



Transcript ID#:

Coder Name:

Code Numbers	Codes Names and Descriptions	Paragraph Numbers (e.g., 14-18)
	The Experience of HAND	
3	How HAND happens to me over time	
3.1	<ul style="list-style-type: none"> • Trajectory (participants describing cognition troubles as gradual, immediate, or in other ways but in the interviewees' own words) 	
3.2	<ul style="list-style-type: none"> • Episodic (difficulties come and go, there are good days bad days, but in the interviewees' own words) 	
3.3	<ul style="list-style-type: none"> • Realization (i.e., One moment when the interviewee noticed HAND) 	
4	<p>Day to day impact of HAND: challenges, changes, experience of HAND</p> <ul style="list-style-type: none"> - Having to do things several times to get it right - Losing focus (on a movie, a process, a conversation) - Inability to multitask (e.g., talk on the phone and cook at the same time). 	



		- Forgetting recipes, how to use a computer program (e.g., Word) or forgetting other processes.	
	4.1.	Experience of struggling with cognitive impairment (description of the experience of trying to remember, being sharp, concentrating)	
2		REPORTED COMORBIDITIES (how the person thinks other illness interacts with HAND, e.g., depression, ADHD)	
5		Emotional impact of HAND or cognitive difficulties	
	5.1.	- Feeling embarrassed, deficient, frustrated, fearful of losing relationships, uncertain about the future, worried all the time, etc. <i>Things that happen to you.</i>	
	5.2.	- Losing a sense of care, emotional investment, losing shame or a sense of responsibility. <i>Things that you stop feeling for other persons or things.</i>	
	5.3.	- Sense of loss (of memories, the past). <i>Things I cherish I cannot remember</i>	
	5.4.	- Feeling stigmatized	
	5.5.	- Increased sense of self-efficacy (the individual feels that can cope better with changes/difficulties; this is positive)	



	5.6.	- Uncertainty (about the future)	
7		Practical/material impact of HAND or cognitive difficulties [?] [losing money, career promotions, etc. not mentioned yet]	
		What people do with/about HAND	
8		<p>Strategies (actions over time)</p> <p>And</p> <p>Tactics (immediate actions) are used to manage HAND or cognitive difficulties</p> <ul style="list-style-type: none"> - An example of a strategy is to tell a coworker that you tend to forget dates and names and you will need support with that - An example of a tactic is laughing it off when someone points out that you can't find the right words promptly 	
	8.1	<ul style="list-style-type: none"> ● Strategies <p>(e.g., enroll in a course to make it better; avoid social occasions to avoid embarrassment)</p>	
		<ul style="list-style-type: none"> ● REPORTED EXERCISE <p>(ranges from walking to sophisticated gym routines)</p>	
	8.1.1	- Coping strategies	



		<p>(e.g., <i>maladaptive</i>: using of i/licit drugs and alcohol to forget or compensate/calm down, be able to remember <i>Adaptive</i>: sticking to habits and schedules; identifying and strengthening one’s personality traits and skills)</p>	
	8.1.2	<p>- Restorative strategies</p> <p>(e.g., use of memory exercise programs such as Lumosity, cognitive therapy; independent/group strategies, mindfulness)</p>	
	8.1.3	<p>- Assistive technologies/compensatory strategies (e.g., use of technology, things we use to help us remember, stay alert, etc. such as phone calendar alerts)</p>	
	8.2	<ul style="list-style-type: none"> • Tactics <p>(e.g., avoiding the topic when it comes up)</p>	
		<p>Social participation (with others and as a patient in the health care system)</p>	
9		<p>Impact of HAND in interactions with health care providers (e.g., doctors, nurses, etc.). You bring it up or not, they mention it or not.</p>	
10		<p>Impact on social participation (e.g., you seek help more often, you avoid friends or groups to avoid them noticing that you are not clear or forget things easily)</p>	



		Formation of identity and self-concept	
6		Making sense of HAND and integrating it into my identity	
11		Impact of having gone through the psychological assessment, the debrief with a neuropsychologist and having a diagnoses (having a name for “it”)	
	11.a	Impact of assessment and feedback session on the person’s understanding or belief of the source of HAND – <i>where my HAND comes from</i> (e.g. “I have always been like this”)	
	11.b	Impact is seen as positive (I can talk to others about it)	
	11.c	Impact is seen as negative <i>(I have one more thing associated with HIV)</i>	
12		Not captured above but seems important <ul style="list-style-type: none"> <i>Here is where you capture anything that does not fit above but strikes you as important</i> 	
13		Gems <ul style="list-style-type: none"> <i>Identify passages that are very moving and would make great quotes, also code them under the appropriate nodes above</i> 	