

## **Audio diary use instructions**

### **Who can use the audio diary?**

The option to use audio diaries in this study is open to anyone who is taking part in the qualitative study. It is your choice. You should only keep it if you want to.

### **What's it for?**

The purpose of having the audio diary in this study is to allow you time to talk about other aspects or things of your life which may not be asked by the researcher during interviews but which you feel are important. You may also find it easier to talk about certain things outside of the clinic or on your own. Such things might include your experiences growing up with HIV pre and post ART, your friends and social life, life at school, church, clinic or at home. Audio diaries can also be used to record your more general reflections.

### **Confidentiality at home**

We cannot guarantee that there will be confidentiality once you have the recorders with you at home as there is no way we can keep the recorder safe from other household members that you live with. We kindly ask you to keep it where you feel it's safe and where other household members cannot access it without your permission.

### **What can I say?**

The audio diaries give you the room to choose what to talk about and when to talk about it. What this means is you can choose the time that you feel like recording something and also what you want to speak about and share with the research team. These issues may then be discussed further discussed in the interview.

Here is a list of ideas of some things that you might like to talk about:

- Visits to clinic
- Visits to other forms of care i.e. traditional healers, faith healers, healing crusades (if applicable)
- Adherence (feeling on taking pills, the adherence routine)
- Disclosure (your feelings towards disclosure and how it should be done)
- Support groups/ adolescent meetings
- What you know about HIV
- Questions or thoughts that you have about HIV and what your life will be like
- What it is like living with HIV in everyday life

But you can talk about anything that you want.

If it helps you might want to imagine that you are talking to another young person, explaining what your life is like.

### **So how does it work?**

If you would like to keep an audio diary we will provide you with a recorder and batteries.

I will run through the instructions with you. You will need to press the RED record button to record. You can stop recording by pressing the WHITE stop button and listen back to it by pressing the BLUE play button.

We suggest that you keep the diary for about two weeks. But you can keep it for longer if you like and even until it is full! The researcher, will get in touch with you during the first week and after two weeks and arrange to collect it. She will collect it before your last interview so that she has time to listen to it and think about what you have said. When you have your last interview you can talk about the audio diary.

Just like everything that you have already told us this will only be listened to by the research team and everything that you tell us will be confidential and anonymized.