



"It is hard to take medicine on a daily basis."

Exploring Risk Perception, as well as Barriers and Facilitators of PrEP Uptake among Young People in Uganda, Zimbabwe and South Africa.

Presenters: Janan Dietrich & Teacler Nematadzira



Background

- Acquired Immuno-deficiency Syndrome (AIDS) is the leading cause of death in adolescents worldwide, with sub-Saharan Africa disproportionately affected.
- HIV prevention programs within sub-Saharan Africa have had limited effect, despite high levels of HIV/AIDS awareness.
- PrEP is an efficacious prevention tool for men and women and is recommended by the World Health Organization (WHO) for high-risk individuals.

Background

- PrEP is an efficacious prevention tool for men and women and is recommended by the World Health Organization (WHO) for high-risk individuals.
- **risk perception is an indicator of perceived susceptibility to infection.**
- The health belief model theorizes that the individuals' beliefs about the consequences of their actions and perceptions of their vulnerability to those consequences play a key role in behavior
- Young people contribute to HIV incident infections
- BUT there is currently no model of PrEP provision for adolescents who have until recently been over-looked in HIV prevention research



Aim



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Combined HIV Adolescent PrEP and Prevention Study (CHAPS)

is a mixed-methods research programme using qualitative and quantitative methods to investigate the acceptability and efficacy of different PrEP regimens amongst young people in Sub-Saharan Africa (SSA)

- **The purpose of the study for this presentation was to explore risk perception, as well as barriers and motivators of daily and on- demand PrEP in adolescent boys and girls.**



Methodology



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- We conducted a multi-site and qualitative study in Uganda, Zimbabwe and South Africa among boys and girls aged 13-24 years
- 24 Group discussions (n= 8 per country)
- 60 In-Depth Interviews (up to n= 20 per county)
- Framework analysis was used to analyse the data collected

Results

Facilitators

- Stigma related to PrEP uptake
- Pill burden related to Daily PrEP
- Doubting PrEP Efficacy
- Fear of side effects

Motivators

- Peer Influence
- Prevention of contracting HIV
- Appropriate risk perception

Facilitators

I may be swallowing PrEP but then my friend fails. So if he notices that I have swallowed but nothing has happened to me, he will also decide to swallow PrEP because it has no danger (Male 18 yrs IDI 018, Uganda).

Facilitators

- Peer Influence
- Prevention of contracting HIV
- Appropriate risk perception

Facilitators

The best way for them to use it's when I use it there they want protection they need to see me having used it, will say let's go boys and we get them together (Males 19-21 years, GD, Zimbabwe)

Facilitators

- Peer Influence
- Prevention of contracting HIV
- Appropriate risk perception

Facilitators

*If they hear it prevents only
just to hear it prevents .They
will straight away want the
pill because there is a lot of
promiscuity (Males 19-21
years, GD, Zimbabwe)*

Facilitators

- Peer Influence
- Prevention of contracting HIV
- Appropriate risk perception

Facilitators

*I would use it because I no longer trusted the father of my child before I fell pregnant. When I thought of him and his phone that is always busy and I don't know what he is doing. I had that mentality that I don't know what he is doing and when.
(Female 18-24 years GD-South Africa)*

Facilitators

- Peer Influence
- Prevention of contracting HIV
- Appropriate risk perception

Facilitators

I would take PrEP because we stay with people whose HIV status we don't know. I have a boyfriend but when you don't stay with him and he comes sometimes to meet you once. You might not know whether he abstains (Female 19yrs IDI 010, Uganda).

Facilitators

- Peer Influence
- Prevention of contracting HIV
- Appropriate risk perception

Results

Barriers

- Stigma related to PrEP uptake
- Myths and misconceptions
- Pill burden related to Daily PrEP
- Doubting PrEP Efficacy
- Fear of side effects

There's a fear that people will think you are already HIV positive and you're taking ART because they would not have enough information (Male 22 yrs IDI 003, Zimbabwe).

Results

Barriers

- Stigma related to PrEP uptake
- Pill burden related to Daily PrEP
- Doubting PrEP Efficacy
- Fear of side effects

It is hard to take medicine on a daily basis. Some people have ulcers you may find they don't need to swallow every tablet so that can discourage them from taking PrEP (Female 19-24 yrs GD, 600 Uganda).

Results

Barriers

- Stigma related to PrEP uptake
- Pill burden related to Daily PrEP
- Doubting PrEP Efficacy
- Fear of side effects

*It they can refuse because some people do not like pills generally they just don't like pills. Others to tell them to take pills everyday on a daily basis they don't like it and cannot manage so considering that some people can refuse them (pills)
(Female 23yrs IDI-014, Zimbabwe)*

Results

Barriers

- Stigma related to PrEP uptake
- Pill burden related to Daily PrEP
- Doubting PrEP Efficacy
- Fear of side effects

What am I afraid of, I am afraid that you see it may not be working, it may not work effectively and maybe make HIV worse, you see (Female IDI -13 years, South Africa)

Results

Barriers

- Stigma related to PrEP uptake
- Pill burden related to Daily PrEP
- Doubting PrEP Efficacy
- Fear of side effects

The only fear that I might have is that what if it may cause me maybe like to be HIV positive we never know or maybe have some after effects of maybe change skin or what ahh... those are type of fears I have (Male 24 years IDI- South Africa)

Results

Barriers

- Stigma related to PrEP uptake
- Pill burden related to Daily PrEP
- Doubting PrEP Efficacy
- Fear of side effects

I think PrEP will bring a problem just like these family planning methods that make us lose sexual feelings, I think even PrEP, when I take it will make me lose my sexual appetite. It may reduce my feelings for men and leave me just without any feelings (Female 19-24 years GD, 600 Uganda).

Results

Barriers

- Stigma related to PrEP uptake
- Pill burden related to Daily PrEP
- Doubting PrEP Efficacy
- Fear of side effects

*The only fear that I might have is that what if it may cause me maybe like to be HIV positive we never know or maybe have some after effects of maybe change skin or what ahh... those are type of fears I have
(Male 24 years IDI- South Africa)*



Conclusion



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- Adolescents in our study had an appropriate understanding of risk for HIV.
- The findings highlight important implications for addressing the barriers to PrEP uptake for adolescents.
- Providing appropriate and correct knowledge about PrEP and introducing PrEP-naïve young people to this HIV prevention method are essential.
- Future interventions should consider the social and structural drivers when designed, and focus on ways that can inspire PrEP uptake and limit the barriers.

THANK YOU FOR YOUR ATTENTION



CHAPS CORE TEAM

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