

Supplementary File 1

Demographic Characteristics of Focus Group Participants (n = 45)

Characteristic	Number (%)
Age	
40-44	8 (17.8)
45-49	9 (20.0)
50-54	11 (24.4)
55-59	10 (22.2)
60-64	3 (6.7)
65-69	3 (6.7)
70-74	1 (2.2)
Range: 41–71	
Mean: 53	
Location	
Ontario	33 (73.3)
Saskatchewan	12 (26.7)
Small centre (<29,999)	6 (13.3)
Medium centre (30,000-99,999)	5 (11.1)
Large centre (100,000-2,000,000)	10 (22.2)
Toronto (>2,000,000)	24 (53.3)
Gender	
Two-spirit	1 (2.2)
Cis woman	20 (44.4)
Cis man	19 (42.2)
Trans man	2 (4.4)
Non-binary	2 (4.4)
Gender non-conforming	1 (2.2)
Sexual Orientation	
Two-spirit	1 (2.2)
Gay	19 (42.2)
Lesbian	1 (2.2)
Bisexual	4 (8.9)
Straight/Heterosexual	18 (40.0)
Queer	2 (4.4)
Ethnicity	
Indigenous	6 (13.3)
Black	15 (33.3)
Hispanic	1 (2.2)
White	20 (44.4)
Mixed-Race	2 (4.4)
Other	1 (2.2)
Main Income Source	
Employment income	15 (33.3)
Disability	22 (48.9)
Pension	3 (6.7)

Welfare	1 (2.2)
Supported by family	2 (4.4)
Other	1 (2.2)
No income from any source	1 (2.2)
Employment Status	
Employed full-time	12 (26.7)
Employed part-time	2 (4.4)
Self employed	1 (2.2)
Retired	4 (8.9)
On disability	22 (48.9)
Unemployed	4 (8.9)
Housing Situation	
Independent living	31 (68.9)
Supportive housing	12 (26.7)
Shelter	1 (2.2)
Home of friend/family	1 (2.2)
Presence of HIV Social Support Network	
Yes	39 (86.7)
No	6 (13.3)
Rate the Social Support Network	
Well supported	24
Moderately supported	14
Lightly supported	1 (2.2)
Year of HIV Diagnosis	
1980-1984	1 (2.2)
1985-1989	4 (8.9)
1990-1994	7 (15.6)
1995-1999	5 (11.1)
2000-2004	12 (26.7)
2005-2009	5 (11.1)
2010-2014	2 (4.4)
2015-2019	9 (20.0)
Most Recent of CD4 Count	
501-1600 cells/mm3	21 (46.7)
200-500 cells/mm3	19 (42.2)
Under 200 cells/mm3	1 (2.2)
Don't know	4 (8.9)
Most Recent Viral Load	
501-1600 cells/mm3	21 (46.7)
200-500 cells/mm3	19 (42.2)
Under 200 cells/mm3	1 (2.2)
Don't know	4 (8.9)
Taking HIV Medications	
Yes	45 (100.0)
Medications per day	
1-3	17 (37.8)

4-6	10 (22.2)
7-9	10 (22.2)
9+	8 (17.8)
Within past 30 days, have you used?	
Alcohol	16 (35.6)
Tobacco	12 (26.7)
Marijuana	18 (40.0)
Have you been diagnosed?	
Psychotic disorder (schizophrenia)	2 (4.4)
Mood disorder (major depressive disorder, bipolar)	12 (26.7)
Anxiety disorder	20 (44.4)
Organic mental disorder (Dementia, HAND)	4 (8.9)
Substance-related disorder	6 (13.3)
Post-traumatic stress disorder (PTSD)	12 (26.7)
Obsessive-compulsive disorder (OCD)	4 (8.9)
Personality disorder	3 (6.7)
Adjustment disorder	3 (6.7)
Eating disorder	5 (11.1)
Do you have a family doctor?	
Yes	44 (97.8)
No	1 (2.2)
Do you have an HIV specialist?	
Yes, same as family doctor	20 (44.4)
Yes, different than family doctor	24 (53.3)
No	1 (2.2)
