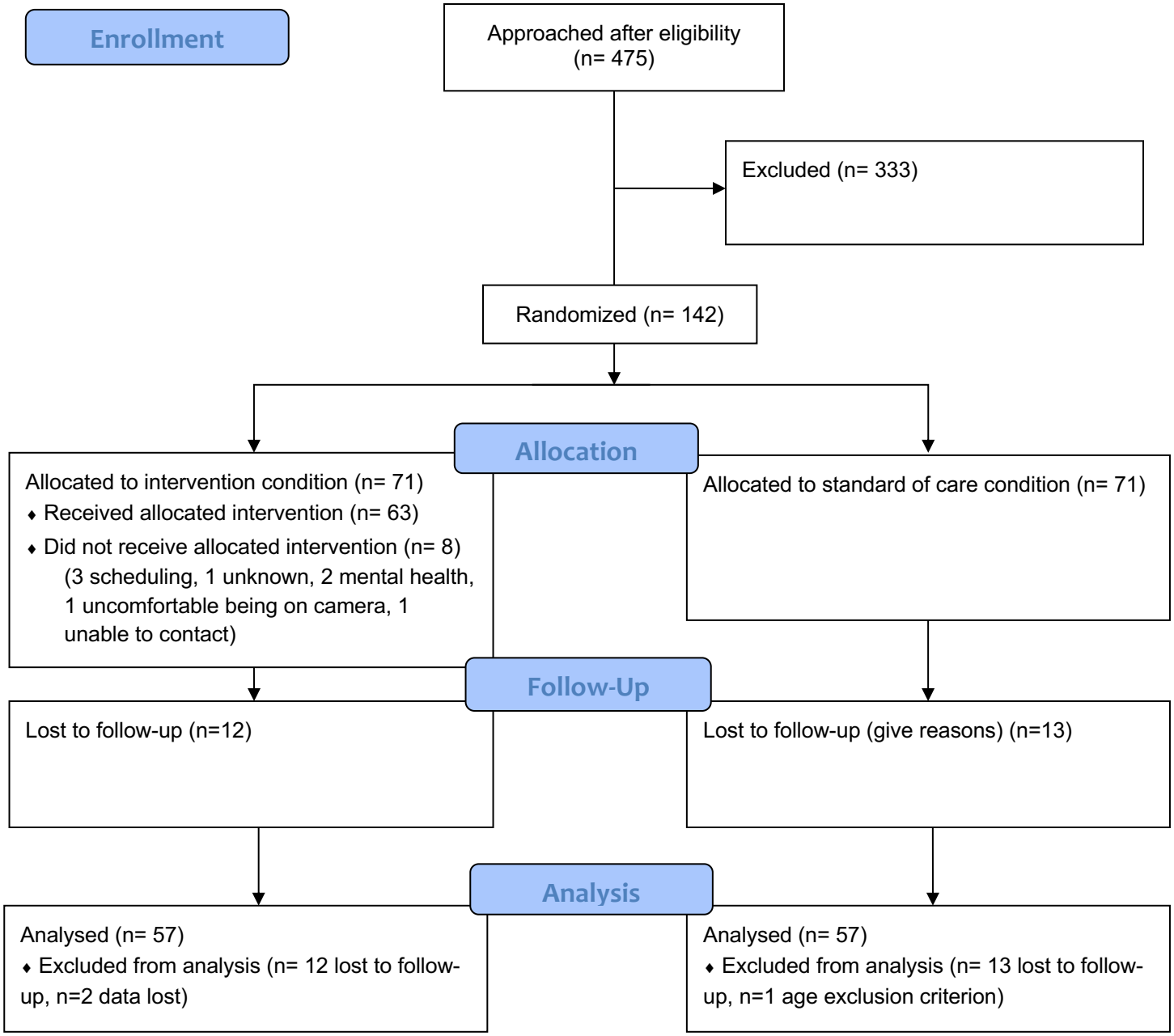
Participant flow



Baseline characteristics (n=141 unless stated)

Demographics

	Frequency (%)
Gender	
Male	53 (37.6)
Female	88 (62.4)
Age (in years)	
Mean (sd)	22.9 (2.6)
UK ethnic group (n=34)	
Black	28 (82.4)
Asian	2 (5.9)
Mixed	1 (2.9)
Other	3 (8.8)
Uganda Tribe (n=93)	
Baganda	63 (68)
Banyankore	6 (6.5)
Basoga	4 (4.3)
Bakiga	4 (4.3)
Bagisu	3 (3.2)
Iteso	3 (3.2)
Other	10 (10.8)

Relationship status (n=127)	
Single	77 (60.6)
Relationship, living together	13 (10.2)
Relationship, not living together	37 (29.1)
Living situation (n=127)	
Alone	22 (17.3)
With family	87 (68.5)
With friends	4 (3.1)
With partner	12 (9.4)
With family and others	2 (1.6)
Biological parents (n=125)	
Both alive	44 (35.2)
Father not alive	24 (19.2)
Mother not alive	33 (26.4)
Neither parent alive	21 (16.8)
Don’t know	3 (2.4)

Clinical Characteristics

	Frequency (%)
Age of paediatric HIV disclosure/naming (n=122)	
<10 years	31 (25.4)
10-12 years	54 (44.3)
>12 years	37 (30.3)
Lifetime HIV Disclosure (number disclosed to)(n=123)	
0	17 (13.8)
1	11 (8.9)
2	15 (12.2)
3	18 (14.6)
4-9	32 (26.0)
10+	30 (24.4)
HIV Disclosure in last 6 months (number disclosed to) (n=123)	
0	101 (82.1)
1	13 (10.6)
2+	9 (7.3)
Proportion of social network aware of HIV status (n=123)	

Median % (IQR)	
	75 (50-100)
On ART (n=127)	
Yes	
No	124 (97.6)
	3 (2.4)
Viral Load (copies/mL) (n=125)	
<200	
>200	116 (92.8)
	9 (7.2)

Outcome measures

1. ***Recruitment and retention data.***

	Recruited	*Retained at 6 month follow up*
Total	142	117 (82%)
UK	48	25 (52%)
Uganda	94	92 (98%)
Intervention	71	59 (83%)
Standard of Care	71	58 (82%)

2. ***Descriptive characteristics for measures***

Measure	**Total or subscale name** (possible range of scores)	**Baseline** Mean (sd)		**Post-intervention** Mean (sd)	**Follow-up** Mean (sd)	
		Intervention	**SOC**	**Intervention**	**Intervention**	**SOC**
The Adolescent HIV Disclosure Cognition and Affect Scale	Total Scale (18-90)	56.16 (11.22)	57.96 (10.81)	63.49 (9.58)	61.00 (11.44)	59.90 (11.11)
HIV Disclosure Intention	Intention score (1-5)	2.76 (1.52)	2.88 (1.42)	3.64 (1.18)	3.22 (1.44)	2.69 (1.44)
HIV Disclosure in last 6 months	No disclosure	50/65 (76.9%)	50/57 (87.7%)	[redacted]	35/43 (81.4%)	28/35 (80%)

WHOQOL - BREF	Total score (6-30)	22.33 (4.37)	22.74 (5.60)	24.40 (2.99)	22.98 (4.24)	21.65 (4.62)
HIV Stigma Scale	*Negative self-image subscale* (3-12)	6.16 (2.31)	6.16 (2.55)	5.35 (2.20)	6.07 (2.48)	5.80 (2.25)
Social Support Questionnaire Short Form - SSQ6	*Social support satisfaction subscale* (6-36)	29.81 (7.16)	30.12 (8.40)	31.36 (5.75)	31.94 (5.12)	30.68 (7.95)
State Hope Scale	Total hope score (6-48)	33.70 (8.14)	34.28 (9.20)	37.46 (7.16)	35.52 (7.70)	35.78 (8.60)
HIV disclosure planning specificity	Total score (0-2)	0 - 52.5%, 1 or 2 – 47.6%	0 – 51.0%, 1 or 2 – 49%	0 – 33.3% 1 or 2 – 66.6%	0 – 32.7% 1 or 2 – 67.2%	0 – 55.0% 1 or 2 – 44.0%
CASE adherence	Total score (3-16)	11.48 (3.07)	11.81 (3.27)		12.00 (3.22)	11.65 (3.77)
Decisional Conflict Scale	Total score (0-4)	0.85 (1.06)	0.92 (1.17)	0.37 (0.60)	0.45 (0.80)	0.48 (0.95)

3. Results of the linear multilevel model used to analyse Adolescent HIV Disclosure Cognitions and Affect Scale

			AHDCAS		
Predictors	*β*	*95% CI*	*t*	*p*	*df*
(Intercept)	57.51	[54.14, 60.88]	33.72	**<0.001**	141.95
Age	1.13	[-0.92, 3.19]	1.09	0.278	98.79
Country	2.48	[-0.03, 4.99]	1.95	0.053	98.83
Gender	-0.08	[-1.99, 1.83]	-0.08	0.937	102.05
LifetimeDisclosure	4.59	[2.75, 6.44]	4.91	**<0.001**	98.15

Time (follow up)	1.73	[-1.48 – 4.95]	1.07	0.288	81.56
Condition (Intervention)	-4.24	[-8.58, 0.11]	-1.93	0.056	155.81
Time (follow up) × Condition (Intervention)	4.22	[-0.54, 8.97]	1.75	0.082	85.69
Random Effects					
σ_2	55.90				
T	50.87				
ICC	0.48				
N	107				
Observations	175				
Marginal R^2/ Conditional R^2	0.226 / 0.595				

σ^2 is the residual variance and τ the variance of the random intercepts. ICC is the intra-class correlation coefficient.

4. Results of the ordinal multilevel model used to analyse Disclosure intention

	Disclosure intention			
Predictors	*β*	*95% CI*	*z*	*p*
Age	0.32	[-0.09, 0.73]	1.55	0.120
Country	0.82	[0.28, 1.35]	3.01	**0.003**
Gender	0.19	[-0.18, 0.56]	1.02	0.307
LifetimeDisclosure	0.50	[0.13, 0.87]	2.66	**0.008**
Time (follow up)	-0.30	[-1.01, 0.41]	-0.82	0.412
Condition (Intervention)	-0.26	[-1.12, 0.61]	-0.58	0.561
Time (follow up) × Condition (Intervention)	0.96	[-0.10, 2.03]	1.77	0.077
Random Effects				
σ_2	3.29			
τ	1.48			
ICC	0.31			
N	111			
Observations	208			

5. Results of the linear multilevel model used to analyse WHOQOL-BREF

	WHOQOL-BREF				
Predictors	*β*	*CI*	*t*	*p*	*df*

(Intercept)	21.88	[20.54, 23.23]	32.14	**<0.001**	149.93
Age	0.20	[-0.69, 1.08]	0.44	0.663	113.97
Country	1.74	[0.65, 2.83]	3.16	**0.002**	117.23
Gender	-0.06	[-0.86, 0.75]	-0.14	0.888	113.94
Time (follow-up)	-1.06	[-2.12, -0.00]	-1.99	**0.050**	100.84
Condition (Intervention)	-0.45	[-2.14, 1.23]	-0.53	0.597	156.59
Time (follow-up) × Condition (Intervention)	2.22	[0.69, 3.76]	2.87	**0.005**	101.71
Random Effects					
σ^2	7.52				
τ	13.30				
ICC	0.64				
N	118				
Observations	215				
Marginal R^2 / Conditional R^2	0.096 / 0.673				

Adverse events

Nine out of 58 (16%) participants stated that something negative had happened as a result of taking part in the project. Of these nine, only one indicated a negative impact on their mood. One said that making it to the session was hard. Two said that they were not believed after sharing their status. One said that they were rejected after sharing. Four did not specify the reason for something negative.