IMPLICATIONS OF ZAMBIAN ADOLESCENTS' KNOWLEDGE ABOUT HIV AND AIDS FOR ADHERENCE TO TREATMENT AND PERCEIVED STIGMA

J. Andren¹, A. Menon², A. McPherson³, M. Ngoma⁴, R. Nair⁵, P. Garrud⁶, S. Degun¹, **C. Glazebrook**¹

¹Psychiatry, University of Nottingham, Nottingham, UK, ²Psychology, Unniversity of Zambia, Lusaka, Zambia, ³Bloorview Research Institute, Holland Bloorview Kids Rehabilitation Hospital, Toronto, ON, Canada, ⁴Child Health, University Teaching Hospital, Lusaka, Zambia, ⁵Institute of Work Health and Organisations, University of Nottingham, Nottingham, ⁶School of Graduate Entry Medicine and Health,

University of Nottingham, Derby, UK

Background and aims: A previous randomised trial found that a leaflet designed to promote self-management skills in HIV and AIDS was effective in increasing knowledge and reducing HIV related stigma in a school population of Zambian adolescents This study aims to examine the effectiveness of the leaflet in a clinic population of adolescents with HIV and AIDS and to explore the impact of knowledge on adherence.

Methods: 77 participants were recruited from in the Lusaka region and randomised to receive the HIV leaflet or a control leaflet. Participants completed an HIV knowledge questionnaire, an adapted version of the Medication Adherence Self Report Inventory, a measure of health locus of control (HLC) and a stigma scale at time 1 and at 5 weeks follow-up.

Results: There were no differences in knowledge, HLC, stigma or adherence between the groups at time 1 or at 5 weeks follow-up. In the sample as a whole knowledge was low. 15 young people admitted to missing at least one dose of medication in the previous day and those children had significantly lower knowledge (p=0.02). Lower knowledge was strongly associated with higher levels of stigma (r=-.639, p< 0.001) and a more internal HLC (r=0.575, p< 0.001). Regression analysis found that knowledge accounted for 28% of variance in stigma scores after controlling for age and gender.

Conclusion: Children with HIV had low levels of knowledge about HIV and AIDS and a self management leaflet was not effective in increasing knowledge, suggesting a need for more intensive intervention.