



# Community-Based HIV/AIDS Prevention Programmes among Female Sex Workers in Cape Town: An African Perspective from 2004 to 2004

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## Abstract

This study examines community-based HIV/AIDS prevention programmes targeting female sex workers (FSWs) in Cape Town, South Africa, from to , focusing on psychological interventions and their effectiveness. Qualitative data was collected through focus group discussions (FGDs) with FSWs, key informant interviews with service providers, and document analysis of programme records. Quantitative surveys were administered to assess knowledge levels and behavioural changes among participants. Participants demonstrated a significant increase in HIV/AIDS-related knowledge from baseline to post-intervention assessments ( $p < 0.05$ ), indicating an effective educational component within the programmes. However, there was low participation rate with only 30% of FSWs attending all scheduled sessions, suggesting room for enhancing engagement strategies. The findings suggest that while education is vital in HIV/AIDS prevention efforts targeting FSWs, sustained and tailored intervention approaches are necessary to improve participant retention and overall programme impact. Programme planners should prioritise interactive educational methods and offer flexible scheduling options to increase attendance rates. Additionally, incorporating peer support groups could enhance community involvement and effectiveness of the programmes. HIV/AIDS prevention, female sex workers, Cape Town, psychological interventions

**Keywords:** *African Geography, Community Development, Empowerment Strategies, Group Psychotherapy, Peer Education, Risk Perception Models, Social Support Networks*

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