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Action Research on a Time-Use and Energy Conservation Intervention to Mitigate Fatigue in Women Living with HIV/AIDS in Kinshasa

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| Abstract

This study addresses a current research gap in Medicine concerning Implementing a time-use and energy conservation intervention for women living with HIV/AIDS in Kinshasa, Democratic Republic of Congo, measuring fatigue levels in Democratic Republic of Congo. The objective is to clarify key debates, identify practical implications, and outline a focused agenda for scholarship and policy. A qualitative approach was used, drawing on recent literature and policy sources to frame the analysis. The analysis indicates persistent structural constraints alongside emerging local innovations; however, evidence remains uneven across contexts and sectors. The paper argues for context-specific approaches and stronger empirical foundations in future research. Stakeholders should prioritise inclusive, locally grounded strategies and improve data transparency. Implementing a time-use and energy conservation intervention for women living with HIV/AIDS in Kinshasa, Democratic Republic of Congo, measuring fatigue levels, Democratic Republic of Congo, Africa, Medicine, action research This structured abstract provides a standardised summary to support rapid screening, indexing, and assessment of scholarly contribution.

