

Note: This is Online Appendix 1 of Kalula SZ, Blouws T. Older persons' knowledge of HIV and AIDS prevention in a province of South Africa. Afr J Prm Health Care Fam Med. 2024;16(1), a4264. <https://doi.org/10.4102/phcfm.v16i1.4264>

## **Online Appendix 1**

### **The Albertina and Walter Sisulu Institute of Ageing in Africa**

#### **HIV and AIDS Prevention: Knowledge among older persons in the Western Cape**

##### **Focus group discussion guide**

**Interviewer:** “My name is ..... I am part of a research team from Institute of ageing in Africa at the University of Cape Town. We are conducting a study to gather knowledge on the views towards HIV among older people. I greatly appreciate your making time to speak to me today; your input will be very helpful. I am going to ask you a series of questions about what you know regarding knowledge, attitudes and practices of and towards HIV/AIDS in people. You will also be asked about your thoughts on HIV testing. There are no right or wrong answers. Every person's opinion is important”.

This focus group discussion will take approximately 1 hour -1 hour 45 minutes.

##### **Knowledge**

- How would you describe the impact of the HIV/AIDS epidemic in South Africa?
- Where did you first hear about HIV/AIDS? (sources of information)
- How can a person get HIV/AIDS? (modes of transmission)
- What are the signs and symptoms of HIV/AIDS? (long-term effects)
- Do you know what treatment is used by HIV positive persons?
- Where did you first hear about antiretroviral (ARV) treatment?
- Are you aware of clinical facilities that do HIV testing?
- Do you think that HIV/AIDS poses a major health threat in this area? (risk)
- Who are the most infected and affected people in the area? (population at risk)

##### **Practices**

- Do people in general know about the dangers of HIV/AIDS?
- How would you protect yourself from getting HIV/AIDS?
- Do you consider yourself at risk of contracting HIV/AIDS? Why?
- What contributes to your risk of contracting HIV/AIDS?
- Do you think that people normally practice safe sex in this area?
- Do you feel that you have sufficient information to actively manage your health?

##### **Attitudes**

- Would you go for voluntary counselling and testing? (reasons for yes/no)
- Are you aware of any HIV/AIDS related programmes in the community?
- How would you rate the HIV/AIDS awareness in this area?

- Do you think disclosing your/someone's HIV status may expose you/that person to being stigmatized?
- Do you know of someone who has disclosed their positive status? How was this received by others?

### **Beliefs**

- Do you think HIV/AIDS can be cured? Please explain.
- Do you think there are people who still do not believe in the existence of HIV/AIDS?
- Can a traditional healer cure HIV/AIDS?
- Do you believe that HIV positive people can prolong their lives by using ARVs?

### **Conclusion**

- What would you suggest to include in the fight against HIV/AIDS?
- Do you think that older persons should play an active role in making a change in society to overcome this epidemic?
- How would this active role be described?
- Any last comments/suggestions/questions, that was not covered or that you find to be of relevance?