

	Activities	Time
A.	Review of Choice	5 minutes
B.	PrEP 102	5-10 minutes
C.	PrEP Adherence Overview	10 minutes
D.	Adherence Barriers and Strategies Menu	10 minutes
	Total	30-35 minutes

	Supplemental Materials
1.	Adherence Support Menu
2.	Adherence Goals Worksheet
3.	Confidence Ruler
4.	Daily Planner Worksheet
5.	REACH Video (optional)

ACTIVITY A: Review of Choice

STATE	<i>Welcome to the first counseling session for the choice period of the REACH study. I am looking forward to continuing to work with you in this study. It looks like you've chosen to take oral PrEP during this period.</i>
ASK	<i>What are some of the reasons that you chose to take PrEP?</i>
ALLOW	Participant to respond
ALLOW	Time to discuss

ACTIVITY B: PrEP 102

STATE	<i>You've already learned a lot about PrEP from your earlier experience taking it, but let's spend some time briefly reviewing PrEP to make sure that you don't have any new questions.</i>
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OPTIONAL, if REACH video is shown during the session	
ASSESS	If REACH video should be shown to participant; ask if participant would like to see it again to refresh her memory
STATE	<i>Let's watch a video that has some information about PrEP.</i>
SHOW	Video

STATE	<i>Let's review some of the information that we know about PrEP. How well does PrEP work?</i>
ALLOW	Participant to respond
STATE	<i>The best way to protect yourself from sexually transmitted infections (including HIV) is to use a condom every time you have sex. When taken every day, PrEP can also reduce the risk for HIV infection from all modes of transmission by more than 90%. However, PrEP does not work as well or at all if it is not taken every day.</i>
ASK	<i>Is PrEP safe?</i>
ALLOW	Participant to respond
STATE	<i>PrEP is very safe. A few people may experience some symptoms such as upset stomach at the beginning, but these are usually mild and go away within the first few weeks. Other side effects are rare.</i>
ASK	<i>Do you have any other questions about PrEP?</i>
ALLOW	Time for discussion

Activity C: PrEP Adherence Overview

STATE	<i>Now let's talk a little about adherence to PrEP. When I say adherence, I mean taking the PrEP tablet as it was prescribed. For PrEP, the best adherence would be taking one tablet every single day.</i>
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ASK	<i>What thoughts do you have about taking the PrEP tablet every day? What may have gotten in the way of you taking the PrEP tablets last time?</i>
DISCUSS	<p>Some common barriers to good adherence. Consider some of following (but don't need to review them all):</p> <ul style="list-style-type: none"> • Barriers to return for study visits (e.g., money or time) • Disruption in routine (for example, travel away from home) • Forgetting/no dose available • Job commitments • Lack of privacy • Medication side effects • Negative reactions (family, friends, partner) • Partying/drugs/alcohol • School Commitments (classes or exams) • Side effects • Stigma/fear of stigma • Other <p>But also remind participant that many people don't report barriers to adherence at all.</p>
STATE	<i>Thank you for discussing with me some of the barriers that may exist for PrEP adherence. We have reviewed the importance of taking the PrEP medication daily, let's start planning how you will take PrEP this time. Think about an average week in your life. Let's fill out this calendar again with the typical weekly schedule that you keep now.</i>
DISTRIBUTE	"Daily Planner" Handout with daily schedule
ALLOW	Time for participant to complete the handout
ASK	<i>What might serve as a cue or signal for you to take your tablet every day?</i>
ALLOW	<p>Time for participant to discuss their daily planner If participant has trouble identifying daily activities, probe if necessary:</p> <ul style="list-style-type: none"> • Are there other activities that happen with some regularity throughout your day? These might be major activities (going to work and/or school, picking up a child from school), or minor activities (watching a certain TV show, listening to radio program, or brushing your teeth before bed). • Does your typical weekend day differ from your typical week day? How? • Do you ever stay overnight somewhere other than your home? • What might disrupt your schedule (e.g., kids staying home sick from school, socializing, travel)?
IDENTIFY	Cues for daily dosing
WRITE	Cue on daily planner

ACTIVITY D: Problem Solving Adherence Barriers

SHOW	Confidence Ruler Handout
STATE	<i>As you think about what we've discussed so far today, and knowing how well you did taking PrEP last time, on a scale of 0 to 12, where 0 is not confident at all and 12 is extremely confident, how confident are you that you will be able to take the PrEP tablet every day?</i>
ALLOW	Participant to show you on the ruler where their confidence falls

ASK	<i>Why is it a _____ and not a 0 or 1? Why else is it a _____ and not a 0 or 1?</i>
ALLOW	Time for discussion
STATE	<i>Thank you for sharing your level of confidence with me. The last thing that we are going to work on today is to review your adherence plan. This will be your plan to follow. We have talked about adherence meaning taking the tablet as directed. However, adherence also includes anticipating issues that may not be directly related to taking a tablet - but can have a great influence on being able use the product. For example, if you miss your study appointment, you may not be able to get your PrEP medication refilled, so then you are unable to be adherent.</i>
SHOW	My Adherence Goals Worksheet
INTRODUCE	<i>Let's consider some goals that you may have for adherence, identify possible problems to reaching those goals, then choose some support options that may help you overcome adherence challenges.</i>
STATE	<i>First, let's set some goals for adherence. For example, a goal for coming in for all of your appointments can be "I want to make it to all my scheduled appointments!"</i>
ALLOW	Participant to complete handout and identify as many goals as desired. Not all boxes need to be completed.
REVIEW	<p>Worksheet goals with participant. Help her identify problems that may arise that interfere with these goals.</p> <p><u>If participant has trouble setting goals</u>, here are some sample probes:</p> <ol style="list-style-type: none"> 1. Getting to study visits <ul style="list-style-type: none"> • How often are your appointments? How do you plan to get to your appointments? Who reminds you to go? 2. Communicating with study team <ul style="list-style-type: none"> • Think about your next study visit. What questions do you want to ask about the tablet? About side effects? About sexual behavior? 3. Sticking with a daily medication schedule <ul style="list-style-type: none"> • When do you want to take your PrEP? How will you remember to take it? 4. Storing medication <ul style="list-style-type: none"> • Where will you keep your PrEP? If you leave home, will you take it with you? How will you carry your PrEP with you? 5. Reminder strategies <ul style="list-style-type: none"> • How do you usually remind yourself to take medication? What cues will help to remind you? <p><i>Note: If additional barriers to stated goals are reported during this discussion, counselors should document on the Adherence Counseling CRF as appropriate.</i></p>
STATE	<i>Thank you for completing this worksheet. We will keep this worksheet in your file so that we can review your goals at each session.</i>
STATE	<i>Now we can look again at the menu of ways to support adherence that are available to you. We will review your choices at each visit just to ensure the strategy (ies) are still helpful. You can choose something now but are free to change your mind at any time.</i>
HANDOUT	Adherence Menu

DISCUSS	<p>Read through each option on the menu. Answer questions the participant might have about each one.</p> <p><input type="checkbox"/> Daily Text Message Once a day, we will send you an automated text message to help remind you to use your study product. You will choose from several message options.</p> <p><input type="checkbox"/> Weekly Check-In</p> <ul style="list-style-type: none"> ○ Via Text Message – once per week, you will receive an automated text message asking if you are OK. You will be expected to respond “OK” or “not OK”. If you don’t respond within 24 hours, a second message will be sent. If you respond “not OK”, a study team member will call you. ○ Via Phone Call – once per week, you will receive a phone call from a study team member asking if you are OK. Based on your personal preference, they will leave a voice message or not. <p><input type="checkbox"/> Peer Buddy We will connect you with another participant who is also interested in having an adherence buddy. We will help you and your “buddy” develop a plan to support each other’s adherence.</p> <p><input type="checkbox"/> Adherence Support Groups</p> <ul style="list-style-type: none"> ○ In-person groups – we will arrange support groups for participants who would like to meet regularly to discuss the study, the study products, as well as other issues going on in their lives. A study team member will facilitate the group. ○ Online groups – we will arrange secure, online support groups via apps, such as WhatsApp, on which participants can communicate with each other to discuss the study, the study products, as well as other issues going on in their lives. A study team member will facilitate the online group. <p><input type="checkbox"/> Additional Counseling Visits We will provide you with additional in-person counseling visits to discuss adherence in between regularly scheduled study visits.</p> <p><input type="checkbox"/> Something Else Can you think of another way that we can support you to use the study products as prescribed? Please let us know.</p>
ASK	Participant to choose her adherence options from the menu
STATE	<i>As you know, we will offer you the menu of support strategies at every visit. You can keep the same options or make a different choice.</i>
ALLOW	Time for discussion

Wrap-Up

STATE	<i>It was a pleasure meeting you today. Congratulations on getting to the last phase of the REACH study!</i>
REVIEW	Next scheduled appointment time