

Abstract

FACTORS ASSOCIATED WITH RISKY SEXUAL BEHAVIOR PRACTICES AMONG HIV NEGATIVE PARTNERS IN HIV DISCORDANT RELATIONSHIPS IN NAIROBI, KENYA

Nelly Muturi¹, Gideon Kikui¹, Richard Gichuki³ Joshua Kimani³ and Elijah Songok^{1,2,3}

1Institute of Tropical Medicine and Infectious Diseases (ITROMID),

Jomo Kenyatta University of Agriculture and Technology,

2Kenya Medical Research Institute,

3University of Nairobi/University of Manitoba HIV/AIDS

Collaborative Program.

Background: The HIV negative partners in HIV discordant relationships are at a 10% annual risk of acquiring HIV. Whereas sexual behavior influences HIV acquisition, little information is available on risk taking practices among negative partners in HIV discordant relationships in our settings. The main objective of this study was to determine the risky sexual behavior practices among HIV negative partners in HIV discordant relationships enrolled at the Prevention with Positives program at the Pumwani Maternity Hospital Comprehensive Care Clinic managed by the University of Manitoba/ Nairobi collaborative research group.

Methods: This study was a cross-sectional descriptive study carried out between the months of February and November 2011. A total of 133 HIV negative partners in discordant relationships participated in this study.

Results: Out of the 133 participants, 89(66.9%) were male and 44 (33.1%) were female. The median age of the study participants was 38 years and the median duration of the HIV discordant relationship was 8 years.

Overall, 44.4% of the study participants reported inconsistent condom use, 14.3% reported having another sexual partner outside the relationship and 30% reported ever engaging in sex activities when drunk. Monthly earnings ($p=0.02$), alcohol use ($p=0.03$) and the index partner being on anti-retroviral medication ($p=0.02$) were significantly associated with having another sexual partner.

Monthly earnings ($p=0.03$) and gender ($p=0.001$) were significantly associated with having sex when drunk. None of the selected factors was significantly associated with inconsistent condom use ($p>0.05$).

Findings from the focus group discussion showed that male gender, alcohol use and the duration of the relationship influence the decision to use condoms while male gender was reported to influence the number of sexual partners among the discordant partners in HIV discordant relationships.

Conclusion: Risky sexual behaviors practices still occur among the HIV negative partners in discordant relationships. More education and sensitization should be made to the HIV discordant partner on the risks associated with this risky sexual behavior so as to reduce the risk of HIV infection from their index partners.