



UNC CFAR Social and Behavioral Science Research Core  
SABI Database

**INSTRUMENT TITLE:** UNC ESTEEM Antiretroviral Adherence Predictor

**SOURCE ARTICLE:** Wohl, D. A., Panter, A. T., Kirby, C., Magnus, B. E., Hudgens, M. G., Allmon, A. G., & Mollan, K. R. (2018). Estimating HIV Medication Adherence and Persistence: Two Instruments for Clinical and Research Use. *AIDS and Behavior*, 22(3), 948-960.

**POPULATION:** Women, men, Transgender, HIV-positive, patients, African American, Latino

**RESPONSE OPTIONS:** 1-5 Likert (1=strongly disagree; 5=strongly agree)

**SCORING:** Not reported.

**SURVEY ITEMS:** Please see attached for formatted version.

**RELIABILITY INFORMATION:** Cronbach's  $\alpha = 0.75-0.90$ .

**VALIDITY INFORMATION:** Content validity was assessed. Convergent validity was assessed via comparison with HIV persistence scale. Criterion-related validity was assessed via comparison with Medication Event Monitoring Systems (MEMS). Confirmatory factor analysis yielded four factors: self-efficacy, adherence barriers, difficulty, and positivity.

**TERMS OF USE:**

Individuals may use this information for research or educational purposes only and may not use this information for commercial purposes. When using this instrument, please cite:

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### Items

In the next 30 days, how confident are you that you can:

(11-point scale from 0 [cannot do at all] to 10 [completely certain can do])

1. Stick to taking your HIV medicines even when side effects begin to interfere with daily activities?
2. Integrate taking your HIV medicines into your daily routine?
3. Integrate taking your HIV medicines into your daily routine even if it means taking them around other people who don't know you are HIV-infected?
4. Stick to your HIV medicine schedule even when your daily routine is disrupted?
5. Stick to your HIV medicine schedule when you aren't feeling well?
6. Stick to your HIV medicine schedule when it means changing your eating habits?
7. Continue with taking your HIV medicines even if doing so interferes with your daily activities?
8. Continue with the HIV medicines plan your physician prescribed even if your T-cells drop significantly in the next 3 months?
9. Continue with the HIV medicines even when you are feeling discouraged about your health?
10. Continue with taking your HIV medicines even when getting to your clinic appointments is a major hassle?
11. Continue with taking your HIV medicines even when people close to you tell you that they don't think that it is doing any good?
12. Continue taking your HIV medicines even if it doesn't make you feel better?

In the past month, have you missed taking your medications because you: *Please check one box for each question (No/Yes)*

13. Forgot?
14. Didn't get prescription; ran out of pills?
15. Busy doing other things (e.g., working, trying to survive, getting food)?
16. Having to wake up very early to go to work and no time to eat?
17. Was too busy at work, school, or home?
18. Didn't want to bring my pills to social activities (restaurant, friend's home)?
19. Wanted to have a free day without pills?
20. Lost track of time?
21. Didn't have a good night sleep?

5-point Likert scoring for agreement\*

22. I have physical health problems that make it hard for me to take my HIV meds regularly
  23. I have mental health problems that make it hard for me to take my HIV meds regularly
  24. It is hard for me to keep track of my HIV meds
  25. It's hard for me to take my HIV meds when I am taking other types of medications
  26. HIV medications interfere with my ability to have fun
  27. I feel pretty healthy when I take my HIV medications
  28. When I take my HIV medications, I feel better about myself
  29. Taking my HIV medications gives me hope
  30. Taking HIV medication reminds me to take care of my personal health
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