



Adhering to HIV Treatment in Kenya: A Health Psychologist's Perspective on Enhancing Patient Compliance Through Psychological Strategies

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Abstract

HIV/AIDS remains a significant public health challenge in Kenya, with adherence to antiretroviral treatment (ART) being crucial for disease management and prevention of transmission. A qualitative study involving semi-structured interviews with healthcare providers and patients at major Kenyan hospitals, analysing themes related to patient engagement and treatment outcomes. Analysis revealed that patients who received psychological support showed a higher adherence rate of 75% compared to those without such intervention ($n=100$). Psychological interventions significantly improved ART adherence among HIV-positive individuals in Kenya, indicating their potential as an effective adjunct to standard medical care. Integrate psychological support into routine healthcare services and conduct further randomized controlled trials to validate these findings.

Keywords: *African geography, adherence theory, health psychology, qualitative methodology, psychosocial interventions, stigma reduction, treatment efficacy assessment*

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