



Effectiveness of Community Support Groups for HIV+ Patients in Nairobi, Kenya: A 2013 Analysis

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Abstract

Community support groups for HIV+ patients have emerged as a crucial intervention in managing chronic diseases such as HIV/AIDS. A mixed-methods approach was employed, including qualitative interviews with group members and quantitative surveys among a sample of 200 participants. Support group attendance correlated significantly ($p < 0.05$) with improved medication adherence, demonstrating an average increase in treatment compliance from baseline. Community support groups appear to be effective in enhancing HIV+ patients' adherence to antiretroviral therapy and improving their quality of life. Further research should explore the scalability and sustainability of these interventions across diverse urban populations, particularly those with limited healthcare resources. Treatment effect was estimated with $\text{text}\{logit\}(\pi) = \beta_0 + \beta^T p X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African geography, HIV/AIDS, qualitative research, community health, social support networks, public health interventions, epidemiology, chronic disease management

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