| 15. I am very careful who I tell that I have HIV/AIDS | SD | D | A | SA |
| 16. Some people who know that I have HIV/AIDS have grown more distant | SD | D | A | SA |
| 17. Most people are uncomfortable around someone with HIV/AIDS | SD | D | A | SA |
| 18. I never felt (don't feel) that I have to hide the fact that I have HIV/AIDS | SD | D | A | SA |
| 19. I worry that people may judge me when they learn that I have HIV/AIDS | SD | D | A | SA |
| 20. Having HIV/AIDS is disgusting (unpleasant) to me | SD | D | A | SA |
| 21. I am hurt by how people reacted to learning I have HIV/AIDS | SD | D | A | SA |
| 22. I worry people who know I have HIV/AIDS will tell others | SD | D | A | SA |
| 23. I regret having told some people that I have HIV/AIDS | SD | D | A | SA |
| 24. People avoid touching me if they know I have HIV/AIDS | SD | D | A | SA |
| 25. People I care about stopped calling me after learning that I have HIV/AIDS | SD | D | A | SA |
| 26. People don't want me around their children once they know that I have HIV/AIDS | SD | D | A | SA |
| 27. People have physically backed away from me because I have HIV/AIDS | SD | D | A | SA |
| 28. I have stopped socializing with some people due to their reactions | SD | D | A | SA |
| 29. I have lost friends by telling them that I have HIV/AIDS | SD | D | A | SA |
| 30. I told people close to me to keep my HIV/AIDS a secret | SD | D | A | SA |
| 31. People who know that I have HIV/AIDS ignore my good points (good side) | SD | D | A | SA |
| 32. People seem afraid of me because I have HIV/AIDS | SD | D | A | SA |

PART 5

Instructions: In your day-to-day life, how often do any of the following things happen to you?

For each item please write in your response: **Almost every day (6), at least once a week (5), a few times in a month (4), a few times a year (3), less than once in a year (2) or never (1)**

Please indicate your response by circling the corresponding number

1. You are treated with less courtesy than other people are.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

2. You are treated with less respect than other people are.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

3. You receive poorer service than other people at restaurants or stores.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

4. People act as if they think you are not smart.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

5. People act as if they are afraid of you.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

6. People act as if they think you are dishonest.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

7. People act as if they're better than you are.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

8. You are called names or insulted.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

9. You are threatened or harassed.

| Because of your... | Almost every day | At least once a week | A few times in a month | A few times a year | Less than once in a year | Never |
|--------------------|------------------|----------------------|------------------------|--------------------|--------------------------|-------|
| RACE | 6 | 5 | 4 | 3 | 2 | 1 |
| HIV STATUS | 6 | 5 | 4 | 3 | 2 | 1 |
| GENDER | 6 | 5 | 4 | 3 | 2 | 1 |
| SEXUAL ORIENTATION | 6 | 5 | 4 | 3 | 2 | 1 |
| ECONOMIC SITUATION | 6 | 5 | 4 | 3 | 2 | 1 |

PART 6

Instructions: There are no right or wrong answers for these questions. Please do your best to answer each question.

For each item circle your response: **When you strongly disagree or strongly agree , you are very firm about your decision. When you disagree or agree, you are close to being firm about your decision**

Please indicate your response by circling which of the responses corresponds to it.

| Please indicate how much you agree or disagree with the following statements: | Strongly Disagree (SD) | Disagree (D) | Agree (A) | Strongly Agree (SA) |
|--|------------------------|--------------|-----------|---------------------|
| 1. I feel that I am a person of worth (value), at least on an equal plane with others. | SD | D | A | SA |
| 2. I feel that I have a number of good qualities. | SD | D | A | SA |
| 3. All in all, I am inclined (I have a tendency) to feel that I am a failure. | SD | D | A | SA |
| 4. I am able to do things as well as most other people. | SD | D | A | SA |
| 5. I feel I do not have much to be proud of. | SD | D | A | SA |
| 6. I take a positive attitude toward myself. | SD | D | A | SA |
| 7. On the whole, I am satisfied with myself. | SD | D | A | SA |
| 8. I wish I could have more respect for myself. | SD | D | A | SA |
| 9. I certainly feel useless at times. | SD | D | A | SA |
| 10. At times I think I am no good at all. | SD | D | A | SA |

PART 7

Instructions: These items deal with ways you've been coping with the stress in your life since you found out you were HIV Positive. There are many ways to try to deal with problems. These items ask what you've been doing to cope. Obviously, different people deal with things in different ways, but we are interested in how you've tried to deal with it.

Each item says something about a particular way of coping. We want to know to what extent you've been doing what the item says i.e. how much or how frequently. Don't answer on the basis of whether it seems to be working or not—just whether or not you're doing it. Try to rate each item separately in your mind from the others. Make your answers as true FOR YOU as you can

Use these response choices: I haven't been doing this at all (1), I've been doing this a little bit (2), I've been doing this a medium amount (3), or I've been doing this a lot (4).

Please indicate your response by circling the corresponding number.

How much or how frequently do you do the following

Response

| I've been doing this: | Not at all | A little bit | A medium amount | A lot |
|---|------------|--------------|-----------------|-------|
| 1. I've been using alcohol or other drugs to make myself feel better. | 1 | 2 | 3 | 4 |
| 2. I've been getting emotional support from others. | 1 | 2 | 3 | 4 |
| 3. I've been saying things to let my unpleasant feelings escape. | 1 | 2 | 3 | 4 |
| 4. I've been getting help and advice from other people. | 1 | 2 | 3 | 4 |
| 5. I've been using alcohol or other drugs to help me get through it. | 1 | 2 | 3 | 4 |
| 6. I've been criticizing myself. | 1 | 2 | 3 | 4 |
| 7. I've been getting comfort and understanding from someone. | 1 | 2 | 3 | 4 |
| 8. I've been making jokes about it. | 1 | 2 | 3 | 4 |
| 9. I've been expressing my negative feelings. | 1 | 2 | 3 | 4 |
| 10. I've been trying to find comfort in my religion or spiritual beliefs. | 1 | 2 | 3 | 4 |
| 11. I've been trying to get advice or help from other people about what to do. | 1 | 2 | 3 | 4 |
| 12. I've been blaming (holding myself responsible or condemning) myself for things that happened. | 1 | 2 | 3 | 4 |
| 13. I've been praying or meditating. | 1 | 2 | 3 | 4 |
| 14. I've been making fun of the situation. | 1 | 2 | 3 | 4 |

THANK YOU VERY MUCH FOR YOUR TIME AND YOUR PARTICIPATION IN FRESH!!!