

eHARTS Questionnaire

Item	Description	Response
Age at ART Initiation	How old was the adolescent when they started antiretroviral therapy (ART)?	<input type="radio"/> 0 - 5 years <input type="radio"/> 6 - 8 years <input type="radio"/> 9 - 15 years <input type="radio"/> Older than 15 years
Regimen Line	Has the adolescent failed first line ART?	<input type="radio"/> Yes <input type="radio"/> No
Disclosed	Is the adolescent fully disclosed of their HIV status (Are they aware that they are living with HIV)?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> I am not sure
Sex	What sex were you assigned at birth?	<input type="radio"/> Male <input type="radio"/> Female
Alcohol Use	During the past 30 days did you have at least one drink of alcohol? By alcohol please include drinking beer, wine, wine coolers, liquor such as rum, gin, vodka or whiskey. This does not include drinking a few sips of wine for religious purposes.	<input type="radio"/> Yes <input type="radio"/> No
*Drug Use	During the past 30 days did you use any form of drugs such as whoonga, wunga, sugars, cocaine, crack, heroine, ecstasy, X or other drugs?	<input type="radio"/> Yes <input type="radio"/> No

Please fill out the next section to help us seek what you know about your health, medication, and how you use health care.

No.	Item	No (0)	No, but I am learning (1)	Yes, a little (2)	Yes, almost always (3)	Yes, always (4)
1	Do you know why you take your medication?					
2	Do you know know the names of your medications?					
3	Can you explain your health needs to doctors, nurses, and counselors?					
4	Can you explain your medical history to doctors, nurses, and counselors?					
5	Do you collect your own medication from the clinic?					
6	Do you take your medication by yourself?					
7	Do you travel on your own to your appointment?					
8	Do you know your clinic dates?					
9	Do you talk to the doctors, nurses, and counselors on your own?					
10	Do you see the doctors or nurses on your own during an appointment?					
11	Do you ask the doctors, nurses, and counselors questions?					
12	Do you answer the doctors', nurses', and counselors' questions?					
13	Do you know which illnesses should make you contact the clinic?					
14	Do you make decisions about your own health?					
15	Do you know what your last viral load results?					

Total HARTS Score (Item 1-15) = _____

Response-to-score conversion

Domain	Response	Converted eHART score
Total HARTS Score	0-20	0
	21-30	1
	31-39	2
	40-60	4
Age at ART Initiation	0-5	0
	6-8	-2
	> 9	-4
Regimen Line – First line failed?	No	5
	Yes	0
Sex	Male	0
	Female	-2
Disclosed	No	0
	Yes	2
Alcohol Use	No	0
	Yes	-2
	Total eHART Score	

The total eHART score range is -8 to 11

*The questionnaire is not validated if the answer to the Drug Use question is “Yes”. Those individuals will likely need intervention before the transition of care.

The eHART cut-off score is 5. An eHART score < 5 suggests intervention may be required for a better transition of care.

Readiness Score Categories: High (≥ 5); Intermediate (< 5 and > -2); Low (≤ -2)

Reference:

Fomo, M. F., Newman, J., Sibaya, T., Ndlela, N., Hussen, S., Archary, M., & Zanoni, B. C. (2023). A qualitative assessment of the perceived acceptability and feasibility of eHARTS, a mobile application for transition readiness assessment for adolescents living with HIV in South Africa. *PLOS Digital Health*, 2(6), e0000272.

Zanoni, B. C., Musinguzi, N., Archary, M., Sibaya, T., & Haberer, J. E. (2022). Development of a transition readiness score for adolescents living with perinatally-acquired HIV and transitioning to adult care. *AIDS and Behavior*, 26(9), 3131-3138.