

**SECOPE Items**

Please think about any symptoms that you have experienced in the past 30 days that you believe are caused by your HIV medications. If you have experienced more than one side effect, please choose the one that is most important (that is: which is the most bothersome or disruptive).

Specify here: \_\_\_\_\_

Please think about a time recently when you were experiencing this side effect. There are many things that people do in order to deal with problems such as side effects from treatment. Please listen to the following list and choose the number that best describes how often you use each way of dealing with this side effect. Again, please think about this side effect each time I say side effect.

When you experience this side effect, how often do you:	0 Never	1 Rarely	2 Some-times	3 Often	4 Very Often
1. Remember that others have it worse than you do?					
2. Decide that the medication is not worth the side effect and stop taking it?					
3. Get support from other people?					
4. Try to get more information about the medication or side effect?					
5. Reduce the dose of the medication that is causing the side effect?					
6. Remind yourself that the reason you are having this side effect is that you need the medications to stay healthy?					
7. Talk to family, friends, loved ones about the problem?					
8. Share your feelings and thoughts with others?					
9. Take a break from the medication?					
10. Take a medication that will make the side effect feel better or go away?					
11. Take another medication to deal with the side effect?					
12. Take less of the medication to see if the side effect is not so bad (smaller doses or less frequent)?					
13. Talk to a counselor, therapist, or case manager?					
14. Request a medication from your doctor to help the side effect?					
15. Talk to your doctor or health care provider about the problem?					
16. Think about good times in the past?					
17. Try to find out as much as you can about the side effect and what is causing it?					
18. Let others know what you are going through?					
19. Try to have compassion for others who are suffering?					
20. Try to keep your sense of humor?					