

**Depression and Adherence to Antiretroviral Therapy among Women Living with HIV in
Ibadan, Nigeria**

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Medical & Health Sciences, Lead City University, Ibadan, Oyo State, Nigeria**

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Degree in Public Health**

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Certification

This is to certify that **Samuel Adeyemi, BANKOLE** with matriculation number LCU/PG/002258 carried out this research work titled “Depression and Adherence to Antiretroviral Therapy among Women Living with HIV In Ibadan, Nigeria “in the Department of Public Health, Faculty of Basic Medical & Health Sciences, Lead City University, Ibadan for the award of Master’s Degree in Public Health (MPH) and this has not been previously submitted.

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Date

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Head of Department

Date

Dedication

This work is dedicated to the ruler of the Universe, the custodian of great wisdom and the giver of knowledge, “Almighty”.

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Abstract

Antiretroviral therapy (ART) helps to keep women living with HIV healthy and prevents transmission and depression among other psychological factors, has been inversely linked independently with adherence to antiretroviral therapy among women living with HIV. This study aimed to examine depressive symptoms and adherence to anti-retroviral therapy among women living with HIV adherence to ART. A facility-based cross-sectional study was used with the sample size of 404 women living with HIV. An adopted questionnaire was used to collect data and the data was analyzed using Statistical Package for Social Sciences (SPSS) and statistical significance was set at $p < 0.05$. Among WLHIV ($n=404$), 72% have high depressive symptoms and the level of adherence WLHIV was 94.8%. Findings from this study shows that there is a significant association between depression and ART adherence ($p=0.048$). Psychosocial factors of been busy, fear of side effects, fear of drug was toxic/ harmful, been depressed, specific time use of drug and unavailability to refill drug show significant association to ART adherence ($p < 0.05$) and are main reasons participants did not adhere to their medications. The reasons for adhering to prescribed medication among the participants ($n= 303$) that did not miss their medication in the past 3 days were assessed. The study found that family support, availability of food, Hospital staff attitude to patients and their desire to live show significant association to ART adherence ($p < 0.05$). A statistically significant association was found between status disclosure, depression, receiving standard ART service, alcohol consumption and smoking among WLHIV and adherence to antiretroviral therapy. Based on the findings it was proven that depression is co-morbidity with ART adherence and there should efforts that needs to be in place to reduce the rate of depressive symptoms among women living with HIV.

Keywords: ART, Adherence, Depression, WLHIV, VLS, Psychological

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List of Acronyms

Abbreviation	Meaning
AIDS	Acquired immunodeficiency syndrome
ART	Antiretroviral Therapy
FSW	Female Sex Workers
HBM	Health Belief Model
HIV	Human immunodeficiency Virus
IDU	Injecting Drug Users
MSM	Men who have Sex with Men
NACA	National Agency for the Control of AIDS
NAIS	National AIDS Indicator and Impact Survey
PLHIV	People Living with HIV
PMTCT	Preventing Mother-to-Child Transmission
PWD	Psychological Well-Being
SSA	Sub Saharan Africa
SCT	Social Cognitive Theory
SDG	Sustainable Development Goals
STD	Sexually Transmitted Diseases
STI	Sexually Transmitted Infection
UNAIDS	United Nations Programme on HIV /AIDS
USDHSO	United States Department of Health and Human Services, Office
VRL	Viral Load
VLS	Viral Load Suppression
WLHIV	Women living with HIV