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APPENDIX A: QUESTIONNAIRE FRAMEWORK

1. Biographical information

- Date of birth, place of birth.
- Culture group.
- Home language.
- Birth names.
- Where have you lived since you were born up till now?
- First marriage: name of husband, age, children, years married, divorce date.
- Second marriage: name of husband, age, children, deceased (year).
- Parents: names, age, deceased, years married.
- Brothers: names, ages, deceased, children (names, ages).
- Sisters: names, ages, deceased, children (names, ages).
- Names, ages of other important members of the family, deceased.

2. Professional background

- Have you attended school?
- During which years did you attend which schools and grades?
- Where and when have you worked since you have started to work for the first time, up till now?
- Have you studied after school or undertook courses?
- Which qualifications do you have?
- What would you like to do in the future?
- How do you feel about the future?

3. Health status

- General health.
- HIV-status.
- Phase of HIV, CD4 count.
- Medication you use.
- When were you diagnosed with HIV? Where?

- What made you realise that you need to go for an HIV-test, what kind of procedures did you follow? Pre-test, test, post-test? Have you received any counselling?
- How did you become infected? How do you feel about being infected with HIV?
- Have you disclosed your HIV-status to anyone? To Whom? When? Why? How did they react to the disclosure?
- How do you feel about being HIV positive? What kind of emotions have you experienced since you realised that you were HIV-positive up till today? How do you feel at the moment about being HIV-positive? How do you feel about the future?

4. Cultural beliefs

- To which culture do you belong?
- Tell me more about your culture and the traditions within which you have been brought up in. What does your culture believe in terms of: life, death, life-after-death, illness, health, name ceremony, forefathers, ancestors, suicide, witch doctors, sangomas, cleansing rituals, circumcision, HIV/AIDS, work, religion, meaninglessness, meaning, hope, family, children, friends? Do you have the same beliefs as the people of your culture? Do you take part in their traditions? Are there any other traditions that are important to you?
- How do you feel about the country in which you live? In which way did the "Apartheid-era" influence you and the people who are close to you? Do you live and work differently from the way that the people in your culture do? Does it create problems for you? Is it difficult for somebody who is from an African culture to live and work in a country where Western customs are dominant? Does the Western and the African cultures clash?

5. Spiritual beliefs

- Are you a religious person? Why would you say so?
- What do you believe?
- To which church do you belong? In which manner are you involved in church activities? How often do you go to church services?
- Which role does the priest play in your life? How do you experience the other believers in your church?
- What does you faith, God and the church means to you, while living with HIV?
- What kind of difficulties did you have with believing, trusting?

6. Support system

- Who are the most important people in your life? Why do you say so?
- Who would you like to take care of you if you may need it in the future?
- In which way do you want them to take care of you?

7. Meaningfulness

- What does meaninglessness and hopelessness mean to you?
- How do you feel when you experience a sense of meaninglessness?
- Do you feel that life is worth living for?
- If so, what makes life worth living for?
- How would you create a meaningful life?
- Who do you want to be part of your meaningful life?
- Do you think that it is possible for you to make meaning of living with HIV/AIDS?
- What role does therapy and a therapist play in constructing a meaningful life?

APPENDIX B: CLUSTERS OF THEMES AND SUB-THEMES: INTERRELATED WITH RELEVANT ISSUES

1. **Being in the world**

- **Physical health status (Umwelt)**
  Treatment.
  Healthy lifestyle.
  Being HIV positive.
  Disclosing.
  Stigmatisation.
  Mortality.
  Death and dying.

- **Culture (Eigenwelt)**
  African and Western affinities.
  Customs.
  Beliefs.

- **Political context (Mitwelt)**
  Apartheid Regime.
  History of contamination.

2. **Extended meaningful relationships**

- **Family and extended family relations**
  Family background.
  Parents.
  Siblings.
  Marital relationships.
  Being a mother.
  Responsibility towards extended family.

- **Support system**
  Loss of soul mate.
  Isolation.

3. **Values**

- **Creative Values**

  Profession.

  Further studies.

  Financial difficulties.

- **Attitudinal Values**

  Pain.

  Guilt.

  Death.

- **Experiential values**

  Love.

  Self-transcendence.

4. **Sense of a Higher Being**

   Internalised beliefs.

   Conversations with God.

   "The dark night of the soul".

   Content of religion.

   Values.

   Church.

5. **Co-creation of meaning through therapy**

   Therapeutic relationship.

   Constructing meaning through therapy.

- **Psycho-social experiences**

  Anxiety.

  Depression.

  Anger.

  Denial.

Despair.

Fear.

Disappointment.

Aloneness.

Meaninglessness/Meaningfulness.

Hopefulness/Hopelessness.

Thankfulness.

6. **<u>Awareness of death and non-being</u>**

Death.

Mourning/Grief./bereavement.

Suicidal ideation.

Meaning in suffering.

7. **<u>Anxiety as condition for living</u>**

Existential anxiety.

Normal anxiety.

Neurotic anxiety.

8. **<u>Capacity for self-awareness</u>**
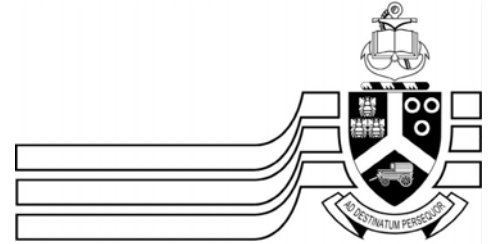
Boundaries: birth and death.

Freedom to choose.

Responsibility to life.

APPENDIX C: INFORMED CONSENT FORM

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DEPARTMENT OF PSYCHOLOGY

January 2006

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MAMELODI CAMPUS

Participant Consent Form

Research title: An existential perspective on a woman's search for meaning, while living with

HIV.

Project leader: Surname: Bezuidenhout

Name: Mariette (M.D.)

Address: The Oak nr 14, 77 Rose Street,

Riviera, Pretoria, 0084

Telephone no: (011) 4893822

I appreciate your willingness to be interviewed for this research project. The purpose of this

research is to explore a woman's search for meaningfulness, while living with HIV.

Your participation will entail individual semi-structured interviews with me. The interviews will be recorded to allow an accurate analysis of the conversation at a later date. No person other than me will have access to the interviews on the tapes after being transcribed. Only quotes from the transcribed document will be use to explain to the reader your experiences, verbalised in your own words, according to our agreement.

I shall contact you to arrange for a time for the interviews to take place.

Your involvement in this study is voluntary, you are not obligated to divulge information you would prefer to remain private, and you may withdraw from the study at any time. You or your family will not be identified by name in any documentation, including the interview transcripts. According to your preference, you will be referred to in the documentation under the code name, Karabo.

It is expected that research about the phenomenon with its shared, as well as individual experiences can make a fundamental contribution to individuals who are faced with HIV/AIDS on a daily basis. The outcome of the research will be communicated to communities, according to your preference, where individuals might benefit from your search for meaningfulness. This process of the communication of the research findings will continue, when you feel prepared for it. According to our agreement, you will converse with me when you feel ready for this process, after which we will converse about the possibilities and the practicalities thereof. This will be an informal, collaborative arrangement and may even happen at a later stage.

There are no preconceived personal risks attached to your participation in this study. However, if you wish, for any reason, to follow up on issues that emerge for you during the interviews, we agreed upon follow up consultations, if you so wish.

The research findings will be made available to you, should you request them.

Declaration of the participant

I am willing to be interviewed for the research project. My involvement is voluntary. I understand that my participation is, and that information divulged by me will remain confidential and that the quotations from the transcriptions (which are included in the thick description of my experiences, as part of the thesis), will not identify my family or me. I understand that I may withdraw from the study at any point I wish to, with no further obligation on my part.

_____   _____

           Participant   Date

_____   _____

M.D. Bezuidenhout (researcher)   Date