

ABSTRACT

Background

Though there are recent declines in Uganda, HIV prevalence has increased to 7%, highest in central region and at 4% among 10-24 year olds, with 80% of new HIV infections attributed to sexual transmission.¹

Objective

To establish factors influencing safe sex practices to prevent transmission of HIV in young people living with HIV/AIDS (YPLHA) aged 18-24 years in Kampala district.

Methods

A cross-sectional descriptive study involving random administration of questionnaires to YPLHA, complemented with in-depth interviews of health staffs in five Kampala district healthcenters selected by purposive sampling. Quantitative data analysed using Statistical Package for Social Sciences (SPSS) version 4.0 for frequency and cross tabulations as well as contextual analyses of qualitative data for existing patterns in respondents' characteristics, knowledge and attitudes towards safe sex practices.

Results

185 YPLHA of median 21 years and 10 mixed-cadre healthworkers participated in the study.

Findings show a high (93%) conceptual knowledge of modes of HIV transmission among YPLHA, but with 16% who don't know how HIV is well transmitted. Staffs highlighted that knowledge increases overtime as they grow up and attend clinic services. 72% clearly preferred HIV positive partners and adopted consistent condom use (85%) particularly males than females, due to conscious fear of infecting others. More-so, 75% YPLHA concur they can abstain, but 10% have no problem and not decided on having a partner of either status.

Conclusion

Interventions focussing on in-depth education of YPLHA on HIV prevention skills to shape their perception towards applying safe sex practices will decrease HIV transmission among YPLHA.
