

Addendum B

Audit Trail to Illustrate Inductive Data Analysis of Time 3 Data

Body-mapping

Extract 1

Participant: why, what makes it so unique, like, I know how to hold a conversation and I know how to talk to whoever, however, I guess it's something to adjust to any environment. Uhm I grew up in a family, they also talk a lot... you understand, so you never feel left out... coz I'm gonna talk to you one way or another so yeah...

Researcher: okay and your superpower Mr listener...

Participant: Laughs... people tend to talk more when I listen so...

Researcher: ohh so how does that help you?

Participant: I get to know more things, lot of stuff, understands, I get to get different perspectives, and ja, and I get to know how people think...

Extract 2

Researcher: And jogging you enjoy because...

Participant: That's when I get like a piece of mind, that's when I relax and also just going out because I'm usually inside the house so I enjoy it because that's when I'm out and I'm just not thinking about anything. Just focusing on myself because when you're jogging you're not talking to anyone you just put my headphones and just run so that's when I get to just be alone to just think.

Researcher: And how does that jogging affect your body?

Participant: It helps me a lot because I don't want to have a big body so it helps me to have a nice shaped body and also to just to just relax maybe if I'm stressed and stuff after my jogging I just get relaxed.

Extract 3

Participant: And then there's exercise, exercise it helps a lot with my health, even though there are fumes or there's pollution I still manage to be healthy, to live and not to be sick because of exercise decreases my chances of being sick. So if you don't

make time for your health you will be forced to make time for it so I try to make as much time as I can for my health.

Researcher: And how do you exercise? What do you do?

Participant: I go to the gym and in my room before I sleep I do push ups and sit ups and I do some exercises before I go to work sometimes yes so...

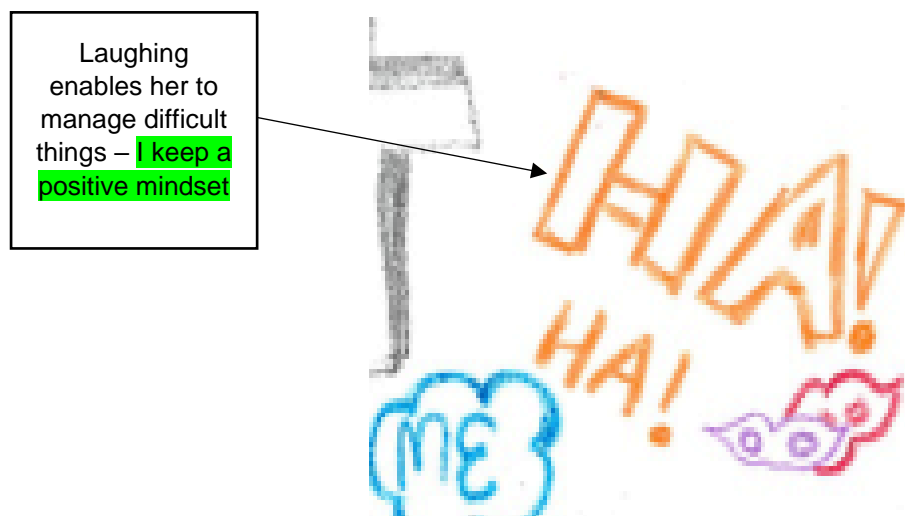
Extract 4

Participant: That is me and I am especially fascinated by music. I love writing and love listening to it and it basically inspires me every day ... what gets me going through the day is just thinking about my goals, my possibilities and what tomorrow might hold

Draw-Write-and-Talk

Figure X

Sample of inductive data analysis of visual data



Extract 1 (Parts of these interviews have been omitted for the purposes of this Addendum)

Participant: "uhm it's this one uh laughing so laughing helps like laughter is the best medicine so what it does is, whenever you make, okay here in eMba there's a lot of things that happen but we laugh about it now like okay we burnt the mall, we laugh about it now like it was hard during that time but then laughter helps you relate to it, it helps everyone kinda join in and laugh about the difficulty and not take them so hard

ja and in a way we come up with solutions you know through a good way through laughter if I can put it like that... lastly me I make things okay when you think that it's gonna be okay then it's gonna be okay you know, at some point it's your mind set so uhm if you think you're gonna make it then you gonna make it, there's nothing that can change your mind..."

Extract 2

Participant: ah it's like, okay, sometimes, okay now I'm a student so last year I repeated grade 11 so that has hurt me a lot but for me to overcome that I had to be patient wabo, study a lot wabo, just relax... laughter... and then things got better this year I'll be matriculating

Table 1

This is an example of how the extracts that appeared to answer my research question developed into open codes and axial codes.

Extracts that appeared to answer my research question	Open code	Axial code/candidate theme
I know how to hold a conversation and I know how to talk to whoever, I guess it's something [that helps me] to adjust to any environment.	Being able to talk with anybody helps her to adjust to any environment	I am social
people tend to talk more when I listen so... ohh so how does that help you? I get to know more things, lot of stuff, understands, I get to get different perspectives, and ja, and I get to know how people think...	Likes to listen to others and values the benefits of listening to others	I am social
uhm it's this one uh laughing so laughing helps like laughter is the best medicine so what it does is, whenever you make, okay here in eMba there's a lot of things that happen but we laugh about it now like okay we burnt the mall, we laugh about it now like it was hard during that time but then	Humour/laughing enables her to manage difficult things	I keep a positive mindset

laughter helps you relate to it, it helps everyone kinda join in and laugh about the difficulty and not take them so hard ja and in a way we come up with solutions you know through a good way through laughter if I can put it like that		
lastly, me I make things okay when you think that it's gonna be okay then it's gonna be okay you know, at some point, it's your mindset so uhm if you think you're gonna make it then you gonna make it, there's nothing that can change your mind	Thinking that everything will be OK helps her to be OK	I keep a positive mindset
ah it's like, okay, sometimes, okay now I'm a student so last year I repeated grade 11 so that has hurt me a lot but for me to overcome that I had to be patient wabo, study a lot wabo, just relax... laughter... and then things got better this year I'll be matriculating	Perseverance/being patient and working toward a future dream enables resilience	I look to the future
uhm what gets me going through the day is just thinking about my goals, my possibilities and what tomorrow might hold	Thinking about future goals support his resilience	I look to the future
That's when I get like a peace of mind, that's when I relax and also just going out because I'm usually inside the house so I enjoy it because that's when I'm out and I'm just not thinking about anything. Just focusing on myself because when you're jogging you're not talking to anyone you just put my headphones and just run so that's when I get to just be alone to just think. And how does that jogging affect your body? It helps me a lot because I don't want to have a big body so it helps me to have a nice shaped body and also to just to just relax maybe if I'm stressed	jogging helps her to manage her body shape and just to relax and gives her a chance to focus on herself	I look after body

and stuff after my jogging I just get relaxed.		
there's exercise, exercise it helps a lot with my health, even though there are fumes or there's pollution I still manage to be healthy, to live and not to be sick because of exercise decreases my chances of being sick. So if you don't make time for your health you will be forced to make time for it so I try to make as much time as I can for my health.	"exercise" helps a lot with his health, decreases the chance of getting sick	I look after my body

Table 2

Inclusion and exclusion criteria

Candidate Theme	Inclusion Criteria	Exclusion Criteria
I keep a positive mindset	It includes any reference to data about adolescents being optimistic/hopeful about themselves or their present situation despite living in an unfavourable environment.	This does not include data about venting negative emotions and/or others modelling optimism.
I take care of my body	It includes any reference to healthy eating and physical exercise to keep in shape and healthy/well and/or grooming.	This excludes any reference to data where healthy eating/physical exercise is taken to extreme measures or becomes health-threatening (e.g., being rigid about a very restricted kilojoule count).
I look to the future	It includes any reference to the adolescents setting positive goals, being positively oriented to the future or having future aspirations.	This excludes any data that was about negative visions of the future or concerns about the future. It excludes data about thinking positively about the present or the past.

I am social	It includes any reference to adolescents speaking multiple languages which makes it easy for them to communicate with others, being social (e.g., talking with others) and/or enjoying interacting with others. They also have the capacity to listen to others.	<p>This data does not include references to socialising with an educational purpose (e.g., teaching peers about safe sex).</p> <p>It excludes social interactions with peers who exert negative influences on adolescents.</p>
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Addendum C

Audit Trail to Illustrate Deductive Data Analysis of Time 1 Data

Body-mapping

Time 1

Extract 1

Participant: "So, I personally I am positive by living here because we have many opportunities, er... given to us by Sasol and there's hope. You know we have a brighter future economically and as for the social part of it... Well, I am a positive person..."

Extract 2

Participant: So, I decided that I wake up every day at 6 o'clock and go to the gym. I go to the gym twice a day in the morning and in afternoons, but it's a habit I started off lately. It's something new, so, it's something I'm doing for my body.

Draw-Write-and-Talk

Time 1

Extract 1

Participant: "Okay um, what I have drawn ... that is basically blue waves, which is basically positivity. So what this basically means for me is that although we are living near plants that actually affect us, it does not basically kill us, it does not basically stop us from thinking, it actually allows us to grow..."

Extract 2

Participant: "...my dreams and my imagination, they go further than I can go physically and it challenges me, it inspires me and I like that a lot because it keeps me thinking about the future..."

Table 3

Demonstration of how extracts that appeared to address my research question linked with the themes I had developed.

Extracts that appear to address my research question	Linked theme
"So, I personally I am positive by living here because we have many opportunities, er... given to us by Sasol and there's hope. You know we have a brighter future economically and as for the social part of it... Well, I am a positive person..."	I keep a positive mindset
"...So, I decided that I wake up every day at 6 o'clock and go to the gym. I go to the gym twice a day in the morning and in afternoons, but it's a habit I started off lately. It's something new, so, it's something I'm doing for my body."	I look after my body
"...that is basically blue waves, which is basically positivity. So what this basically means for me is that although we are living near plants that actually affect us, it does not basically kill us, it does not basically stop us from thinking, it actually allows us to grow..."	I keep a positive mindset
"...my dreams and my imagination, they go further than I can go physically and it challenges me, it inspires me and I like	I look to the future

that a lot because it keeps me thinking about the future..."	
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Addendum D

Excerpt of Researcher Diary: Data Generation

16 March 2019

Reflecting on my experience of working with a co-researcher:

I had a great experience working with K (my co-researcher) because we leaned on each other for help when we were uncertain about the data generation process. I had visited the site before, so K asked numerous questions on what to expect. Answering these questions as best I could, helped me to remain calm because I was nervous at the start of our journey to the site. K also helped ease my nerves by providing encouraging words. She also helped me set up the venue by assisting in setting up the chairs and tables we used for the Draw-Write-and-Talk activity.

Reflection on my experience throughout the data generation process:

At the start of the drive to eMbalenhle I was a little nervous about the data generation process, I guess being nervous came from the first experience I had at the site in 2018 when very few participants showed for the day. This had made me nervous on that day because I was afraid the data would not have enough saturation to answer the research question at that time. However, after having a pep talk with myself in my mind and also expressing these concerns to my co-researcher and the project manager, I felt reassured about the process. When we arrived at the site, we waited a bit for the adolescents to arrive (yeah! All 10 came). Upon arrival, we were greeted with friendly faces, and this made me even more excited for the process. Because I was aware of the language differences, I suggested that we help one another when language difficulties arise. I also told the adolescents that English was my second language. Everyone in the group was comfortable with the suggestion and agreed that it was a good idea. After this agreement was established, I could see that everyone was more open to sharing and even added their experiences when others shared similar stories. During the activities, I noticed that most of the participants spoke about or drew how

being positive or having positive thoughts encouraged them to be OK during difficult times. I enjoyed getting to know the group of adolescents and listening to their experiences on what they did to be OK in challenging situations and most of their stories were inspiring to say the least. Once the data generation was complete with my group, I wondered what resources the 5 who were not in my group had mentioned and began thinking about what K's group generated (I was worried they might not have spoken about personal resources). During our drive back from the site, K and I were debriefing on our experience, and she had assured me that the adolescents in her group had mentioned personal resources. This was reassuring to me and made me excited to complete the data analysis to explore what personal resources enable the group of adolescents.

