## Table S1 Baseline characteristics of study population, n= 124

| **Variable** | **Levels** | **Total** |
| --- | --- | --- |
| Age, years  | Median (IQR)  | 39.0 (34.0 to 45.0)  |
| Gender  | Female  | 68 (54.8)  |
| Male  | 56 (45.2)  |
| Ethnicity  | Black African  | 121 (97.6)  |
| Coloured  | 1 (0.8)  |
| Other  | 2 (1.6)  |
| Time since ART initiation, years  | Median (IQR)  | 4.1 (1.5 to 6.1)  |
| Current ART regimen | TDF / FTC / EFV | 74 (59.7) |
| TDF / 3TC / DTG | 50 (40.3) |
| Time on current regimen, years  | Median (IQR)  | 1.6 (0.7 to 5.0)  |
| ART side effects  | No  | 120 (96.8)  |
| Yes  | 4 (3.2)  |
| Enrolment CD4 count category, cells/µL  | <200  | 21 (16.9)  |
| 200-349  | 25 (20.2)  |
| 350-499  | 29 (23.4)  |
| >=500  | 49 (39.5)  |
| Last time participant missed a dose of ART  | <2 weeks  | 30 (24.2)  |
| 2-4 weeks  | 16 (12.9)  |
| 1-3 months  | 16 (12.9)  |
| >3 months  | 8 (6.5)  |
| Never  | 54 (43.5)  |
| Number of ART doses missed in past 4 days  | 0  | 95 (76.6)  |
| 1  | 14 (11.3)  |
| 2  | 9 (7.3)  |
| 3  | 2 (1.6)  |
| 4  | 4 (3.2)  |
| Urine tenofovir concentration, ng/mL  | Median (IQR)  | 20000 (7280 to 33625)  |
| Dried blood spot tenofovir diphosphate concentration, fmol/punch | Median (IQR) | 734 (471 to 1015) |
| Enrolment viral load, copies/mL | <50  | 57 (46.0)  |
|  | 50-999  | 23 (18.5)  |
|  | ≥1000  | 44 (35.5)  |
| Any HIV drug resistance against current regimen?  | No | 19 (15.3)  |
|  | Yes  | 24 (19.4)  |
|  | Unsuccessful | 1 (0.8) |
|  | Viral load <1000 copies/mL  | 80 (64.5)  |