

HARTS Questionnaire

Please fill out the next section to help us see 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 Score (Item 1-15) = _____

The cut-off score is 45. A HART score < 45 suggests intervention may be required for a better transition of care.

Reference:

Zanoni, B. C., Archary, M., Sibaya, T., Musinguzi, N., Kelley, M. E., McManus, S., & Haberer, J. E. (2021). Development and validation of the HIV adolescent readiness for transition scale (HARTS) in South Africa. *African Journal of Reproduction and Gynaecological Endoscopy*, 24(7), e25767.