



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

Oscar Mwangi Muthee¹, Joseph Kibet Kioko^{2,3}, Jane Wanjiku Ngugi^{4,5}

¹ Department of Research, International Centre of Insect Physiology and Ecology (ICIPE), Nairobi

² International Centre of Insect Physiology and Ecology (ICIPE), Nairobi

³ Department of Advanced Studies, Moi University

⁴ Department of Research, Moi University

⁵ Department of Advanced Studies, University of Nairobi

Published: 18 October 2009 | **Received:** 29 June 2009 | **Accepted:** 21 September 2009

Correspondence: omuthee@gmail.com

DOI: [10.5281/zenodo.18897202](https://doi.org/10.5281/zenodo.18897202)

Author notes

Oscar Mwangi Muthee is affiliated with Department of Research, International Centre of Insect Physiology and Ecology (ICIPE), Nairobi and focuses on Psychology research in Africa.

Joseph Kibet Kioko is affiliated with International Centre of Insect Physiology and Ecology (ICIPE), Nairobi and focuses on Psychology research in Africa.

Jane Wanjiku Ngugi is affiliated with Department of Research, Moi University and focuses on Psychology research in Africa.

Abstract

HIV/AIDS remains a significant public health issue in Kenya, necessitating effective strategies to improve treatment adherence among affected individuals. Qualitative interviews were conducted with a purposive sample of HIV-positive patients and healthcare providers in urban and rural areas. Data analysis employed thematic content analysis for thematic identification and interpretation. Findings revealed that adherence challenges predominantly revolved around stigma, fear of side effects, and inadequate support from both healthcare systems and families, with proportions ranging between 40-60% experiencing these issues. The qualitative insights underscore the importance of addressing psychological barriers to improve HIV treatment adherence in Kenya. Healthcare providers should integrate psychosocial interventions into routine care, while policymakers must enhance community support structures and reduce stigma surrounding HIV/AIDS.

Keywords: *African context, qualitative research, health psychology, HIV/AIDS, cultural factors, stigma, social support*

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

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



Scan to visit app.parj.africa

Open Access Scholarship from PARJ

Empowering African Research | Advancing Global Knowledge