



A Qualitative Exploration of the Acceptability and Feasibility of a Peer-Delivered Psychosocial Intervention for Adolescent Girls Living with HIV in Harare

Tariro Chigudu^{1,2}, Rumbidzai Ndlovu^{3,4}, Farai Moyo¹

¹ Chinhoyi University of Technology

² Department of Internal Medicine, Scientific and Industrial Research and Development Centre (SIRDC)

³ University of Zimbabwe, Harare

⁴ Department of Epidemiology, Scientific and Industrial Research and Development Centre (SIRDC)

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Correspondence: tchigudu@outlook.com

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Author notes

Tariro Chigudu is affiliated with Chinhoyi University of Technology and focuses on Medicine research in Africa.

Rumbidzai Ndlovu is affiliated with University of Zimbabwe, Harare and focuses on Medicine research in Africa.

Farai Moyo is affiliated with Chinhoyi University of Technology and focuses on Medicine research in Africa.

Abstract

Adolescent girls living with HIV in Zimbabwe face considerable psychosocial challenges, including stigma and mental health burdens. Accessible and acceptable models of psychosocial support remain scarce in resource-limited settings such as Harare. This study explored the acceptability and feasibility of a proposed peer-delivered psychosocial intervention for adolescent girls living with HIV in Harare, from the perspectives of adolescents, their caregivers, and healthcare providers. A qualitative descriptive study was conducted using purposive sampling. Data were collected through in-depth interviews and focus group discussions with adolescent girls living with HIV, their caregivers, and healthcare workers. Thematic analysis was employed. The intervention was highly acceptable to participants. Adolescents valued the shared experience and relatability of peer supporters, with a prominent theme being the reduction of isolation through facilitated peer connection. Feasibility concerns centred on logistical challenges, including transport costs for peer supporters and the need for robust training and supervision. Maintaining confidentiality within close-knit communities was also a noted concern. A peer-delivered model is a promising approach to address the psychosocial needs of adolescent girls living with HIV in this context. Its potential success is contingent upon addressing practical implementation barriers. Future intervention design should incorporate comprehensive training and sustainable remuneration for peer supporters. Piloting should include secure, adolescent-friendly spaces and explore integrated delivery within existing clinic structures to enhance feasibility. adolescent health, HIV, psychosocial support, peer delivery, acceptability, feasibility, qualitative research, Zimbabwe This study provides formative evidence from multiple stakeholder perspectives to inform the adaptation and implementation of a contextually appropriate peer-support intervention for a vulnerable population.

Keywords: *adolescent HIV, psychosocial intervention, peer support, qualitative research, sub-Saharan Africa, feasibility, acceptability*

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