

Determinants of Disclosure on HIV Sero-Status Among People Living With HIV and on Antiretroviral Treatment at Mombasa County Referral Hospital, Kenya

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It is estimated that Kenya has 1.6 million people living with HIV and 88,000 new adult infections annually. The objective of this study was to explore the level of HIV sero – status disclosure and the disclosure outcomes among PLHIV on ART treatment. A cross-sectional study design was employed. Quantitative and qualitative data was collected. Univariate and multivariate analyses were performed using SPSS version 20, frequencies generated for categorical variables and comparison between proportions examined using Chi– square test. A sample size of 432 was arrived at using Cochran’s formula. Simple random sampling was used to recruit the subjects and all signed a written informed consent. The quantitative results showed 174 (40.3%) of the subjects were male and 258 (59.7%) female. The mean age was 35.0 years. The overall disclosure rate among PLHIV was 79.2%. Key determinants of disclosure were disease transmission (AOR 21.125; 95% CI 6.942-64.286), unfaithfulness (AOR 7.133; 95% CI 3.713-13.628) and consistent condom use (AOR 5.619; CI 2.659-11.873). Qualitative findings on disclosure perceptions showed 42.78% good, 32.97% low self esteem, 17.3% guilt and 6.22% shame. The study realized 46% of PLHIV were not aware of their spouse HIV status despite being on care.

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