

Abstract

Background: In 2003, 2.2 million people were predicted to have died of AIDS in sub-Saharan Africa, out of which an estimated 800,000 were women. Women account for up to 60% of those living with HIV/AIDS in this region since 2001 and this proportion is expected to grow.

Main objective: The study was conducted to document prevalence and factors associated with sexual risk behavior among HIV+ women on antiretroviral therapy in Manfwa and Sironko districts.

Methods: A Cross-sectional study using both qualitative and quantitative approaches were used. Semi structured questionnaires were administered to 246 participants at selected health units. In depth interviews were also conducted. Univariate analysis was done to determine the demographic characteristics. The level of association between the independent and dependent variables was derived using the Pearson- chi square test. A relationship was significant if the resulting P- value was less or equal to 0.05.

Results: 111 (60.33%) participants were married and 125(69.06%) were unemployed or were students. Confidence interval for high risk sexual behavior (CI): (23.7-37.1). CI for low risk sexual behavior: (62.9-76.3). Participants who were married were less likely to practice risk sexual behavior. Lack of occupation was significantly associated with sexual risk behavior.

Conclusions and recommendations: Condoms are the main means by which HIV+ women use to protect themselves. The poor socio- economic behavior challenges adherence to reduced risk sexual behavior. The study underscored the need for ancillary services for men and women in HIV treatment programs such as nutrition and income generating activities.