SUBJECT-1

Male /42 years of Age

(I) HEALTH INFORMATION SEEKING ONLINE

1:

SUBJECT: I’ve done some research on coconut oil. And mostly in the US people will say that coconut oil is not good for you. I don’t find that to be true. If you do….I don’t know, I think it’s part of being a researcher and knowing how to search the internet, and I go back to a lot of “indigenous” people from centuries ago, and decades ago, and how they lived and how they’re healthy, and I’m like ok. They lived to be these ages and they had this proper diet and stuff like that. So that’s what I mean, I just research and find my truth. I don’t go by the main…like they say saccharin is good for you, that’s rat poison, I don’t believe that. But I’m not here to change people’s minds. I just do what I need to do.”

2

SUBJECT: “I research a lot of herbs and stuff. Or some medications. I look up stuff if someone wants to give me something, I look it up to see what it is.”

Interviewer: “Was there any instance recently where you searched for your own symptoms or one of your own challenges?”

3.

SUBJECT: “Yes. When I was nearly diagnosed, I searched for the relation between HIV and enterophenea. I was asking myself whether they had a connection with one another and was it manageable. Does it affect one another? It gave me a better understanding that they individually affect one another. One is with lymphocytes and one is with neutrophylls. They target two different areas of my immune functionality. They can both be carried forward in ways, but indirectly they do affect one another. They both in themselves are manageable with proper care. I started to look up for natural things like switching to fruits that help to generate better health and heal gastro intestinal problems. I did a research about Amish medicines and homeopathic medicines.”

II. RESPONDENTS EXHIBITED CRITICAL ONLINE INFORMATION LITERACY SKILLS

1:

SUBJECT: “It depends on what it looks like from the beginning. If it has that little lock on the corner on top then I know it’s a secured site and I know I can sit back and relax a little bit. That helps quite a bit.”

USING ONLINE FORUMS and SEEKING INFORMATION-(DOUBLE CODING)

2:

SUBJECT: “When I am looking at an information I try not to look at people’s opinions and try and look into facts because everyone has a certain opinion and our writing takes things into consideration which adversely affects many people and this is an occurrence that happens to a lot of people that are experiencing this. That will be something very hard to ignore. But not everything happens to everybody, whether it is experiences, symptoms or side effects. It’s really a mess and we need to take out a lot of information and be aware of it. If you are trying different therapies, then there is one such possibility. We should have the facts in hand.”

(III) RESPONDENTS ACTIVELY FACTORED HEALTH INFORMATION INTO THEIR DISCUSIONS WITH HEALTH CARE WORKERS

1:

SUBJECT: “Yes. In the instance of my thyroid. I brought up a test that I was given told and learnt about this particular company I have on my web, life extension. They’re for treatment and prevention and they had a different test than what I thought I was given. It says most doctors or healthcare providers rather, don’t use the best testing for thyroid and everything. And I suggested the new way and I don’t know, I don’t think I got a response. But I felt a little like well doctors do what they do. They use the test that they got and I just….I haven’t really felt like I got that result where I wanted. I did the testing myself. And it was called a Basil test where you do your temperature in the mornings before you even get out of bed. And you did that for a week or two weeks and I recorded it on paper and was gonna take it to my doctor. But they had already diagnosed me with low thyroid. So I just kind go with that since it’s a free clinic.”

2

SUBJECT: “yes, there is a certain hormone they used to inject and I got that information and printed it out and took it to my doctor. She looked into it and we ended up using it.”

(IV) SENSE OF EMPOWERMENT

1:

SUBJECT: “For example, I will look up whatever drug I’m taking, I will look it up on the internet to find out as much as I can about it.”

INTERVIEWER: Tell me a story or tell me an incident where doing that actually helped you a lot. Like tell me something.”

2:

SUBJECT: “Ok there is this simple one. I was taking this Zyprexa…”

INTERVIEWER: “What do you take it for?”

SUBJECT: “Just depression.”

“INTERVIEWER: “Ok.”

3:

SUBJECT: “And I got on the internet and I found out that actually I could have more than what I was being prescribed. And so when I went and talked to my doctor I said hey I looked on the internet and it said I could have up to this much. And he said hey you’re right, and so he gave me up to that much. So that was very positive.”

INTERVIEWER: “How did you feel after this?

4:

SUBJECT: “Oh yeah. That was a big deal. And then another time it was Remeron that I am taking right now, I did the same thing with that and they said that yeah you can have more than what I am taking. I’m gonna go and see the doctor in a month and I am gonna tell him that I can take more of this stuff than what you gave me. And I’m pretty sure he will do that too.” That made me feel in control of my life, my health and my ability to manage it”