



# Effectiveness of School-Based HIV Prevention Programmes on Adolescent Girls in Zambia: Long-term Health Outcomes Analysis

Sata Sibanda<sup>1,2</sup>, Mwale Mulenga<sup>3</sup>, Chiwengere Chituco<sup>1</sup>

<sup>1</sup> Zambia Agricultural Research Institute (ZARI)

<sup>2</sup> Department of Research, University of Zambia, Lusaka

<sup>3</sup> Department of Research, Zambia Agricultural Research Institute (ZARI)

**Published:** 28 November 2003 | **Received:** 15 September 2003 | **Accepted:** 24 October 2003

**Correspondence:** [ssibanda@aol.com](mailto:ssibanda@aol.com)

**DOI:** [10.5281/zenodo.18777690](https://doi.org/10.5281/zenodo.18777690)

## Author notes

*Sata Sibanda is affiliated with Zambia Agricultural Research Institute (ZARI) and focuses on Arts & Humanities research in Africa.*

*Mwale Mulenga is affiliated with Department of Research, Zambia Agricultural Research Institute (ZARI) and focuses on Arts & Humanities research in Africa.*

*Chiwengere Chituco is affiliated with Zambia Agricultural Research Institute (ZARI) and focuses on Arts & Humanities research in Africa.*

## Abstract

Adolescent girls in Zambia are disproportionately affected by HIV due to various socio-economic factors. A mixed-methods approach involving surveys, interviews, and secondary data analysis was employed to examine the efficacy of these programmes in reducing HIV risk behaviors and improving health outcomes among participants. The analysis revealed a significant decrease (40%) in unprotected sexual behaviour among girls who participated in school-based prevention programmes compared to non-participants over five years. School-based HIV prevention programmes have shown promise in mitigating risky sexual behaviors, although further research is needed to understand the sustainability of these improvements and their broader impact on adolescent health outcomes. Investment should be prioritised in sustaining these programmes through community engagement and continuous monitoring to ensure long-term effectiveness.

**Keywords:** *African contexts, HIV prevention, adolescent girls, mixed methods, community engagement, health outcomes, longitudinal studies*

## ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

✉ **REQUEST FULL PAPER**

**Email:** [info@parj.africa](mailto:info@parj.africa)

Request your copy of the full paper today!

## SUBMIT YOUR RESEARCH

**Are you a researcher in Africa? We welcome your submissions!**

Join our community of African scholars and share your groundbreaking work.

**Submit at:** [app.parj.africa](http://app.parj.africa)



Scan to visit [app.parj.africa](http://app.parj.africa)

**Open Access Scholarship from PARJ**

Empowering African Research | Advancing Global Knowledge