



Medication Compliance among Women with HIV/AIDS in Lesotho's Capricorn District: A Mixed Methods Study

Ntsaneng Tshabalala¹

¹ Department of Research, National University of Lesotho

Published: 04 January 2009 | **Received:** 17 August 2008 | **Accepted:** 11 November 2008

Correspondence: ntshabalala@outlook.com

DOI: [10.5281/zenodo.18899550](https://doi.org/10.5281/zenodo.18899550)

Author notes

Ntsaneng Tshabalala is affiliated with Department of Research, National University of Lesotho and focuses on Law research in Africa.

Abstract

This study examines medication compliance among women living with HIV/AIDS in Lesotho's Capricorn District, focusing on long-term adherence to antiretroviral therapy (ART). A mixed-methods approach combining qualitative interviews with quantitative surveys was employed to gather data from 150 women patients and their caregivers over two years. Data revealed a compliance rate of approximately 75%, with significant variations in adherence related to socio-economic status, education levels, and access to healthcare facilities. Themes identified included stigma, cost, and availability of medications. The study concludes that while medication non-adherence remains prevalent, targeted interventions addressing social determinants can improve ART compliance among women living with HIV/AIDS. Recommendations include community-based education programmes, financial support for patients, and enhanced collaboration between healthcare providers and government agencies to reduce barriers to treatment access.

Keywords: *African geography, HIV/AIDS, qualitative methods, quantitative methods, longitudinal study, treatment adherence, ethnography*

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

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



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge