Promoting Adherence to HIV Treatment in Kenyan Adults: A Psychosocial Survey Study

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Abstract

Adherence to antiretroviral therapy (ART) is critical for managing HIV in Kenya, where ART has been widely accessible but adherence rates remain suboptimal. A cross-sectional survey was conducted with 450 participants using structured questionnaires addressing socio-economic status, knowledge of HIV/AIDS, perceived treatment efficacy, and barriers to medication adherence. Findings revealed that a significant proportion (37%) of respondents reported challenges related to stigma and discrimination in accessing ART. Knowledge gaps about their condition were also identified as a barrier (28%). The study highlights the multifaceted nature of psychosocial factors impacting adherence, necessitating comprehensive interventions. Healthcare providers should integrate psychosocial support into ART regimens to address stigma and enhance knowledge. Community-based initiatives targeting social determinants are also recommended.

Keywords: *African, Adherence, Cross-Sectional, HIV, Psychometrics, Treatment, Wellbeing*

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