

Magnitude of HIV status disclosure and associated factors among patients receiving HIV treatment in Kigoma Municipal Council.

Heguye, Abel S. (2017)

Abstract

Background: People living with HIV/AIDS (PLHIV) have difficulties in disclosing their HIV positive status to others for fear of negative consequences. This attitude affects the HIV prevention, care, and treatment efforts. Objective: The objective of this study was to assess the magnitude of HIV positive status disclosure and explore determinants of disclosure among PLHIV in Kigoma municipal Council. Methods: This was a cross-sectional study employing both qualitative and quantitative techniques. The study participants were randomly recruited amongst PLWHA receiving treatment at three selected health facilities between August and September 2017. Data was collected through face-to-face interview using a standard questionnaire. Logistic regression was used to assess the association between various independent variables with HIV positive status disclosure. All analyses were performed in SPSS statistical software. Results: A total of 284 PLHIV receiving treatment in the three selected facilities were recruited for this study. The study participants comprised 192 (67.6%) women and 92 (32.4%) men. The majority of the participants (75%) were 40 years or older. Out of the 284 participants, 243 (86.8%) reported that they had ever disclosed their HIV positive status to anyone. The findings showed that education level and marital status were independently and significantly associated with HIV positive status disclosure. Compared with those with no formal education, participants with secondary or higher education level were 85% less likely to disclose their HIV positive HIV status [odds ratio (OR), 0.15 (95% confidence interval (CI), 0.03, 0.75), $p=0.002$]. with regards to marital status, participants who were not married (single, divorced, or widowed) were more than three-fold likely to disclose their HIV positive status compared to those who were not married (OR, 3.72 (95% CI, 1.20, 11.51), $p=0.02$). Consequences/challenges associated with disclosure included violence, loss of social and economic support, stigma, and other Conclusions and recommendations Overall disclosure rate in this population was high. Education level and marital status were the most important determinants of disclosure. Interventions should be employed to increase the rate of disclosure.