



Experiences & outcomes of group psychotherapy as an antiretroviral adherence support intervention among young people failing ART at Newlands Clinic, Harare, Zimbabwe

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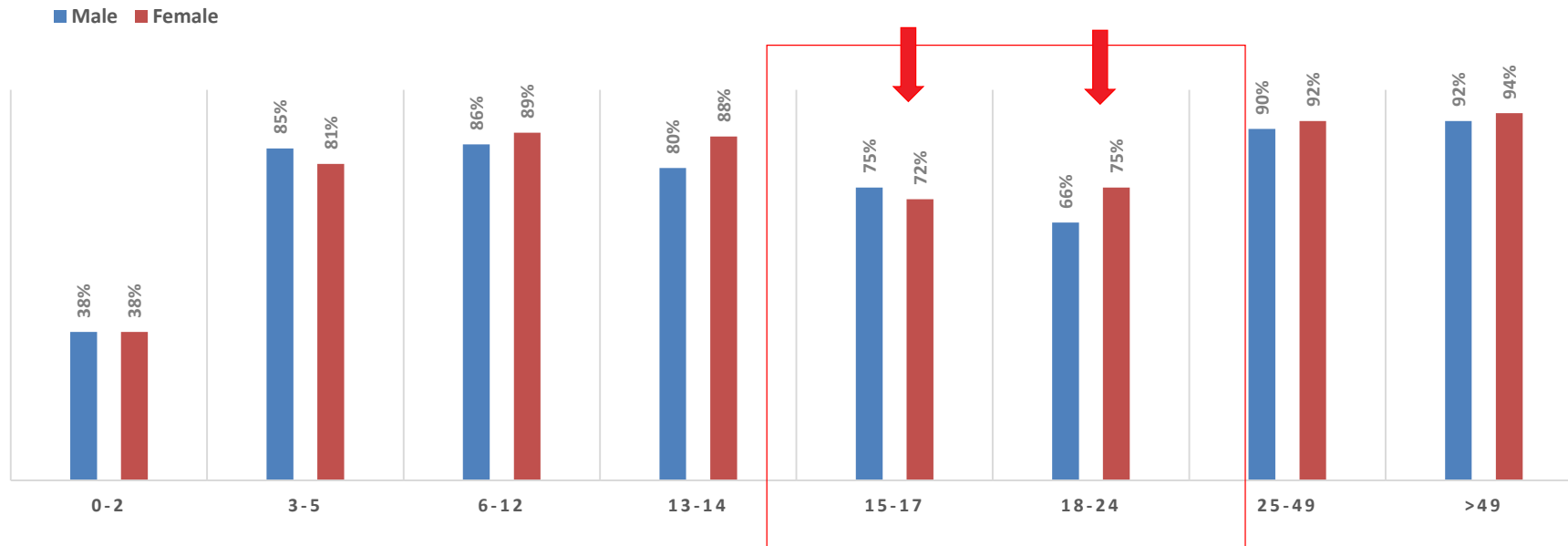
# Potential Conflicts and Financial Disclosures

- I have no actual or potential conflicts to declare in relation to this programme and presentation
- Grant/Research support: None
- Consulting: None

# Background

Globally, young people have lower rates of viral suppression and retention in care

NC Viral Suppression Rates (<50cpml) – March 2018



# Background

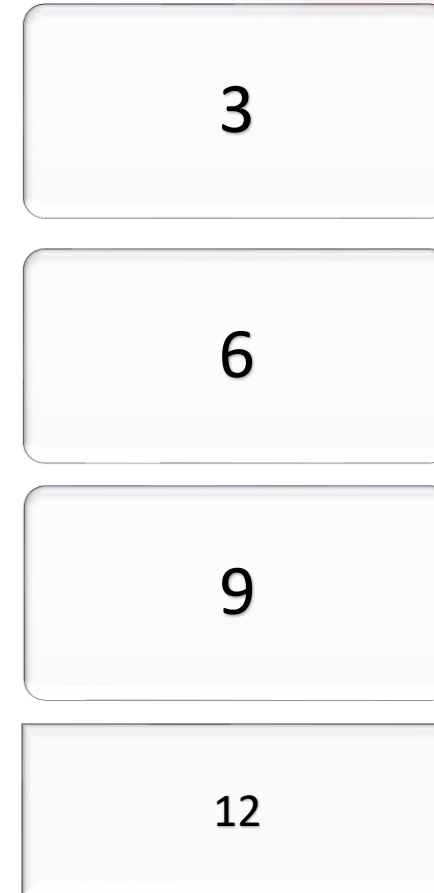
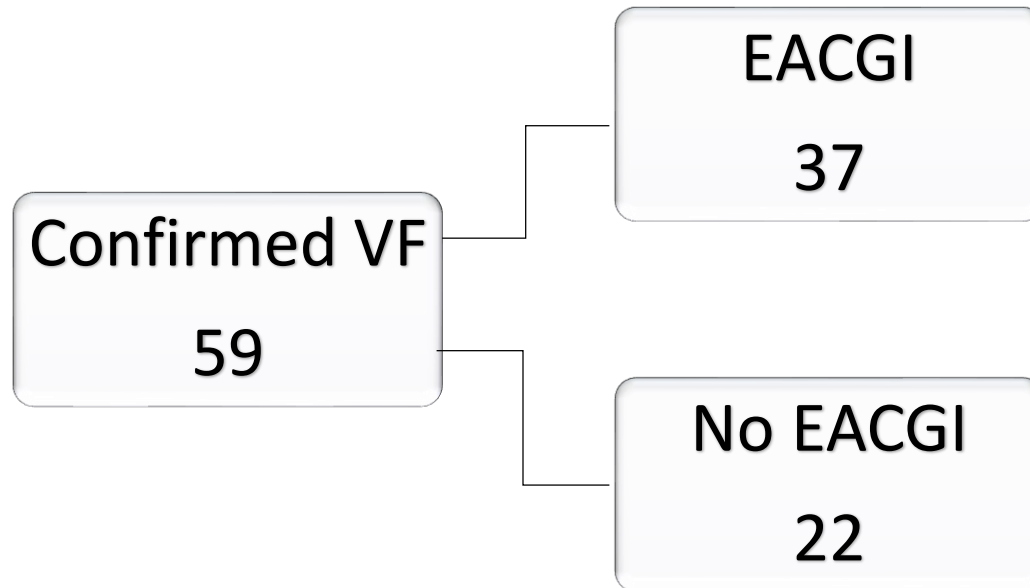
- There is limited evidence to inform strategies that promote adherence in this population
- Therefore, this study explored the experiences and virological outcomes of an adherence support strategy in young people (13 – 24 years old) failing first line ART following an Enhanced Adherence Counselling Group Intervention (EACGI) preceded regimen switch at Newlands Clinic, Harare, Zimbabwe

# EACGI



- EACGI - 12 week curriculum consisting of biopsychosocial topics
- Utilises Phenomenological, Motivational Interviewing & CBT principles
- 1.5 hour long sessions
- 8-15 in a group within the same age ranges
- 1 year Follow up post EACGI during routine visits

# Methods



# Results

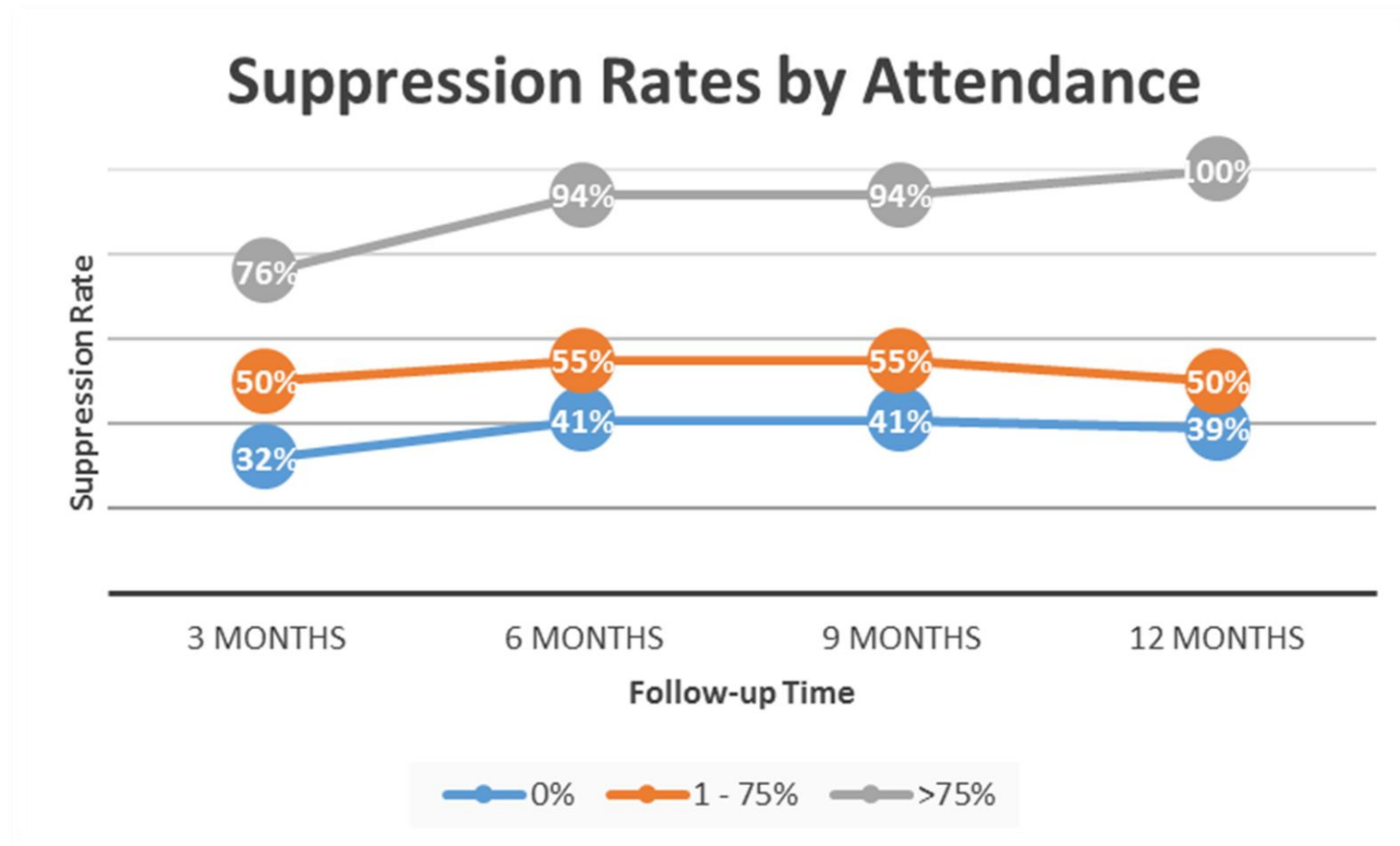
*“Fear, skin disease, skinny body, desperation, death, home based care, sick bed, funeral, coffin”*

- The main reasons for poor adherence among the 37 attendees were hopelessness, family dysfunction, lack of illness, an aversion to a daily routine attached to stigma, and medication side effects

*“HIV is death, you are of no use, you are isolated, neglected and discriminated, there is no longer a future. It’s hard thinking that my entire life I am going to have to have to take medication. They remind you that you are worthless and sick but they do help the immune system.”*

*“it is difficult to take pills everyday because we are young children, we forget, you also feel different, you feel ashamed”*

# Virological Suppression Outcomes





# Conclusion

- Patients who attended >75% EACGI had better second-line virological outcomes compared to those who attended less or none
- EACGI is a promising tool for preparing patients within this key group for second line treatment, increasing the likelihood for improved adherence and treatment outcomes for second line therapy
- This study was conducted using routinely collected data and therefore patients were not randomized into groups
- A similar randomized study would provide objective assessment of the intervention's impact

# Acknowledgements

- 1. Young people attending EACGI**
- 2. The Ruedi Luethy Foundation**
- 3. Newlands Clinic Staff**

