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| Project: | HUMAN-1 |
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INT01: My name is XX, I’m conducting an interview with type one diabetes patient, we are evaluating between human insulin and analogue insulin, and now it is 09: 07 a.m., welcome to the interview Miss XX.

PT02: Thanks.

INT01: As I told you in the beginning, we will have an interview with you, we are trying to evaluate between analogue insulin and human insulin, where you still under usual care, I would like you to tell me about yourself? Where you live and things like that?

PT02: Aaah, my name is XX, I live in XX ward, I live with one parent, I father has passed away.

INT01: Ahaa, what does your mother do for a living?

PT02: Who?

INT01: What does your mother do?

PT02: She is selling fruits.

INT01: Ahaa, what work do you do?

PT02: I used to be a tailor, now the sewing machine is not operating, so now I'm living with my mother, I'm living with my aunt, I'm taking care of the children.

INT01: Ahaa, where?

PT02: She lives in XX

INT01: Ahaa, XX is where you live now?

PT02: Yes.

INT01: Your level of education?

PT02: My education level is standard seven, but I didn’t proceed with secondary school.

INT01: Ahaa, okay Miss XX, can you tell me a little bit about your diabetes?

PT02: When my diabetes started......., I was urinating, I don't know if there is diabetes in the world, the first day when diabetes started I started urinating, I was urinating until the container was full, I woke up at night and went to empty the container, when I came back I urinate again, then I was drinking a lot of water, so I started to get weak and thin, so my mother and my brothers took me and brought me to a hospital located in the area of..., but I don't remember that hospital because I was still young, it was 2014, later they brought me to the XX hospital, that's where I was diagnosed with diabetes.

INT01: Ahaa, so, you were diagnosed here at XX with diabetes?

PT02: Yes.

INT01: What did they tell you when you went to the first hospital?

PT02: After being tested they told me I have diabetes, so they referred me to come here.

INT01: Okay, good Miss XX, now, let us talk about this project, can you tell me how you joined this project?

PT02: Aaah, as I was told in this project, if we are given that device, and maybe if the blood sugar is normal, we can start a new medication, so after that, when they put the device on me, it stayed for 14 days, so my blood sugar was high, so, they told me to continue with usual care, but they will continue to monitor me and they will continue to call me.

INT01: Ahaa, before you joined the study, how did you know about the study?

PT02: Aah I didn’t know anything about the project.

INT01: So, where did you get the information about this project? Where did you get the information this project? How did you know if there is this project?

PT02: We were told here at the clinic that there is a project from the United States.

INT01: Ahaa, who told you?

PT02: Aaah I don’t remember, but they called my mother and she came here and told her about the project, because currently my phone is not working, so when they inform my mother, then mother gives me information, so, as soon as I get information, I come to the clinic.

INT01: So, where were they telling you about this project?

PT02: It was here at the clinic.

INT01: It was here at the clinic?

PT02: Yes.

INT01: Ahaa, you never attended a by-in-meeting to be told about this project?

PT02: I didn’t attend.

INT01: Ahaa, you didn’t attend a by-in-meeting, so what motivated to take part in this project?

PT02: Aaah, I was motivated because I heard there is a new medicine, they said that there will be a new medicine and we will be given training about new medicine.

INT01: So, new medicine, is the thing motivated you to take part in this project?

PT02: Yes.

INT01: Ahaa okay, so, who made the decision for you to join the project (RCT)?

PT02: I did decision myself, because the RCT team told me that for those who are under 18, the decision will be made by their parents, but for those who are above 18 they can consent by themselves.

INT01: Ahaa, so you involved your mother in making decisions?

PT02: Yes, I got my mom involved and she agreed.

INT01: Ahaa, so, if your mother refused you to participate in the project, what would you do?

PT02: Aaah! It’s okay, but……, aaah I don’t know what to say

Both: [Laughing]

PT02: But she would not refuse.

INT01: Okay, so, did you make the decisions with your mother or did you just do it yourself?

PT02: Aaah, I made decisions myself, so when I returned home, I explained to hers and she agreed.

INT01: Ahaa, so you went to inform your mother but you had already made the decisions?

PT02: Yes, I am the one who decides, because they said from 19 years and above you can make decision by yourself, but under 18 years it is the parent who decides whether you participate in the project or not.

INT01: Ahaa, okay, so when you were told there is a new project, you were told there is a new drug, what was your fear?

PT02: Aaah I wasn't worried, I was just happy, I was really happy, I thank God, after taking off the device (CGM), I was given the money for the fare and it helped me.

INT01: Ahaa, okay, so when you came that day, were you given money for the fare?

PT02: Yes.

INT01: Ahaa, what did you do with the money you were given?

PT02: On my side, to be honest, because what I heard they said that the money for the fare, we will be given it again after three months I think, I didn't understand well on that, so I used that money to buy clothes and supporting the family at home to buy some basic needs.

INT01: Ahaa, okay, what do you understand by the term insulin? What do you understand by the term insulin?

PT02: The meaning of term insulin?

INT01: Yes.

PT02: This is the medicine I use for injecting, that's how I understand it.

INT01: Ahaa, okay, what type of insulin are you injecting?

PT02: Aaah, I use the water and milk insulin, it's the pen, this one here [respondent shows the pen insulin she injects], because in the past we were using the one in bottles, then we were switched to pen.

INT01: Ahaa, for how long did you use the vial?

PT02: From 2014 to 2022, I remember we were switched to pen in October last year.

INT01: Mmh

PT02: Yes.

INT01: You were switched to pen in October last year?

PT02: Yes.

INT01: Ahaa, so can you share your experience of using vials and pen, what is the difference?

PT02: Aaah, what I was thinking, I was thinking that the vial is better, because when I started using this pen, it was like......, the blood sugar was getting high, you inject when you come to test blood sugar, you find it is still high, the blood sugar used to not become normal, but the one in the bottle (vial), if the blood sugar is high, if you inject the blood sugar becomes normal, but for the pen, you have to wait for a long time, you have to wait for a long time for the blood sugar to become normal.

INT01: Ahaa, so, what did you do when your blood sugar was always high?

PT02: Aaah! I kept injecting it until now the blood sugar is staying normal.

INT01: Your dose was adjusted or what did you do to control it?

PT02: No, I didn’t adjust mt dose, I’m still injecting the dose I was directed from the beginning.

INT01: How do you inject you dose?

PT02: In the morning I injects 10 units of Soluble and 15 units of Lente, then in the evening I injects 5 units of Soluble and 10 units of Lente.

INT01: You said that when you used the vial, it didn't give you any challenge like when you started using the pen, so let's look at the time you were using the vial to inject and now you are using the pen to inject. Which one was probably when you were injecting you were feeling pain and it was giving you scars, which one was probably the one that was giving you side effects on your body between the vial and the pen?

PT02: Aaah, I see the one in the bottle, but it was in the past, when I was injecting, when I was injecting, when I was injecting, it was giving me abscess

INT01: The one in the bottle?

PT02: Yes, because you find that you are given injections, but the needles are long, some are short, so we were told to inject carefully, not to inject into the blood vessels, but someone can't know where the blood vessels are, so when you inject, blood comes out, so I continued to inject, finally that problem ended, because we were told to use one needle to inject for two days, on the third day we change the needle, so sometimes you find you forget and then you use the needle for more than two days, so you find yourself getting bruises.

INT01: Okay, when you were using the vial to inject, sometimes it gave you boils, or swelling as you said?

PT02: So, this pen insulin I have never seen any side effects on my body or anything, it is just fine even though the needles are small, we were used to mixing them all together, but now we inject each one separately, so we did not understand, because there are many who we didn't understand how to inject separately, not only me, many people didn't understand, the first day I saw the pen, I was asking myself when I get home, I will forget what they told me, because you have to rotate the pen, but previously we were looking at the needle, because in the needle it easy to put the medicine on number 15, so, you know that I am on the correct number of my dose, so when we switched to these pens….., but we finally understood, so now it is fine.

INT01: Ahaa, okay, so the vial was causing problem giving in the body, compared to pen?

PT02: Yes.

INT01: Okay, how many times a day do you inject?

PT02: I inject twice a day, in the morning and in the evening, because there was a time when my glucometer was stolen, so if you don't have a glucometer, you can't know if your blood sugar is high or low, so, when I come to the clinic to check my blood sugar, before we move here to the new building, our clinic was near the maternity wards, so every time they found me with high blood sugar, high blood sugar, so they changed my dose and I was supposed to inject three times a day, I was taking doses in the morning, afternoon and evening.

INT01: Ahaa, but you have said now you inject twice a day?

PT02: Yes, they changed my dose.

INT01: They changed your dose?

PT02: Yes.

INT01: Yes! And you said that there was a time when they stole your glucometer, now during that period when the glucometer was stolen, how could you know if your blood sugar is high or low?

PT02: Aaah, I can identify in this way, maybe if I'm feeling tired or feeling uncomfortable, I know that my blood sugar is low, if the blood sugar is normal, you'll find that I'm feeling energetic (comfortable), but if I’m urinating a lot, I’m drinking a lot of water, even if I have injected the medicine or not, I drink water a lot, I drink water continuously, so you find that I am full of water, I eat a little food and drink a lot of water, so through that condition I know that my blood sugar is high.

INT01: Okay!

PT02: Yes

INT01: So, when you are feeling uncomfortable or tired you that your blood sugar is low, but if you urinate a lot and drinking water a lot you know that your blood sugar is high?

PT02: Yes.

INT01: So, how the hypoglycemia events or hyperglycemia events are happening to you? How big they are? Starting from hypoglycemia events how big they are?

PT02: Aaah, as I know if the blood sugar is low, maybe you have overdosed, the blood sugar can go low without you knowing, even if you don't have anything nearby to put in your mouth, so when the blood sugar is low you find yourself sweating, you sweat a lot, and then sometimes you feel a headache, extreme hunger, feeling uncomfortable, the body is shaking, feeling exhausted.

INT01: Ahaa, since you joined this project, how often did you have low blood sugar?

PT02: It happens every time, even today it was 5.7, so it happens.

INT01: Ahaa, so since you joined this project how many times your blood sugar was low?

PT02: Yes, sometimes the blood sugar is going low or high, but blood sugar going high is not to that extent, but most of the time my blood sugar is normal.

INT01: So, since you joined this project, how many times has your blood sugar been low?

PT02: Since I joined this project, I can’t explain on that.

INT01: So, hypoglycemia or hyperglycemia events happens every day, or after two days or after a week or every month, how is it?

PT02: No! no! it depends with the situation, I cannot say how many times per week or per day I get hypoglycemia, so I don’t know.

INT01: How long have you been in this project?

PT02: I have joined this project since August, so I have almost three months now.

INT01: Ahaa, three months?

PT02: Yes

INT01: Yes! so, from August to October, how have the hypoglycemia events been?

PT02: Aaah, on my side I think the blood sugar was normal.

INT01: Your bloods sugar has not been low in these three months?

PT02: Yes.

INT01: How has high blood sugar been in these three months?

PT02: To be honest, few days ago I was very stressed, so, every time when I check my blood sugar, I find it is high, every time when I check my blood sugar I find it is high, you find the blood sugar is 11, 12 or 13.

INT01: Ahaa, so, you were stressed, that's why your blood sugar was high?

PT02: Initially, I did not know, if you are stressed it causes blood sugar to be high, maybe it is because of anger.

INT01: Ahaa, what do you do when your blood sugar is high?

PT02: When my blood sugar is high, I inject to make it normal.

INT01: Okay, you said that it's been three months now since you joined the project, has your dose been changed after joining the project?

PT02: No, the dose has not changed, I have been told to continue with my previous dose.

INT01: So, your dose has not changed?

PT02: Yes, has not changed.

INT01: Are there any new instructions that they have given you after joining the project based on your medication?

PT02: [Silent]

INT01: No?

PT02: Yes.

INT01: Ahaa, in the beginning you have said that your glucometer was stolen, so do you have a glucometer now?

PT02: Yes, I have a glucometer, the day I was fitted with the device (CGM), I was given a glucometer on the same day.

INT01: Ahaa, so, how many times a day do you check your blood sugar?

PT02: I check my blood sugar in the morning and evening. But if I don’t feel well, I check my blood sugar, any time I can check my blood sugar if I don’t feel well.

INT01: In the previous time before you joined the study, how many times a day you were checking your blood sugar?

PT02: Aaah, is the same, I used to check my blood sugar in the morning and evening.

INT01: Ahaa, so since you joined this project the routine of checking your blood sugar has not changed?

PT02: No, has not changed, I remember the day I joined this project, they (RCT team) told me that they will be calling me for follow-up because my blood sugar is always high, so, they will be calling me in two weeks to know my blood sugar level, I thank God right now my blood sugar is normal, most of the time it is on 6, 7.

INT01: Oh okay, you said that you inject in the morning and in the evening and you use water (Soluble) and milk insulin (Lente), then to check your blood sugar you also check it in the morning and in the evening, so if we look at your eating, how do you eat?

PT02: Aaah my eating, I really like vegetables, but I don't always eat fruit. But porridge, I like porridge, even though at the beginning it was a challenge to drink porridge with no sugar, I was told I shouldn't use sugar, after I was diagnosed with diabetes they told me to lick one kilogram of sugar, I was very surprised, I have never lick one kilogram of sugar before, so they told me not to use sugar, soda or any sugary food, so right now I can drink porridge with no sugar, I drink porridge with no sugar like other normal food and people are surprised, you will find someone saying "XX why do you drink porridge without sugar?" I tell them I'm used to it, so if it's fruit juice like avocado, I prepare it myself.

INT01: Now let's talk about your eating in a day, maybe when you wake up in the morning you eat something, after a while you eat something, I want to know your meal schedule in a day, how do you eat in order to manage your diabetes?

PT02: Aaah, in fact, I eat three times a day, because we were told that when you wake up in the morning, you should drink porridge, after a certain time, maybe if there is fruit, or maybe there is a banana, you boil it and eat it, in the afternoon, if it is Ugali, I eat it, and the around 04:00 p.m., you eat again, and in the evening the same way, now due to the life we have we can't afford all that, for example we can't afford to eat eggs and other things, in fact when I wake up in the morning if it's porridge I drink porridge, in the afternoon I cook Ugali and seafood (small fish) and vegetables, but we have to eat more vegetables, and in the evening I can eat rice and beans, so I usually eat a little fruit, if it's an Orange I eat a piece.

INT01: Ahaa, that's right, so your eating is usually three times a day, you can drink porridge in the morning, in the afternoon you eat Ugali and vegetables, in the evening you can eat rice and beans, but do you eat less fruit?

PT02: Yes.

INT01: Aha, okay, are there any other new instructions that you were given after joining this project regarding your diet?

PT02: No! nothing new.

INT01: Ahaa, so the instructions you were given before joining the project when you come to the clinic are the same even after joined the project?

PT02: Yes, because we were told about the medicine, and if it happens that we are called, that is not a request, it is necessary to come, because you have already been given a money for the fare, for example, if you get a call and say that we need you in a certain place, you have to follow their instructions, because you have decided to join the project, because they said, they don't force us to join the study, they don't force us at all, the decision is ours.

INT01: Ahaa, very good Miss XX for useful information, so when you go to a party/ceremony, what do you do now when it comes to eating?

PT02: Aaah, on the eating side, I eat rice and beans, because in many ceremonies they don't cook vegetables, I only eat rice and beans because I don't eat meat.

INT01: Ahaa, what do you do when you go to a party to make sure your blood sugar doesn't go high or low, for example they delayed to bring food what do you do? Or Ahaa, what do you do when you go to a party to make sure your blood sugar doesn't go high or low, for example they delayed to bring food, what do you do? How do you choose food at a party?

PT02: Aaah, if I go to a party, I usually go when I have already eaten at home, because I know that I can go there and stay for a long time, and you may find that the food is delayed, so I always prepare food at home and eat, like maybe bananas and potatoes, so I eat to manage my diabetes.

INT01: Okay, you told me that you usually take your pen needle and prick it, you take the water one and prick it, you take the milk one and prick it, what parts of your body do you prick?

PT02: On the thighs.

INT01: Mmh.

PT02: Because where I live, there is no one who can inject me, we usually inject in the hand [the respondent shows the part of the hand], thighs, buttocks and stomach, but in the stomach, I injected once and felt that I can no longer inject in the stomach.

INT01: You inject only once in the stomach and you haven’t injected again?

PT02: Yes

INT01: Why?

PT02: I was worried I can inject in the gut.

INT01: [laughing], why are you worried to inject in the stomach?

PT02: Aah! I can’t!

INT01: [laughing] but in the begging you said that its needle is small?

PT02: I am talking about the vial ones before these pens, vials had long needles.

INT01: So, you think you can inject in a wrong place?

PT02: Yes

Both: [laughing]

PT02: Even though they were telling us to inject careful.

INT01: Ooh! And you said you only inject in the thighs, you can't inject in the arm because you don't have anyone to inject you, do you often inject yourself or does someone help you?

PT02: My mother used to inject me in the past, but sometimes she used to forget maybe because she is old, now I am injecting myself, but in the past my mother used to inject me, but after being given instructions on how to inject myself, I understood but my mother used to forget the instructions, so we were helping each other on how to adjust dose and inject, later I completely understood how to inject myself, so now I can inject myself, I can do everything myself.

INT01: So, now you are injecting yourself?

PT02: Yes.

INT01: Okay, nice, now let’s talk about storage, where/how do you store your medicine?

PT02: Aaah, I remember the medicines I was using last time (vials), we used to take these nylon bags, but now those nylon bags no longer exist, those heavy nylon bags that they used to put in soap, those soaps..., I have forgotten the name of those soaps, the nylon bag was heavy and waterproof, the nylon bag that didn't have any holes, we put medicine in there and close, then you take a pot and put water and then you put the medicine, and then you put it in the far corner of the room, a place where even a child can't see, but these pens even if you put them in your bag, you can put them in your bag, but it should not be near a window or a place that allows sunlight to pass through.

INT01: So, these pens you can put at any place, but the place should not allow sunlight to penetrate?

PT02: Yes.

INT01: Ahaa, so what challenges do you find in storing those pens?

PT02: There is no challenge.

INT01: Ahaa, okay, so, you don't get a challenge when storing pens, but the vials you were using last time, you were supposed to be put in a pot?

PT02: It was a challenge to store the vial, because sometimes it may break, then you have to find another one, because they were advising us if you have a fridge, you can put the medicines in the fridge, but don't put it until it freezes, no! it had to be kept in a cool place.

INT01: Do you feel confident to inject in front of the people?

PT02: Before, it was difficult to inject in front of the people, but now…….., if I don’t know him/her I can’t inject.

INT01: So, now can you inject in front of the people?

PT02: Aah! No!

INT01: Why?

PT02: You know now days you can’t trust people; they ca see injecting and judge you differently

INT01: So, you are worried of being judged by people when see you injecting?

PT02: Aaah, you know someone can't know what disease you have, someone can assume you have AIDS, so as you know these days if someone sees you sick, they think maybe you have HIV/AIDS, or you inject for the family planning method, because one of the family planning methods is using injection, pills etc., so when people see you injecting, they know you are using family planning method.

INT01: Ahaa! So, that's why you're worried about injecting in front of people?

PT02: Yes.

INT01: Do they always stigmatize you when they see you injecting?

PT02: No! I have never been treated like that, some people see me injecting, when they see me injecting, they say "you should go to school and become a doctor", I tell them it's normal, you can become a doctor without even going to university.

INT01: So, lets now talk about exercise, what exercises do you do?

PT02: The exercises I do, I like to play football, rope jumping and jogging.

INT01: Okay, how and how does exercise help you to manage your blood sugar?

PT02: Aaah, I may run and then when I come back to check my blood sugar, I find my blood sugar is normal.

INT01: Ahaa, so, if your blood sugar is high and then you run, then when you come back to check, you find that it is normal?

PT02: Yes.

INT01: Okay, that is good, do you exercise every day or how is it?

PT02: It's often, when I finish my daily activities, when I finish my daily activities, I can say I'm going to walk in the city, I walk, because I like to walk a lot, I don't like to use a car for transport.

INT01: So, you like to walk a lot.

PT02: Yes.

INT01: And since you joined this project, have you seen any changes in your body?

PT02: No, I didn’t see any changes.

INT01: Mmh, okay Miss XX, [ the interviewer gives the respondent a few seconds to relax 00:34:00- 00:34:39], you said that you have three months since you joined this project, now since you joined this project, how have your daily activities been affected because of you taking part in this project?

PT02: Aaah, being affected me in my daily activities?

INT01: Yes, maybe because you joined the project, maybe there are activities you have stopped doing, or because you are in the project there are activities you were not doing but now you are doing them, we want to know since you joined the project, how have your daily activities that you usually do been affected?

PT02: Nothing, nothing has changed, nothing has changed to me.

INT01: Ahaa, what activities do you usually do?

PT02: Aaah, I am a house girl

INT01: You are a house girl?

PT02: Yes.

INT01: Those house activities you are doing, how has been affected because of you taking part in this study?

PT02: My daily activities have not been affected because of taking part in this project, I cannot stop doing my daily activities because of the project, even the society will not agree with me.

INT01: Ahaa, okay, how your family has been affected because of you talking part in this study?

PT02: Nothing, my family has not been affected, my family is fine.

INT01: Okay, are there any other treatments you are using apart from insulin? Other treatments you are using to manage your diabetes such as oral/spray medication?

PT02: Spray medication?

INT01: Yes, are there any other medication you mare using to manage your diabetes apart from insulin?

PT02: Nothing.

INT01: Maybe traditional medicine?

PT02: Nothing, I remember in the begging when I started suffering from diabetes, I was taken to the traditional healers several times.

INT01: In the beginning after being diagnosed with diabetes?

PT02: Yes, you know traditional healers are frauds, I don’t really trust them.

INT01: [laughing]

PT02: They can take your money and you still don't recover, your condition continues to get worse, because if you use traditional medicines you will use a lot without success, but insulin is more helpful than traditional medicine, you find that other traditional medicines are not helpful, but other traditional medicines help a little, so they tried a lot to treat me by traditional medicine, sometimes the blood sugar was going low when you are still there with the local healer, so my blood sugar most of the time when I was there with the local healer.

INT01: So, when you were diagnosed with diabetes, did you first go to the traditional healers to be treated?

PT02: No! no! after being diagnosed with diabetes I came here first.

INT01: You came here first and then you went to the traditional healers?

PT02: Yes, later they started taking me to traditional healers, but we didn't get any success, I said, "I'm tired of going to traditional healers", I better continue with my insulins, if I will not recover or if I will recover, God himself knows, but the main thing is to continue with my medicines, because the money you spend there on local healers could help you and me.

INT01: Ahaa okay, but since you joined this project, you didn’t use traditional medicine?

PT02: Yes.

INT01: Okay.

PT02: I don’t want to use traditional medicine at all.

INT01: And at the beginning you said that when you came here to the clinic they put a device (CGM) on your arm, please tell me about the experience of how you were fitted with that device, how did you feel when you were fitted and after you returned home what did the people who were seeing you with the device (CGM) say?

PT02: Aaah, the first day that I was fitted with the device...., there was a day when we were in a seminar, I don't remember well, on the first day we were told that there is new medicine will be introduced. I was thinking I will feel the pain when they put the device on me, so when I came to be fitted, it was normal, there is no pain, I just felt proud, when I came I was fitted with the device (CGM), when I got home, like after two days, as you know most of the time you are at home doing your work, people must be just passing by, so when they see you, they ask you " XX what is that?" I tell them it's an abscess.

Both: [Laughing]

INT01: You were telling them that you have excess?

PT02: Yes, because it looks like an excess on the hand, so people were believing that is an excess.

INT01: So, they were thinking you have an excess?

PT02: Yes, so they kept coming to know how I was doing, "how are you doing?" I tell them I'm fine, when they see me carrying water they say "you don't feel pain?" I tell them I feel pain, but not too much, I'm going to take a shower, "Are you going to take a shower with that device?" if it gets wet, will it really heal?" I tell them yes, I will recover.

INT01: Why were you telling them it was an abscess and not telling them it was a device to check your sugar?

PT02: Aaah, because even if I explained it to them, they wouldn't understand me at all, they wouldn't understand me, because they can't know about my disease.

INT01: Ahaaa, okay.

PT02: And those were neighbors, for example, if I go to the market to buy supplies, I wear long-sleeved clothes so they don't see.

INT01: Ahaa, okay, there was a day maybe it happened that the device fell? Can you tell me about that?

PT02: Aaah, it never fell off, because when I was fitted with a device, I was bandaged, so it didn't fall off, even after my mother saw the device, she asked me, " XX do you feel pain?" I told her that I don’t feel pain, it's normal, it's simple, it has never fallen or detached, or I've never taken it off, I stayed with it for 14 days.

INT01: Ahaa okay let us continue with our interview XX, so that we can finish.

PT02: Okay.

INT01: Yes, okay, is there any other advantage you got from you taking part in this project?

PT02: On my side.

INT01: Voice up please!

PT02: I have benefited a lot.

INT01: Mmh.

PT02: Yes.

INT01: Because, in the beginning you told me that you were given money for the fare, so is there any other advantage that you got from you participating in this project maybe?

PT02: The benefit that I got, I am really grateful, I did not expect that this project will come, because since I joined the project, I feel proud, even when I see the people of the project (RTC team), I feel very proud.

INT01: How as the follow-up since you joined the project and how was the follow-up before joining the project? how was the follow-up?

PT02: Aah after joined the project they were calling me to know my condition, they were calling me to know about my blood sugar level, but they haven't come home yet.

INT01: How was the follow-up before you joining the project?

PT02: The follow-up was not there.

Both: [Laughing]

PT02: The follow-up was only during the clinic day.

INT01: Mmh.

PT02: Yes.

INT01: So, when you come to the clinic, they ask you about your condition and you explain your challenges to them, but after joining the project the follow-up has increased?

PT02: Yes.

INT01: Okay, what can you advise your other friend who has not yet joined this project?

PT02: Aaah, what I can to advise them, because I always advise them not to use too much sugar, because you may find someone has made tea…..., maybe his/her parent has put a little sugar in the tea, he/she takes another sugar and adds it, I always tell them not to use sugar, sugar is not food, sugar is disease, you can consume a lot of sugar and then later you get diabetes, and later you have no idea how you got diabetes, maybe you can be told that you are infected with diabetes while diabetes is not contagious, because some doctors always make advertisements on the radio about saying that diabetes is contagious, but I really don't believe that it is contagious , if diabetes was contagious even I would have infected even the people at home.

INT01: Okay, what can you recommend to someone to take part in this project, what can you recommend to someone who has not yet joined this project?

PT02: [Silent]

INT01: Would you recommend a friend with type one diabetes to take part in this project?

PT02: [Silent]

INT01: Your friend with type one diabetes your friend who always comes to clinic together, what can you recommend to her/him to take part in this project?

PT02: All my friends have joined the project.

INT01: They have already joined the project?

PT02: Yes.

INT01: Ahaa okay, any other recommendations you have?

PT02: What I can recommend, we should take into consideration the treatment we are given, and participate in the project.

INT01: Ahaa, okay what would you recommend for the improvement in this project?

PT02: What I can recommend, I want new medicine.

Both: [laughing]

PT02: I want new medicine, because, this medicine we use (human insulin) helps but not much.

INT01: Ahaa, so your recommendation is that you want a new medicine?

PT02: Yes.

INT01: What do those who have started using new medicine say?

PT02: They have already started using it, but now...., so they are the ones who know the challenges of new medicine, some say that they are still given water (Soluble, but I’m not sure, others say their blood sugar is always high most of the time, so it is like that, maybe because it's the first time that's why it happens, but there are some whose blood sugar is normal, they are using new medicine and they are fine, so I think that some of them still don't understand how to use it, so if they continue with it, at the end of the day, they will become good teachers for others who still don’t understood how to use it.

INT01: Okay, do you have any questions you want to ask me about this project? Or related to diabetes?

PT02: I was asking that, this project is funded by people from United Sate?

INT01: That is your question?

PT02: Yes.

INT01: Ahaa, at the beginning, the RCT team told you what this project is about?

Both: [Laughing]

INT01: This project is funded by the University of Pittsburg from United State and there are other partners who are in the UK called London School, as well as the Tanzania Diabetes Association (TDA), which is responsible for the distribution of insulin to children and young adults with type 1 diabetes, so there are those stakeholders who have worked together to bring this project to you type 1 diabetes patients, and that is why they have brought this new medicine to check how it works and then later you can all be switched to that new drug, after getting feedback from other patients who have switched to this new medicine at the moment, so they see its performance and advised what should be done or what should be improved, you see?

PT02: Ahaa, so, we will continue to get support from them?

INT01: Yes, that's why there are some things that are given to you as compensation and other things, you are given medicine for free, and things like that, you see

PT02: Mmh.

INT01: Yes, anything else?

PT02: But not every day we will be given money for fare?

INT01: They told you for how long will you be given another money for the fare?

PT02: After three months?

INT01: Because, you were fitted with a device and stayed with it for 14 days, so after three months they will tell you again to come and be fitted with another device

PT02: Ahaa! So, we will be placed with another device in the future

INT01: Yes.

PT02: Why?

INT01: So that they can check your blood sugar after three months, so that they can see how it is managed, and then you will be given money for the fare.

PT02: I got you.

INT01: Yes, so later they will come home, they will take-off the device and then they can put another device based on their guidelines, so, once they put it on you, then they will come to take it off, and then after three months they will be put another device, so it will be done like that for a period of 12 months.

PT02: Ahaa, so it will be for 12 months.

INT01: Yes, you will be fitted with a CGM after every three months, it will be done every three months, three months, three months, a total of six months, then again three months, three months, a total of 12 months, so it will be done like that, you see, maybe something else….., maybe can you tell me about the process of recruitment in the RCT? The whole flow, maybe you can tell me what happened, what happened next until you were fitted with the device?

PT02: [Silent] I remember, I was asked some questions, then I was fitted with a device (CGM), I was told it is painless, I will stay with it and I will be able to do my daily activities, we cannot take advantage of being fitted with a device and stop doing our daily activities, so I was fitted with a device (CGM), and I was told to stay with it for 14 days, and then I be back to the clinic after 14 days.

INT01: Ahaa, is there any tests you were tested?

PT02: Yes, there are also tests we were tested, there are tests we were tested before we were fitted with a device (CGM), we went for a blood test and X-ray.

INT01: Ahaa, okay, anything else?

PT02: I have nothing to add, but what I can say thank you and congratulation for introducing this project, it will help us a lot.

INT01: Ahaa okay, so, I would like to thank you Miss XX, we have come to the end of our interview, and this time is 01: 01 a.am., thank you very much for your time and for the useful information you gave me, we come to the end of the interview, thank you very much.

PT02: Okay, thanks and God bless you.

INT01: Amen, amen.