



# Mental Health Service Utilization Barriers Amongst HIV-Positive Patients in Ethiopia's Highlands: A Quantitative Survey Analysis

Mekonnen Melaku<sup>1</sup>, Gebru Abera<sup>2,3</sup>, Yohannis Teklehaimanot<sup>4,5</sup>

<sup>1</sup> Africa Centers for Disease Control and Prevention (Africa CDC), Addis Ababa

<sup>2</sup> Department of Pediatrics, Haramaya University

<sup>3</sup> Adama Science and Technology University (ASTU)

<sup>4</sup> Department of Surgery, Haramaya University

<sup>5</sup> Department of Internal Medicine, Adama Science and Technology University (ASTU)

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**Correspondence:** [mmelaku@yahoo.com](mailto:mmelaku@yahoo.com)

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## Author notes

*Mekonnen Melaku is affiliated with Africa Centers for Disease Control and Prevention (Africa CDC), Addis Ababa and focuses on Medicine research in Africa.*

*Gebru Abera is affiliated with Department of Pediatrics, Haramaya University and focuses on Medicine research in Africa.*

*Yohannis Teklehaimanot is affiliated with Department of Surgery, Haramaya University and focuses on Medicine research in Africa.*

## Abstract

Mental health services in Ethiopia's highlands face significant barriers that hinder HIV-positive patients from accessing necessary care. A quantitative survey was conducted among a representative sample of HIV-positive patients (n = 300) in the Ethiopian highlands. Data were collected using structured questionnaires assessing patient demographics, service utilization history, and perceived barriers to care. Analysis revealed that socio-economic factors such as income level (15–20 per month) significantly influenced mental health service utilization (60% vs. 40%; p < 0.05). Socio-economic disparities are major barriers to accessing mental health services for HIV-positive patients in the Ethiopian highlands. Policy makers should prioritise interventions addressing socio-economic inequalities and improve healthcare access in rural areas of Ethiopia's highlands. HIV, Mental Health Services, Barriers, Utilization Patterns, Quantitative Survey

**Keywords:** African Geography, HIV/AIDS, Mental Health, Qualitative Research, Quantitative Analysis, Service Utilization, Socioeconomic Factors

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