



Adherence Maintenance Framework in Health Psychology: Promoting HIV Treatment Compliance in Kenya

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Abstract

Adherence to antiretroviral therapy (ART) is critical for managing HIV in resource-limited settings such as Kenya, where access and affordability of healthcare services are significant challenges. The approach is primarily conceptual, drawing from existing literature in health psychology and psychosocial interventions. No empirical data will be presented as the focus is on developing a theoretical framework. This framework offers insights into how various interventions can be tailored to improve adherence rates among Kenyan patients with HIV/AIDS. Healthcare providers should consider integrating psychosocial support and community-based initiatives into their clinical practices to enhance ART adherence.

Keywords: *Sub-Saharan, Africa, Cohesion, Integration, Motivational, Ethnomethodology, Qualitative*

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