



Training Programme Evaluation on HIV Prevention Methods Among Female Youth Workers in Lagos, Nigeria: Viral Load Reduction Analysis

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Abstract

HIV (Human Immunodeficiency Virus) prevention is crucial among female youth workers in Nigeria due to their significant role in community health and education. Qualitative research methods were employed, including semi-structured interviews and focus group discussions with participants from various Lagos-based organizations working with young people. Participants reported an average of 60% improvement in knowledge about HIV transmission and prevention techniques post-training. The training programme was effective in improving HIV prevention practices among female youth workers, leading to a reduction in perceived risk behaviors and better understanding of viral load management strategies. Continuation and expansion of the training programme should be considered, with recommendations for further research into long-term impact and sustainability.

Keywords: *African geography, qualitative research, youth empowerment, HIV/AIDS prevention, community health education, participatory methods, gender studies*

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