



# Impact of Peer Counseling on HIV/AIDS Prevention Among Young Mothers in Dakar, Senegal: Six-Month Follow-Up

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**Published:** 06 September 2021 | **Received:** 12 April 2021 | **Accepted:** 11 July 2021

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**DOI:** [10.5281/zenodo.18735169](https://doi.org/10.5281/zenodo.18735169)

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## Abstract

HIV/AIDS remains a significant public health challenge in Senegal, particularly among young mothers who are at higher risk due to socio-economic and cultural factors. A mixed-methods approach was employed, including structured questionnaires and focus group discussions with participants aged 18-35 who had received peer counseling services over the past year. Data were analysed using descriptive statistics and thematic analysis. Of the 200 respondents, 75% reported maintaining their preventive behaviors as recommended by the counselors, while 25% demonstrated reduced adherence due to personal circumstances or lack of support from family members. Peer counseling significantly improved young mothers' HIV/AIDS prevention practices over six months, with a notable increase in condom use and regular health check-ups. However, ongoing support is needed for those who faced challenges sustaining these behaviors. Continued peer-led interventions should emphasise community engagement and family involvement to enhance long-term adherence to preventive measures. HIV/AIDS prevention, young mothers, Dakar, Senegal, peer counseling

**Keywords:** African, Geography, Youth, Counseling, Prevention, Cultural, Socioeconomic

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