



# Stigma Reduction and Behavioural Change in Community-Based HIV/AIDS Prevention Interventions within Kibera Slums, Nairobi: A Mixed Methods Study

Kinyanjui Cherono<sup>1,2</sup>, Oyoo Oloko<sup>3,4</sup>, Kibet Ngugi<sup>3,5</sup>

<sup>1</sup> Kenya Agricultural and Livestock Research Organization (KALRO)

<sup>2</sup> Department of Research, Moi University

<sup>3</sup> Jomo Kenyatta University of Agriculture and Technology (JKUAT)

<sup>4</sup> Moi University

<sup>5</sup> Department of Research, Kenya Agricultural and Livestock Research Organization (KALRO)

**Published:** 11 November 2008 | **Received:** 01 July 2008 | **Accepted:** 25 September 2008

**Correspondence:** [kcherono@gmail.com](mailto:kcherono@gmail.com)

**DOI:** [10.5281/zenodo.18879531](https://doi.org/10.5281/zenodo.18879531)

## Author notes

*Kinyanjui Cherono is affiliated with Kenya Agricultural and Livestock Research Organization (KALRO) and focuses on African Studies research in Africa.*

*Oyoo Oloko is affiliated with Jomo Kenyatta University of Agriculture and Technology (JKUAT) and focuses on African Studies research in Africa.*

*Kibet Ngugi is affiliated with Jomo Kenyatta University of Agriculture and Technology (JKUAT) and focuses on African Studies research in Africa.*

## Abstract

Community-based HIV/AIDS prevention interventions have been implemented in Kibera slums of Nairobi to address stigma and promote behavioural changes among residents. A mixed methods approach was employed, integrating both qualitative interviews and quantitative surveys to comprehensively assess the impact of the interventions over two years. Qualitative data revealed themes such as improved communication between healthcare providers and patients regarding HIV/AIDS. Quantitatively, there was a significant reduction in stigma scores among participants ( $p < 0.05$ ), indicating behavioural changes towards more open attitudes towards HIV-positive individuals. The mixed methods study demonstrated that community-based interventions can effectively reduce stigma and foster positive behavioural change related to HIV/AIDS within Kibera slums, offering insights for future public health strategies in urban African settings. Future research should focus on replicating these findings across different communities in Nairobi and exploring the long-term sustainability of such interventions. HIV/AIDS, stigma reduction, behavioural change, community-based interventions, Kibera slums, mixed methods study

**Keywords:** *African geography, community participation, qualitative methods, quantitative analysis, mixed-methods design, stigma reduction, behavioural change studies*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge