

## Appendix

### The content of the SMS for intervention

1. Have you all taken medicines today? Remember your future is still long, so please take your medicines regularly so that you can be with your family and see your children and grandchildren get married.
2. Take medication immediately if you are already diagnosed with drug-resistant TB. Don't delay taking medicines before it is too late! Love your lungs before they are getting more damaged! Lung damage can cause hemoptysis (the expectoration of blood).
3. You have to Be Sure, and don't ever get tired of taking medicines based on the advice. Regularly take medicines so that your disease can be cured. The length of taking medicines for drug-resistant TB is 2 years and 8 months of injection. If you do not regularly take the medicines, your disease will get worse to become XDR TB (Extensively Drug-Resistant Tuberculosis).
4. If you do not take medicines even just for one day, it will worsen your condition. Bring your medicines with you wherever you go.
5. How to overcome the feeling of being tired and bored of taking medicines??? Share your experience and complaints with your friends. Call each other during the time to take medicines. Remind each other for the recovery together.
6. Injection can be very painful, but you have to have faith that you can recover. Come to the health service to acquire the injection 5 times a day in one week. Follow the advice of the Doctor/Health Officer because injection and medicines are one package.
7. Don't think about the pain, but think about being recovered; pain is only temporary and all diseases have the medicines as the cure. Just go through it.
8. The ways to reduce the side effect of feeling nausea and vomiting: Don't eat in a big portion. Eat in a small portion, but eat and drink more often and slowly. Avoid food that is too sweet, oily, or fatty.
9. How can you recover? The Medicine Package from the doctor is the only medication that can cure drug-resistant TB. If you take the medicines not from the doctor, it will make your body feel good for a while, but the disease in your body cannot be cured.
10. The nonmedical medication will exhaust you and only waste your time. Eventually, your disease will get worse.
11. Don't feel that you are alone; there are still many people who care for you. Don't be lazy to take medicines so that you can recover soon, and we can play again.... Being ill will erase our sins and it means God still loves us.
12. Remember to check your health to a laboratory in accordance with the advice of the doctor! Remember! Don't forget to check your drug-resistant TB to a laboratory in the hospital determined routinely in accordance with the advice of the doctor until you are declared to have healed.
13. Communication with the health officers. If you experience complaints or side effect, immediately contact and discuss with a health officer/doctor.
14. Obey the advice of the health officers in medication and other examination schedules.
15. Use a mask to maintain your health and the health of others. If we get infected with drug-resistant TB, our body will get diseases easily, so you have to use a mask.
16. Close your mouth with a tissue when you are coughing and bring tissues with you when travelling. Again close your mouth when you are coughing with a tissue and throw that tissue into a trash bin that gets the sunlight and then burn it.
17. Throw mucus in a place filled in with Lysol/byclean. Don't throw your mucus anywhere. Throw your mucus in a container filled in with Lysol or byclean, and then throw it to a water drain.
18. Eat nutritious food. Eat plenty of fish, drink juice everyday, eat fruits, and drink milk. If you do not have any appetite, make effort to keep eating little by little but many times.
19. Avoid drinks and foods containing dairy, fat, soda, or supplements (additional drinks) taken together with medicines. Thus, it is better to consume those drinks and foods two hours before or after taking medicines.
20. Accept yourself as the drug-resistant TB patient (not feeling ashamed, not being aloof). Don't be ashamed that you suffer from the drug-resistant TB and immediately have some medication to the health service provided (H Adam Malik Hospital, Haji Hospital, Pirngadi Hospital). Don't think that this drug-resistant TB cannot be cured.

### Keep the spirit to take medication until you recover.

21. Stay communicating with friends and family. Don't be aloof, and join your family. Build a good relationship with the closest people that can help speed the recovery of your health.
22. Take a rest. Take enough rest so that your body is always fit. Sleep at the same hour every night, and try to wake up at the same hour every day.
23. Don't take a sleeping pill unless it is prescribed by your doctor. During the sleeping time, avoid the sound that can disturb your sleeping comfort.
24. Try to sunbathe every morning from 9 AM for around 15 min. If you need to take a nap, make sure that the duration of the nap is not too long, just for 30 to 45 min.
25. Do light physical activities and avoid the activities that can worsen the condition. Do sports regularly and don't do sports when you are just about to sleep. Do sports at least three hours before you are going to sleep.
26. Don't smoke and don't consume alcoholic drinks.
27. Pray regularly, as being sick erases our sins. It means God loves us because until today we are still given the change to do activities. Therefore, take medicines regularly so that you can keep doing your daily activities.