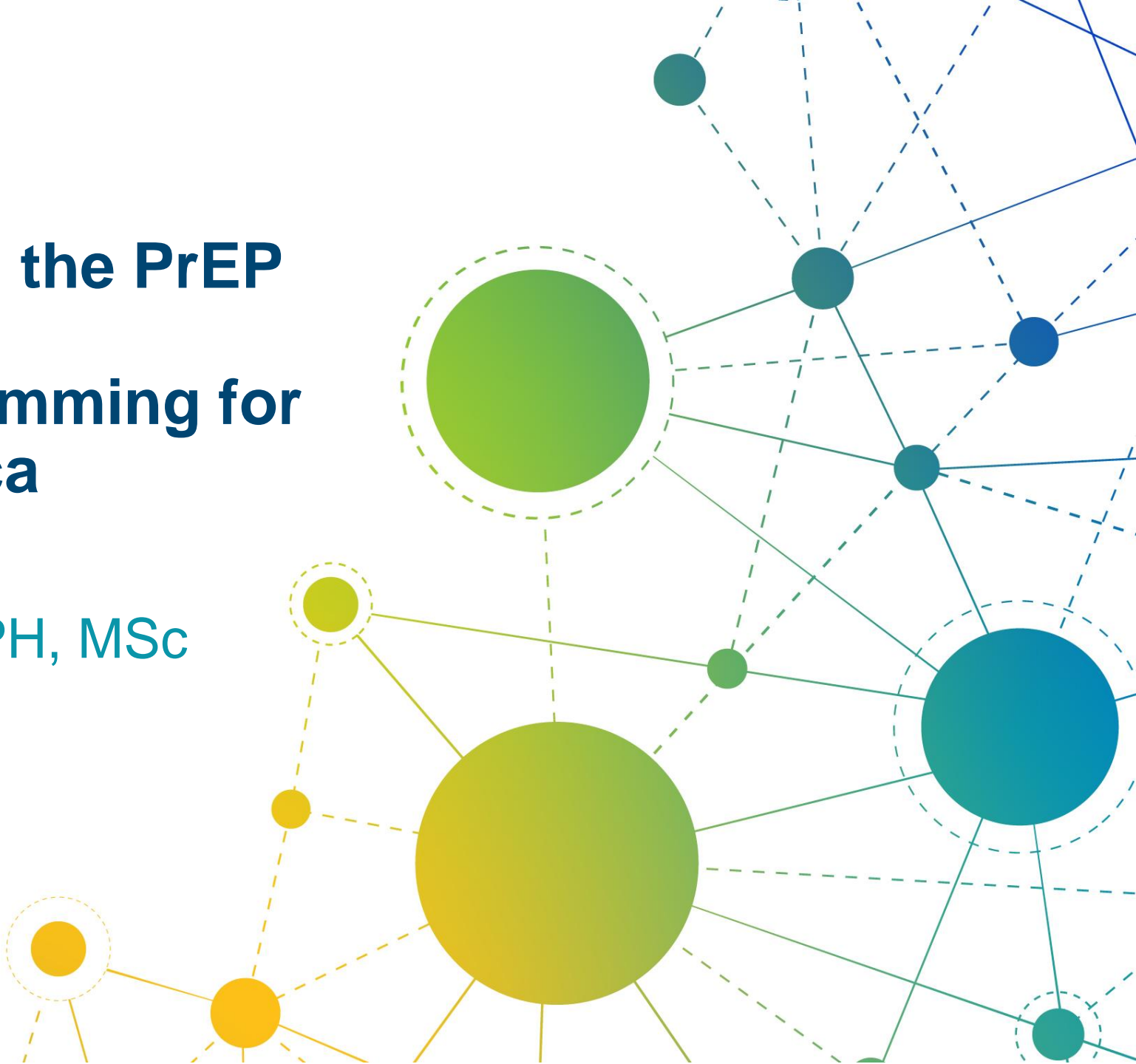


# Family, Disclosure, and the PrEP Continuum: Implications for Programming for Youth in Southern Africa

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June 5, 2023



# Presentation Highlights

1. Despite availability of daily oral PrEP for adolescent girls and young women in Southern Africa, uptake has been slow.
2. Parental support and encouragement for PrEP initiation, adherence, and persistence holds powerful influence for adolescents and young adults; particularly since many live with family. Programs should consider implementation approaches that engage families in health education.
3. This research advances implementation science in PrEP programming for HIV prevention among a population group with some of the highest incidence globally.

# HPTN Scholar Study Team



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# HPTN 082

Evaluation of Daily Oral PrEP  
as a Primary Prevention  
Strategy for Young African  
Women: A Vanguard Study

**Study Site Locations:**  
Harare, Zimbabwe  
Johannesburg, South Africa  
Cape Town, South Africa



# Zimbabwe becomes first African nation to approve HIV prevention drug

World Health Organization welcomes country's 'crucial step' in backing use of long-acting injectable cabotegravir (CAB-LA)



Zimbabwe has already reached knowing their status, 90% getting Photograph: Jekesai Njikizana/AFF Zimbabwe has become the approve an HIV prevention Organization (WHO).

news24 | Life

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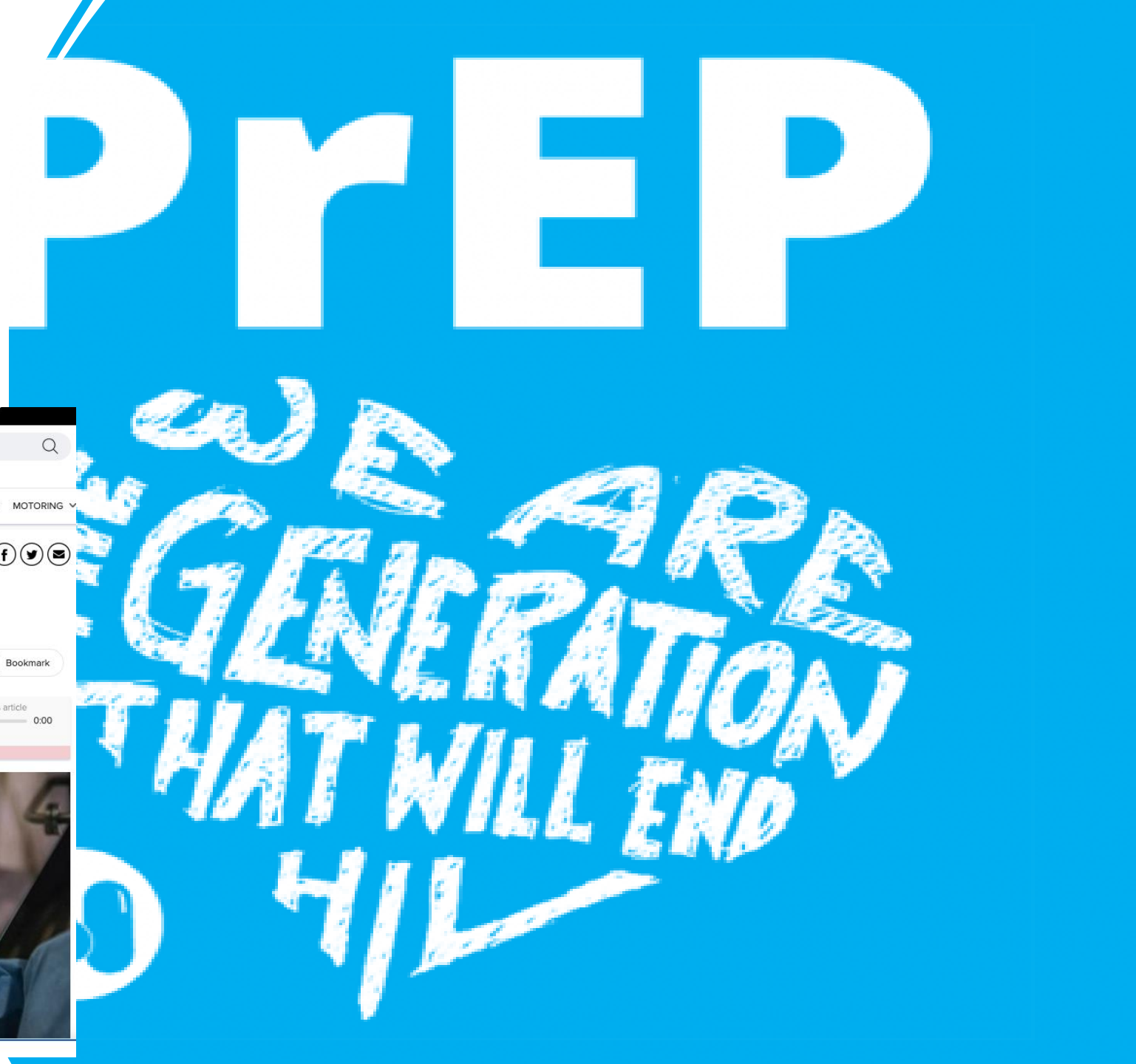
## Analysis: What is behind the Western Cape's low PrEP numbers?

Eisabé Brits

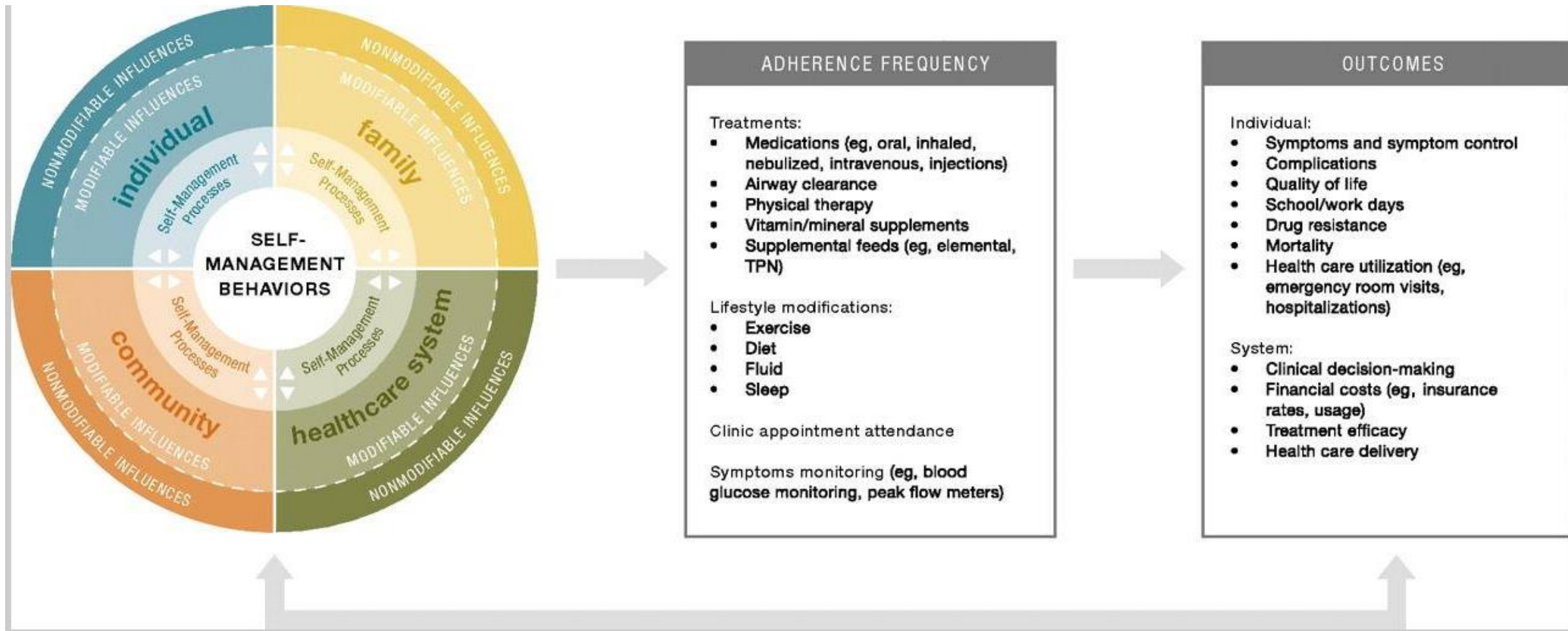
**spotlight**

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# Pediatric Self Management Framework



Modi AC et al, Pediatric self-management: a framework for research, practice, and policy. *Pediatrics*. 2012 Feb;129(2):e473-85. doi: 10.1542/peds.2011-1635. Epub 2012 Jan 4. PMID: 22218838; PMCID: PMC9923567.

## Rapid Qualitative Analysis

### Phase 1

- Open coding of five participant transcripts across sites
- Literature review: PrEP and adolescent girls and young women

### Phase 2

- Structured Summary Memo per participant (Week 13 & 26 Interviews; n=67)
- Matrix analysis with key topics (i.e. family & adherence) x participant

# Interview Participants

Characteristic	Harare N=25 (37%)	Cape Town N= 20 (30%)	Johannesburg N=22 (33%)
Age	20 (19- 22)	20 (19 -20)	24 (22-25)
Living with...			
Parents	10 (40%)	18 (90%)	19 (86%)
Partner	11 (44%)	0 (0)	1 (5%)
Other	3 (12%)	1 (5%)	1 (5%)
Alone	1 (4%)	1 (5%)	1 (5%)

Velloza J, et al. HPTN 082 study group. The influence of HIV-related stigma on PrEP disclosure and adherence among adolescent girls and young women in HPTN 082:a qualitative study. J Int AIDS Soc. 2020 Mar;23(3):e25463. doi: 10.1002/jia2.25463. PMID: 32144874; PMCID: PMC7060297.

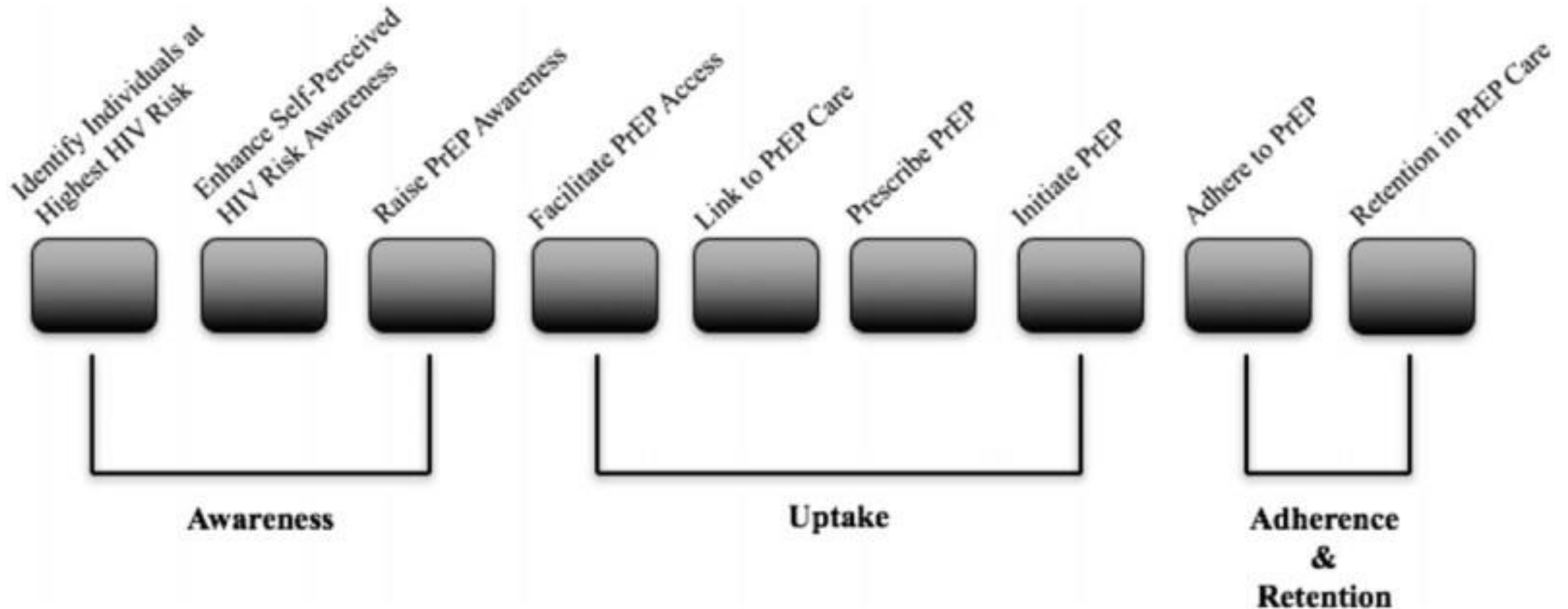


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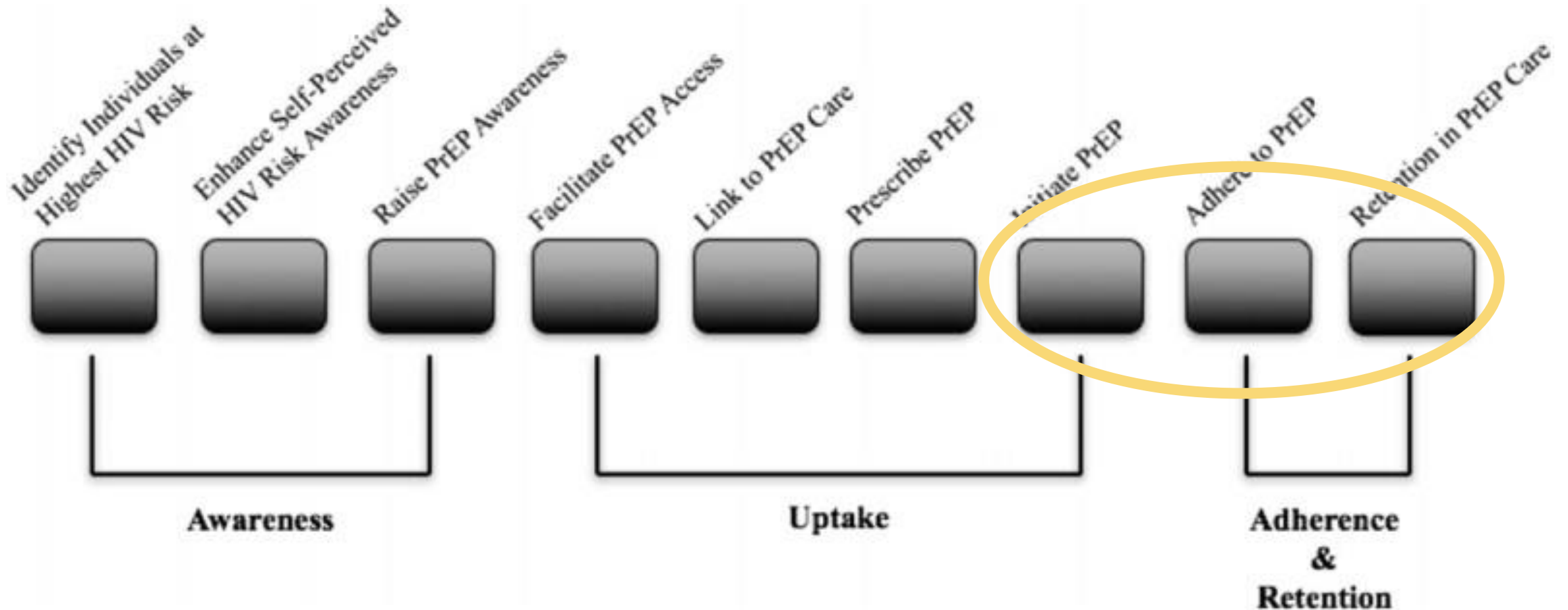
Velloza J et al; HPTN 082 study group. The influence of HIV-related stigma on PrEP disclosure and adherence among adolescent girls and young women in HPTN 082:a qualitative study. J Int AIDS Soc. 2020 Mar;23(3):e25463. doi: 10.1002/jia2.25463. PMID: 32144874; PMCID: PMC7060297.

# Emerging Themes: Family, Disclosure, & PrEP Continuum



Nunn AS et al. Defining the HIV pre-exposure prophylaxis care continuum. *AIDS*. 2017 Mar 13;31(5):731-734. doi:10.1097/QAD.0000000000001385. PMID: 28060019; PMCID: PMC5333727.

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# PREP INITIATION

## Examples of Facilitators

- Encouragement from family
- Family member living with HIV
- Health education about PrEP

## Examples of Barriers

- Concerns around disclosure
- “Harsh” parents

*“It’s not that I didn’t want to [initiate PrEP] but it’s just that I was scared of speaking to my parents at home...I am mostly scared of my father.... If I am going to keep them at home, he is always there when he comes back from work...Maybe it would be best to give them to someone to keep for me...So that they [PrEP pills] are not at home”*

**Fundiswa**, Interview 2 at Week 26  
Lives with parents, Declined to initiate  
Cape Town, South Africa

# PREP ADHERENCE

*“I told [my family] in December when I visited the granny who lives with my child...I didn’t hide the pills I took them as normal.... my child’s granny, what can I say, she likes people who take care of themselves, in general she gets tested herself, she’s fifty something and she still gets tested for HIV.”*

**Thandiwe**, Interview 2, Week 26  
Lives alone, Strong adherence  
Johannesburg, South Africa

## Examples of Facilitators

- Reminder setting: parents know the timing of meds and remind/ask
- Habit Formation: Living with someone also taking PrEP or HIV tx

## Examples of Barriers

- Visiting parents or family and skipping doses
- Nondisclosure and need to take medication privately

# PREP RETENTION

*My mother encourages me, she will say that “We know every woman needs a woman by her side – so continue going to the study and continue to get the pills because you don’t know the people you sleep with, what kind of sexual diseases they have so continue to take the pills.”*

**Patience**, Interview 2 at Week 26  
Lives with parents, Strong adherence  
Harare, Zimbabwe

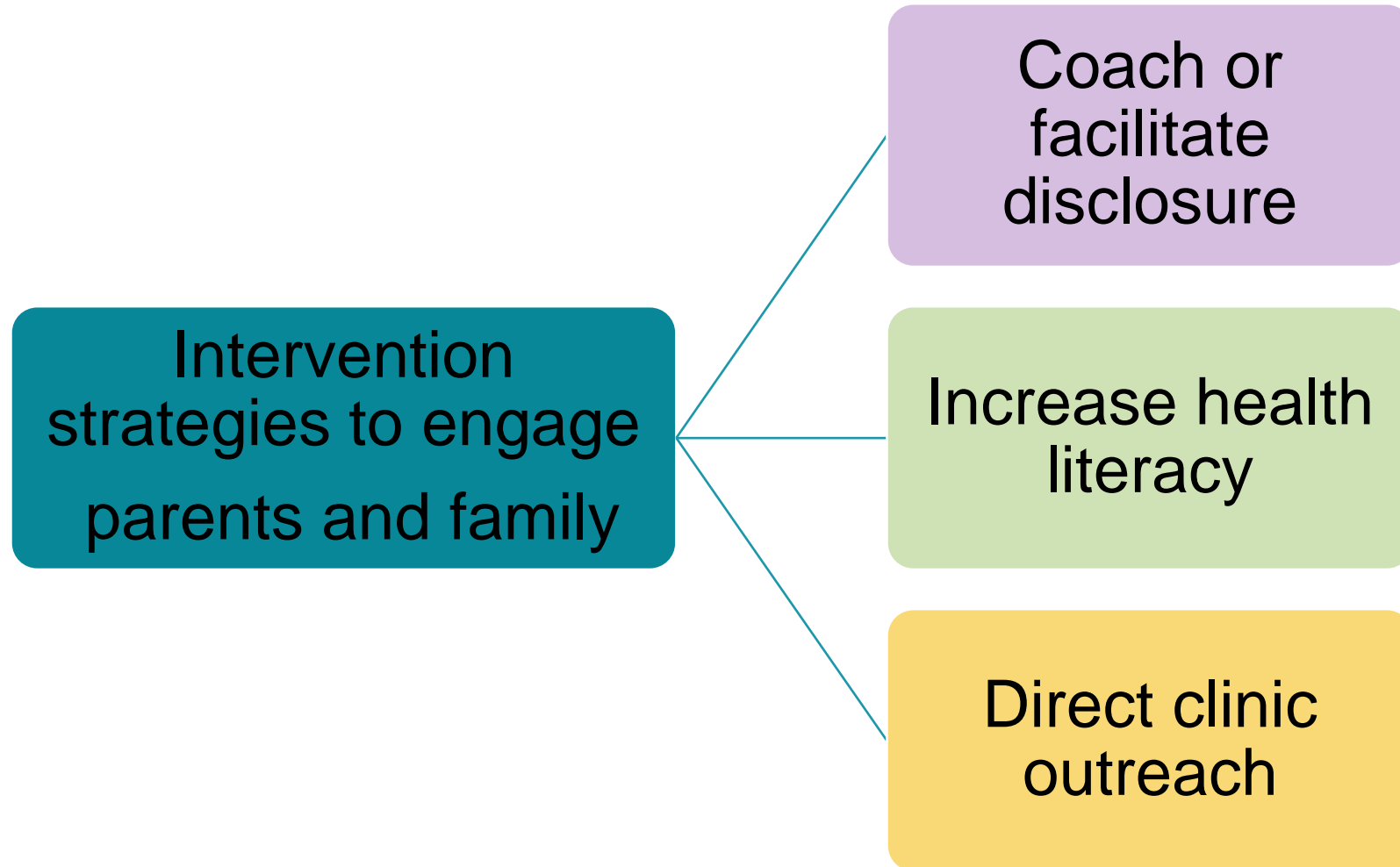
## EXAMPLES OF BARRIERS

- Visiting parents for extended visit/ pausing PrEP
- Unintentional disclosure and stopping PrEP

## EXAMPLE OF FACILITATORS

- Living with a relative who assuages concerns
- Parents offering logistical or childcare support so that participant can visit the clinic

# Implications & Future Considerations



# Acknowledgments

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- The content is solely the responsibility of the authors and does not necessarily represent the official views of the National Institutes of Health.



# Thank you

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