

Treatment Satisfaction Was Linked to Improved Adherence and Self-Rated Health in the Positive Perspectives 3 Study

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Background

The Positive Perspectives studies are global surveys that aim to understand the experiences of people living with HIV. Taking antiretroviral therapy (ART) regularly is crucial for keeping the virus under control and improving health. However, sticking to this treatment can be tough due to emotional stress, feeling tired of the treatment, stigma, and other challenges. This research looked into how these emotional and social factors, like stigma and talking with healthcare providers, affect how well people stick to their ART.

What treatment was studied here?

ART is a treatment plan that helps keep the HIV virus under control and improves health. This research focused on how satisfied people living with HIV felt with their ART and how this impacts their health.

What was the purpose of this study?

The main goal of this study was to explore the connection between satisfaction with ART and sticking to ART. It looked at satisfaction with ART by gender, age, and whether the HIV virus was suppressed. It also looked at how missing doses, whether on purpose or by accident, is related to HIV knowledge or communication with healthcare providers.

Understanding these connections is important for improving how well people stick to their treatment and their overall health.

Who took part in the study and how was the treatment studied?

The study involved 698 people living with HIV who were on ART in 16 countries across the globe. Participants came from HIV clinics and support groups, with a mix of gender identities: 40% female, 55% male, and 2% transgender. Ages varied, with 61% 50 years or under and 39% over 50 years. The study used statistical tests to compare different groups.

What are the research findings?

The study found that 36% of participants accidentally missed a dose of ART, whereas 25% missed a dose on purpose, in the past year. Better satisfaction with treatment was linked to better control of the virus. People who were happier with their treatment tended to miss fewer doses. Older adults and those unhappy with their treatment were more likely to skip doses on purpose. Satisfaction was lowest among non-binary individuals. People who were happier with their treatment reported better mental, sexual, physical, and overall health. Those who didn't understand the benefits of sticking to their treatment, felt ignored by healthcare providers, hid their medicine from others, and didn't have their virus under control were more likely to intentionally miss doses.

What does this mean for people with HIV?

For people living with HIV, the study highlights that satisfaction with ART is linked to improved ART adherence and health outcomes. Tackling issues like stigma, communication with healthcare providers, and education regarding benefits of sticking to treatment can boost both satisfaction and adherence.

Conclusions

The study concludes that being satisfied with treatment is crucial for achieving the best health outcomes for people living with HIV. Many people don't stick to their ART as well as they could, which is influenced by factors like age, treatment satisfaction, and communication with healthcare providers. By addressing these issues, adherence and health outcomes can be improved.

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