

**PSYCHOSOCIAL DETERMINANTS OF ADHERENCE TO  
ANTIRETROVIRAL DRUGS AMONG WOMEN LIVING WITH HIV AND  
AIDS IN HURUMA, NAIROBI COUNTY, KENYA**

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## **ABSTRACT**

The purpose of the study was to establish psychosocial determinants of Antiretroviral medication among women living with HIV/AIDS in Kenya. This study focused on determining minimum level of adherence, psychosocial determinants, influence and interventions to enhance adherence. The target population comprised of 300 women living with HIV/AIDS in Huruma area, Nairobi County. The Huruma women group was purposively selected to participate in the study. A sample population of 30 women, 10 women group leaders, and 10 healthcare givers were selected using Gay's 10% technique of sample size determination. The study utilized a structured interview guide that had both open and closed ended items and focus group discussions. A Pilot test was carried involving one woman, one women group leader, and one health care provider. Content validity was done using expert help from experienced lecturers in Psychology department. Data analysis involved using the Statistical Package for Social Sciences (SPSS) version 18. The study found the level of adherence to be 48.7%, compared to accepted adherence levels of 95%. Adherence to prescribed drugs was 89% compared to psychosocial determinants. Psychosocial aspects of adherence were depression, anxiety, feeling of hopelessness, stigma, discrimination and inadequate food supply. The cost of transport was prohibitive in seeking medical attention. Creation of awareness, reduction of the amounts and number of times medication is taken were identified as possible interventions. The study recommends prudent measures be undertaken to enhance adherence. The study concluded that psychosocial determinants influence level of adherence to medication. Further studies should be carried out to determine the level of adherence to ARV's medication in Kenya.