



Adherence to HIV Treatment in Kenya: A Qualitative Exploration in Health Psychology Contexts

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Abstract

HIV/AIDS remains a significant public health challenge in Kenya, where adherence to antiretroviral therapy (ART) is crucial for managing the disease effectively. The study employed semi-structured interviews with a purposive sample of HIV-positive individuals, focusing on their experiences and perceptions related to ART adherence in Kenya's healthcare settings. Findings revealed a complex interplay between socio-economic challenges, stigma, and access to healthcare resources as key barriers to ART adherence. Themes emerged around the importance of community support and improved patient-provider communication for enhancing treatment compliance. The qualitative data suggest that integrating social support networks and improving communication channels can significantly improve ART adherence among Kenyan patients. Healthcare providers should consider implementing strategies such as peer counseling programmes and regular feedback sessions with patients to facilitate better engagement in their care plans.

Keywords: *African geography, qualitative methods, health psychology, HIV/AIDS, cultural anthropology, narrative analysis, ethnography*

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