

## BIBLIOGRAPHY

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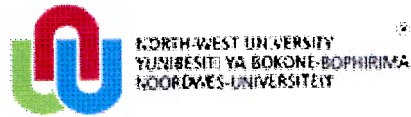
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## ADDENDUM A



### Informed consent

I \_\_\_\_\_ agree to voluntarily participate in REds. I understand that the purpose of REds is to enable me as an educator who is affected by the HIV/Aids pandemic. I understand that REds consists of nine (9) sessions and that each session should take approximately two (2) hours.

I understand that I will be asked to complete a pre-assessment (before starting REds) and a post- assessment (after completing REds). During these sessions I understand that I will complete two (2) questionnaires and make a drawing. This should take about 45 minutes each time and I understand that the facilitator will arrange to do this in a time and place that suits me.

I understand that all information which is collected from me will be kept confidential. I give permission that any information which is collected from me may be used anonymously for research and publication purposes, both in South Africa and other countries.

I understand that if something troubles me while participating, the researcher will be prepared to provide me with information about community resources that can help me.

I understand that participating in REds does not mean that I can present REds to other affected educators without being trained as a REds facilitator.

If I have any concerns about this study or my participation in it I am free to contact the local researcher Moeketsi N.V at 0825740158 or Linda Theron (email: [Linda.theron@nwu.ac.za](mailto:Linda.theron@nwu.ac.za) or 016 910 3076 / 016 910 3082 or P.O. Box 1174, Vanderbijlpark, 1900).

Signature: \_\_\_\_\_

## ADDENDUM B

### EXAMPLE OF PROQOL QUESTIONNAIRE

As a teacher, you help many people. Mark the block that honestly shows how often you felt like this in the last 30 days.	Never	Not often	Quite often	Often	Very often
1. I am happy.					
2. I am worried about more one person I help.					
3. I get satisfaction from being able to help.					
4. I feel connected to others.					
5. I jump or am nervous when hearing unexpected sounds.					
6. I feel re-energized after working with those I help.					
7. I find it difficult to separate my personal life from my life as a helper.					
8. I am loosing sleep over experiences of people I help.					
9. I am affected by the disturbing experiences of those I help.					
10. I feel trapped by my work as a helper.					
11. Because of my helping, I feel nervous about various things.					
12. I like my work.					
13. I feel depressed as a result of my work as a helper.					
14. I feel as if I am experiencing the trauma of those I help.					
15. I have beliefs that support me.					
16. I know how to use helping techniques.					
17. I am the person I always wanted to be.					
18. My work makes me feel satisfied.					
19. Because of my work, I feel exhausted.					
20. I have happy thoughts and feelings about those I help.					
21. I feel overwhelmed by the amount of work I have to deal with.					
22. I believe I can make a difference through my work.					
23. I avoid some situations because they remind me of disturbing experiences of people I've helped.					
24. I plan to be a helper for a long time.					
25. As a result of my helping, I have disturbing thoughts.					
26. I feel frustrated by the system.					
27. I think I am a success as a helper.					
28. I can't remember important parts of when I've helped others.					

29. I am a very sensitive person.					
30. I am happy that I chose to do this work.					

## ADDENDUM C

### OPEN-ENDED QUESTIONNAIRES

<b>QUESTION 1: How has the HIV/AIDS pandemic affected you emotionally?</b>
<b>QUESTION 2: How has the HIV/AIDS pandemic affected you spiritually?</b>
<b>QUESTION 3: How has the HIV/AIDS pandemic affected you physically?</b>
<b>QUESTION 4: How has the pandemic affected you socially/ how has it changed your social interaction?</b>
<b>QUESTION 5: How has the HIV/AIDS pandemic affected you professionally/ impacted on you as an educator?</b>
<b>QUESTION 6: How has the HIV/AIDS pandemic changed your daily routine as an educator?</b>
<b>QUESTION 7: What has helped you to cope with teaching whilst the HIV/AIDS pandemic rages on?</b>

## ADDENDUM D

### AUDIT TRAIL: OPEN CODING OF QUESTION 1 (PRE-TEST)

**Question 1: How has the HIV/AIDS pandemic affected you emotionally?**

<p><b>Participant 1.</b> After <u>burying</u> my cousin and my aunt who <u>died</u> because of this pandemic, I was <u>affected emotionally</u> and <u>asking myself many questions</u>.</p>	<p>Death Death</p> <p>Negatively affected emotionally longing to find answers.</p>
<p><b>Participant 2.</b> I am having <u>fear of what will happen in life</u> for I see people infected and affected daily and <u>I also ask myself why we don't get a remedy to can cure</u>.</p>	<p>Demotivated, fear lowers her self-esteem.</p> <p>Not knowing what to do.</p>
<p><b>Participant 3.</b> <u>I become hurt</u> when <u>I heard that one died because of HIV/AIDS</u>.</p>	<p>Negative emotions</p> <p>Death</p>
<p><b>Participant 4.</b> <u>I become sad /hurt</u> when I see/heard someone <u>died</u> because of HIV/AIDS</p>	<p>Negative emotions</p> <p>Death</p>
<p><b>Participant 5.</b> It affects me in such a way that <u>I had lost hope</u> and <u>I am</u></p>	<p>Demotivated</p>

<u>stressed.</u>	Stress
Participant 6. I am <u>stressed</u>	Stress
Participant 7. I feel <u>stressed</u>	Stress
Participant 8. I got <u>stress</u>	Stress

#### Axial coding: Pre-test Question 1

Similar codes were grouped together and findings were as follows:

Before REs, participants were:

- More **negative and overclouded** by a feeling of **death** brought by the pandemic: participants 1, 3 and 4
- They experienced more feeling of **negative experience** towards how the pandemic makes people feel: participants 1,3 and 4
- More overwhelmed by the way the pandemic makes people feel: participants 1 and 2
- More experiencing a feeling of being demotivated by the pandemic: participants 2 and 5
- More stressed by the way they are affected: participants 5, 6, 7 and 8.

## ADDENDUM E

### AUDIT TRAIL: OPEN CODING OF QUESTION 1 (POST-TEST)

**Question: How has the HIV/AIDS pandemic affected you emotionally?**

<p><b>Participant 1:</b> After REds came to my school, I <u>feel better</u> and I can <u>talk free</u> about HIV/AIDS to my colleagues.</p>	<p><b>More positive feeling</b> Not afraid to talk freely about HIV&amp;AIDS – <b>willing to take action</b></p>
<p><b>Participant 2:</b> Although I am still <u>not completely open</u> about the pandemic, but I have <u>accepted</u> that it is real, and we need <u>to deal with its challenges</u>.</p>	<p><b>Ambivalent feeling:</b> still some reservation <b>Acknowledgement / acceptance</b> of pandemic <b>Willingness to take action</b></p>
<p><b>Participant 3:</b> <u>I now know</u> that HIV is like any other disease, people need to <u>support</u> each other.</p>	<p><b>Knowledge</b> has increased: has knowledge that HIV need not be stigmatised <b>understands people need to stand together</b></p>
<p><b>Participant 4:</b> I know <u>places where I can get support</u>.</p>	<p><b>Knowledge</b> has increased: has knowledge of where to get help</p>

- More **accepting** of the pandemic / people affected by the pandemic: Participants 2, 8
- More **knowledgeable / better informed**: Participants 3, 4, 6, 8