



BARRIERS TO TREATMENT ADHERENCE

MEDICATION ADHERENCE SUPPORT TOOLKIT

Please indicate how much each of these statements is true or false regarding your own experiences and beliefs.

GENERAL TREATMENT BARRIERS

	Strongly disagree			Strongly agree			
1. It is too hard to travel to appointments.	1	2	3	4	5	6	7
2. I am not sick enough to need medical care.	1	2	3	4	5	6	7
3. Treatment reminds me that I am HIV+.	1	2	3	4	5	6	7
4. I don't want others to know I am HIV+	1	2	3	4	5	6	7
5. I don't want sexual partners to know I am HIV+.	1	2	3	4	5	6	7
6. Treatment interferes with making money.	1	2	3	4	5	6	7
7. Treatment interferes with time I spend with friends and family.	1	2	3	4	5	6	7
8. It costs too much to get treatment.	1	2	3	4	5	6	7
9. I have too many other things to do.	1	2	3	4	5	6	7
10. I don't care about treatment when I'm taking street drugs.	1	2	3	4	5	6	7
11. I don't want to change what I do every day.	1	2	3	4	5	6	7
12. I don't think treatments will help anyway.	1	2	3	4	5	6	7
13. I have a hard time asking doctors or nurses questions about my treatment.	1	2	3	4	5	6	7
14. I feel bad about asking more questions if I don't understand treatment instructions right away.	1	2	3	4	5	6	7
15. I don't feel comfortable talking to doctors.	1	2	3	4	5	6	7
16. Being in a hospital or clinic makes me feel sicker than I am.	1	2	3	4	5	6	7



BARRIERS TO TREATMENT ADHERENCE

MEDICATION ADHERENCE SUPPORT TOOLKIT

GENERAL TREATMENT BARRIERS (CONTINUED)

	Strongly disagree				Strongly agree		
17. I think getting treated will violate my privacy.							
18. I sometimes feel too sick to come in to see a doctor.	1	2	3	4	5	6	7
19. I have to wait too long to get appointments scheduled.	1	2	3	4	5	6	7
20. I spend too much time waiting at the clinic.	1	2	3	4	5	6	7
21. I am afraid I will get ill from being in a waiting room with others who are sick.	1	2	3	4	5	6	7
22. I don't want to give up doing other things in order to get treatment.	1	2	3	4	5	6	7
23. When I have clinic appointments, I forget to ask some of my questions about treatment.	1	2	3	4	5	6	7
24. I don't like having my blood drawn.	1	2	3	4	5	6	7
25. I am afraid of hospitals.	1	2	3	4	5	6	7
26. It is too much trouble to eat healthy things.	1	2	3	4	5	6	7
27. It is too difficult to exercise regularly.	1	2	3	4	5	6	7

SPECIFIC TREATMENT BARRIERS

	Strongly disagree				Strongly agree		
1. It is too hard to remember when to take pills.	1	2	3	4	5	6	7
2. It is hard to plan meals around times to take medicine.	1	2	3	4	5	6	7
3. I have difficulty preparing special kinds of food to go with medication.	1	2	3	4	5	6	7

[BARRIERS TO TREATMENT ADHERENCE]

M E D I C A T I O N A D H E R E N C E S U P P O R T T O O L K I T

SPECIFIC TREATMENT BARRIERS (CONTINUED) Strongly disagree Strongly agree

4. I go places where it would be embarrassing to bring my medication with me.	1	2	3	4	5	6	7
5. I am willing to tolerate side effects for the first month or more with help to decrease them	1	2	3	4	5	6	7
6. I forget about my pills when they are not at the same time as a meal or bedtime.	1	2	3	4	5	6	7
7. It is hard to keep medicine refrigerated	1	2	3	4	5	6	7
8. I believe antiretrovirals help people with HIV	1	2	3	4	5	6	7
9. I get confused about how many pills of each kind to take.	1	2	3	4	5	6	7
10. I feel physically sicker when I take medicine	1	2	3	4	5	6	7
11. I think the side effects of pills are worse than not taking them.	1	2	3	4	5	6	7
12. I don't like the way my medication makes my body feel.	1	2	3	4	5	6	7
13. I need more medication than what the doctor tells me to take.	1	2	3	4	5	6	7
14. I get confused when different kinds of pills look alike.	1	2	3	4	5	6	7
15. When I "party" I often forget to take my pills.	1	2	3	4	5	6	7
16. I feel better when I stop taking some medications.	1	2	3	4	5	6	7
17. I would rather use treatments other than prescription pills.	1	2	3	4	5	6	7
18. I have trouble remembering names of medicines and what they are for.	1	2	3	4	5	6	7



BARRIERS TO TREATMENT ADHERENCE

MEDICATION ADHERENCE SUPPORT TOOLKIT

SPECIFIC TREATMENT BARRIERS (CONTINUED)

	Strongly disagree				Strongly agree		
19. I get confused when different kinds of pills look alike.	1	2	3	4	5	6	7
20. When I "party" I often forget to take my pills.	1	2	3	4	5	6	7
21. I feel better when I stop taking some medications.	1	2	3	4	5	6	7
22. I would rather use treatments other than prescription pills.	1	2	3	4	5	6	7
23. I have trouble remembering names of medicines and what they are for.	1	2	3	4	5	6	7
24. Where I live, it is hard to keep pills out where I can see them.	1	2	3	4	5	6	7
25. I forget whether or not I have taken a pill at a particular time.	1	2	3	4	5	6	7
26. The instructions for how to take my medications are too complicated to understand	1	2	3	4	5	6	7
27. I understand the instructions for how to take my medications, but they are too complicated to do.	1	2	3	4	5	6	7
28. I have trouble understanding the answers to questions I ask about medications.	1	2	3	4	5	6	7
29. You spend most of my time in one city	1	2	3	4	5	6	7
30. I can swallow pills without difficulty	1	2	3	4	5	6	7
31. I am currently experiencing problems with diarrhea or nausea	1	2	3	4	5	6	7
31. I think I can drink 8-12 glasses of water or juice everyday	1	2	3	4	5	6	7