**TABLE 1:** Biographical data

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **Clinic** | **Club** | **Total** | ***p*** |
|  | ***n*** | **%** | **Mean** | **Median** | **SD** | ***n*** | **%** | **Mean** | **Median** | **SD** | ***n*** | **%** | **Mean** | **Median** | **SD** |  |
| **Gender** |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Men | 51 | 23.4 | - | - | - | 24 | 24.5 | - | - | - | 75 | 23.7 | - | - | - | 0.83 |
| Women | 167 | 76.6 | - | - | - | 74 | 75.5 | - | - | - | 241 | 76.3 | - | - | - |
| Total | 218 | 100 | - | - | - | 98 | 100.0 | - | - | - | 316 | 100.0 | - | - | - |
| **Language**  |
| Xhosa | 98 | 44.2 | - | - | - | 57 | 58.1 | - | - | - | 155 | 48.4 | - | - | - | 0.03 |
| English | 40 | 18.0 | - | - | - | 18 | 18.4 | - | - | - | 58 | 18.2 | - | - | - |
| Afrikaans | 84 | 37.8 | - | - | - | 23 | 23.5 | - | - | - | 107 | 33.4 | - | - | - |
| Total | 222 | 100.0 | - | - | - | 98 | 100.0 | - | - | - | 320 | 100.0 | - | - | - |
| **Employment**  |
| Full- time | 63 | 28.4 | - | - | - | 40 | 40.8 | - | - | - | 103 | 32.2 | - | - | - | < 0.01 |
| Part- time | 30 | 13.5 | - | - | - | 20 | 20.4 | - | - | - | 50 | 15.6 | - | - | - | - |
| Unemployed | 129 | 58.1 | - | - | - | 38 | 38.8 | - | - | - | 167 | 52.2 | - | - | - | - |
| Total | 222 | 100.0 | - | - | - | 98 | 100.0 | - | - | - | 320 | 100.0 | - | - | - | - |
| **Number of other illnesses** |
| No other illnesses | 155 | 69.8 | - | - | - | 77 | 78.6 | - | - | - | 232 | 72.5 | - | - | - | 0.08 |
| One other illness | 56 | 25.2 | - | - | - | 20 | 20.4 | - | - | - | 76 | 23.8 | - | - | - |
| Two other illnesses | 10 | 4.5 | - | - | - | 1 | 1.0 | - | - | - | 11 | 3.4 | - | - | - |
| Three or more other illnesses | 1 | 0.5 | - | - | - | 0 | 0.0 | - | - | - | 1 | 0.3 | - | - | - |
| Total | 222 | 100.0 | - | - | - | 98 | 100.0 | - | - | - | 320 | 100.0 | - | - | - |
| **Feeling well** |
| No | 30 | 13.6 | - | - | - | 9 | 9.2 | - | - | - | 39 | 12.2 | - | - | - | 0.27 |
| Yes | 191 | 86.4 | - | - | - | 89 | 90.8 | - | - | - | 280 | 87.8 | - | - | - |
| Total | 221 | 100.0 | - | - | - | 98 | 100.0 | - | - | - | 319 | 100.0 | - | - | - |
| Age | 221 | 100.0 | 39.4 | 40.0 | 9.2 | 95 | 100.0 | 39.4 | 39.0 | 9.4 | 316 | 100.0 | 39.4 | 39.0 | 9.3 | 0.99 |
| Educational level  | 217 | 100.0 | 9.2 | 10.0 | 2.8 | 98 | 100.0 | 9.1 | 10.0 | 2.7 | 315 | 100.0 | 9.2 | 10.0 | 2.8 | 0.90 |
| Monthly income  | 214 | 100.0 | 1034.5 | 0.0 | 1331.8 | 98 | 100.0 | 1617 | 1200.0 | 2088.8 | 312 | 100.0 | 1217.4 | 500.0 | 1627.6 | 0.02 |
| Number of pills taken  | 222 | 100.0 | 3.8 | 3.0 | 3.2 | 98 | 100.0 | 3.4 | 3.0 | 2.3 | 320 | 100.0 | 3.7 | 3.0 | 2.9 | 0.44 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Clinic | Club | Total | *p* |
| ***n*** | **%** | **Mean** | **Median** | **SD** | ***n*** | **%** | **Mean** | **Median** | **SD** | ***n*** | **%** | **Mean** | **Median** | **SD** |
| Viral suppression |
| Yes | 164 | 77.7 | - | - | - | 95 | 98.9 | - | - | - | 259 | 84.4 | - | - | - | < 0.001 |
| No | 47 | 22.3 | - | - | - | 1 | 1.1 | - | - | - | 48 | 15.6 | - | - | - |
| Total | 211 | 100.0 | - | - | - | 96 | 100.0 | - | - | - | 307 | 100.0 | - | - | - |
| Average log viral load | 212 | 100.0 | 2.48 |  | 0.93 | 96 | 100.0 | 2.08 | - | 0.25 | 308 | 100.0 | 2.35 | - | 0.80 | 0.280 |
| Human immunodeficiency virus diagnosis |
| 1–5 years ago | 96 | 33.6 | - | - | - | 44 | 47.3 | - | - | - | 140 | 48.9 | - | - | - | 0.100 |
| 6–10 years ago | 73 | 25.5 | - | - | - | 44 | 47.3 | - | - | - | 117 | 40.9 | - | - | - |
| More than 10 years ago | 24 | 8.4 | - | - | - | 5 | 5.4 | - | - | - | 29 | 10.1 | - | - | - |
| Total | 193 | 100.0 | - | - | - | 93 | 100.0 | - | - | - | 286 | 100.0 | - | - | - |
| Years on treatment  | 221 | 100.0 | 4.5 | 4.0 | 2.3 | 98 | 100.0 | 5.4 | 5 | 2.4 | 319 | 100.0 | 4.8 | 4.3 | 2.4 | < 0.010 |

**Table 2**: Human immunodeficiency virus-related data.

**TABLE 3:** Treatment adherence: Likert-scale items.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Clinic | Club | Total | *p* |
| *n* | % | *n* | % | *n* | % |  |
| Last missed dose |
| Within the week | 22 | 9.9 | 9 | 9.2 | 31 | 9.7 | < 0.01 |
| 1–2 weeks ago | 16 | 7.2 | 4 | 4.1 | 20 | 6.3 |
| 2–4 weeks ago | 6 | 2.7 | 4 | 4.1 | 10 | 3.1 |
| 1–3 months ago | 14 | 6.3 | 5 | 5.1 | 19 | 5.9 |
| More than 3 months ago | 25 | 11.3 | 0 | 0.0 | 25 | 7.8 |
| Never | 139 | 62.6 | 76 | 77.6 | 215 | 67.2 |
| Total | 222 | 100.0 | 98 | 100.0 | 320 | 100.0 |
| Estimated adherence in last 30 days |
| Very poor | 3 | 1.4 | 0 | 0.0 | 3 | 1.4 | 0.66 |
| Poor | 3 | 1.4 | 0 | 0.0 | 3 | 1.4 |
| Fair | 7 | 3.2 | 1 | 1.0 | 8 | 2.5 |
| Good | 33 | 14.9 | 14 | 14.3 | 47 | 14.7 |
| Very good | 57 | 25.7 | 30 | 30.6 | 87 | 27.2 |
| Excellent | 119 | 53.6 | 53 | 54.1 | 172 | 53.8 |
| Total | 222 | 100.0 | 98 | 100.0 | 320 | 100.0 |

**TABLE 4:** Logistic regression model for estimated adherence (adherent vs. non-adherent).

|  |  |  |  |
| --- | --- | --- | --- |
| Estimated adherence | Odds ratio | *p* | 95% Confidence interval |
| Attendance: Club | 0.80 | 0.57 | 0.36 – 1.75 |
| Language† |  |
| Afrikaans | 0.42 | < 0.01 | 0.25 – 0.69 |
| English | 0.93 | 0.83 | 0.48 – 1.78 |
| Satisfaction mean score | 2.08 | < 0.01 | 1.24 – 3.50 |

Note: Estimated adherence in last 30 days (*n* = 285, adjusted for 13 clusters in clinic; pseudo *R*² = 0.05).

†, Xhosa used as the reference group.

**TABLE 5**: Logistic regression model on adherence (last missed dose – adherent vs. non-adherent).

|  |  |  |  |
| --- | --- | --- | --- |
| Adherence | Odds ratio | *p* | 95% Confidence interval |
| Attendance: Club | 1.30 | 0.49 | 0.60– 2.82 |
| Language† |  |
|  Afrikaans | 0.20 | 0.01 | 0.06 – 0.68 |
|  English | 0.32 | 0.02 | 0.12 – 0.86 |
| Years on ART | 0.85 | < 0.01 | 0.75 – 0.95 |
| Satisfaction mean score | 3.18 | < 0.01 | 1.14 – 7.11 |
| Viral suppression: Yes | 0.48 | 0.02 | 0.26 – 0.87 |

Note: Adherence (last missed dose) (*n* = 274, adjusted for 13 clusters in clinic; pseudo *R*² = 0.1625).

ART, antiretroviral treatment.

†, Xhosa used as the reference group.

**TABLE 6:** Multiple regression model for mean satisfaction score.

|  |  |  |  |
| --- | --- | --- | --- |
| Satisfaction | Coefficient | *p* | 95% Confidence interval |
| Attendance: Club | 0.22 | 0.05 | -0.004 – 0.444 |
| Language† |  |
| Afrikaans | 0.11 | 0.13 | -0.040 – 0.28 |
| English | 0.14 | < 0.01 | 0.040 – 0.25 |
| Number of other illnesses | -0.11 | 0.03 | -0.190 – -0.01 |
| Years on ART | 0.04 | 0.02 | 0.010 – 0.07 |
| Last missed dose | 0.04 | < 0.01 | 0.170 – 0.41 |
| Feeling well: No | -0.32 | 0.03 | -0.620 – -0.03 |
| Viral suppression: No | 0.16 | 0.07 | -0.010 – 0.32 |

Note: Satisfaction mean score *n* = 274, adjusted for 13 clusters in clinic; *R*² = 0.212.

ART, antiretroviral treatment.

†, Xhosa used as the reference group.