

# **Disclosure, Condom use and Sexual Relationships amongst HAART patients in Khayelitsha, South Africa: A mixed-method approach**

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# Outline

- Context
- Research motivation and description
- Qualitative analysis
- Quantitative analysis
- Brief discussion

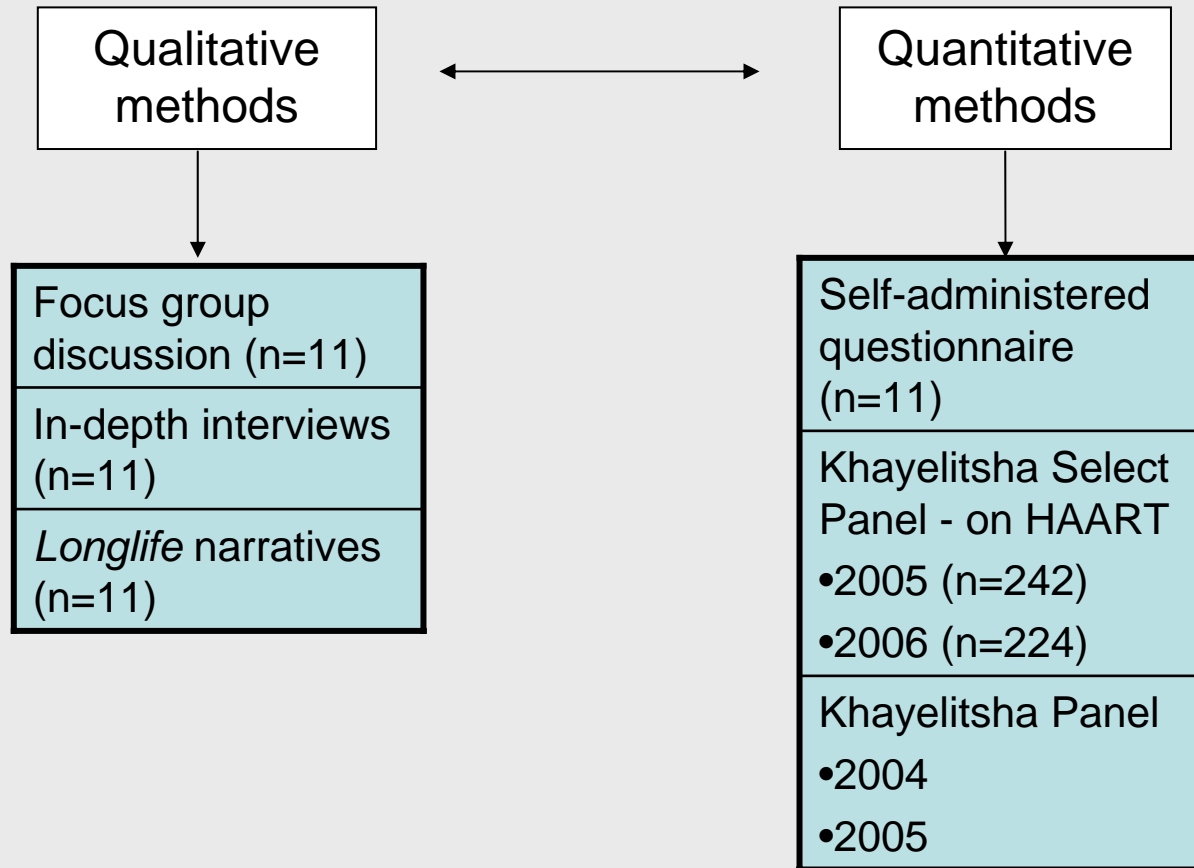
# The current SA strategy?

- Over 5 million infected with HIV - 18.3% of adults
- ABC is core prevention strategy
- ABC fails to account for crucial relationship dynamics:
  - Changing dynamics relationships over time
  - Faithfulness is pointless unless both partners are faithful
  - Couples may choose not to wear condoms due to emerging trust and intimacy
  - Couples may choose to have children (after HAART or during asymptomatic periods)
  - Treatment optimism – related to perceptions of lower infectivity and HIV as a chronic manageable illness
  - Ignores gender dynamics

# Why look at disclosure?

- Importance:
  - Public-health
  - Individual
- Disclosure to sexual partners reflects the realities of relationships experienced by PLWHA
- Nature of relationships in general
- Sexual behaviour and condom-use
- Women's agency

# Methodology and Design



# Geographic context



# Qualitative participant details

<b>Name</b>	<b>Age (At time of interview)</b>	<b>Marital Status</b>	<b>Age at HIV Diagnosis</b>	<b>Motivation for seeking an HIV test</b>
Zameka	23	Married	20	<b>Pregnant</b>
Dunyiswa	24	Single	20	<b>Pregnant</b>
Liziwe	33	Single	30	<b>Sick</b>
Noncebo	27	Boyfriend	21	<b>Baby HIV+</b>
Nokwanda	35	Boyfriend	31	<b>Sick</b>
Ntombikayise	33	Single	30	<b>Sick</b>
Ncumisa	38	Boyfriend	34	<b>Pregnant</b>
Nondumiso	29	Single	26	<b>Sick</b>
Lizeka	26	Single	23	<b>Pregnant</b>
Zoliswa	31	Boyfriend	29	<b>Sick</b>
Buyiswa	28	Single	26	<b>Pregnant</b>

# Perceptions and attitudes towards disclosure and relationships

- History of relationships
- New relationships and disclosure
- Established relationships and disclosure

# Men and relationships

- History of unhappy relationships
- 10/11 women were deserted by fathers of their children
- Two women reported past abuse
- One women was murdered by her husband in January 2007
- General perception amongst women that relationships are extremely difficult - especially due to HIV

# New relationships and disclosure Risks

- Fear of rejection
  - If you disclose, he runs away.... He runs away from you because you are HIV positive. Maybe you are not sick. You are very cute and you are beautiful, but he runs away. (Nomonde)
- Fear of boundary turbulence
  - I am worried if I can get somebody that can be that cruel. Like somebody that will look for every man that I have had and say: “This one is HIV [positive]”. And I always get the feeling that because I am disclosing to the public and everywhere, almost everyone knows. (Babalwa)
- Fear of the difficulties of condom-use negotiation
  - Say I meet the boyfriend today, maybe he wants to sleep with me. If I say, “We must use the condoms.” He says, “No. I can’t eat the sweetie in the paper.” So they don’t care about HIV. (Nomonde)

# New relationships and disclosure

## Benefits

- Instrumental

- It is very important [to disclose] because some of our boyfriends, especially black boyfriends, they didn't want to use a condom. They are very stubborn to use a condom. So its better you must disclose and then you must go take it or leave it because you must have a condom because of your HIV status. It is very important to disclose with your boyfriend. (Zodwa)

- Intimate

- It is important to disclose to your partner. Why not. Because in a relationship there are so many things that you share with your partner. So most beautiful things. Like you not giving the person the right to maybe how he feels. You don't know the person how he feels. (Nondumiso)

# Established relationships and disclosure Risks

- Fear of rejection
  - [With] the other men: if his wife comes from the clinic and he comes from work; she says, “My husband, they said in the clinic I am HIV positive.” The other men, they say, “No, you can take all your things and go because of this.” (Thozama)
- Fear of blame
  - Because if you tell after we do the sex, everything, maybe the condom is break. Then he is going to the clinic to test. He is positive. So he is going to blame you. [Or] maybe someone knows you are HIV positive then he will hear you are HIV positive, then he is going to blame you, maybe he is going to kill you. (Nomonde)

# Actual experiences of disclosure and non-disclosure

- Mixed experiences of disclosure, although generally positive
- Determined by time of disclosure
  - New relationship
  - Established relationship
- Determined by condom-use
  - Consistent
  - Inconsistent

# New relationships, consistent condom-use and disclosure

- When I had this boyfriend that I broke up with, I wasn't afraid to disclose to him because I just told myself that if he loves me then he will accept me in the way I am. And then that's what he did, accepted me the way that I am. So I am not afraid because I am HIV positive. (Bulelwa)

# New relationships, consistent condom-use and non-disclosure

- If you can wait until you see that you are ready ... But like how many boyfriends will I disclose to? As long as we are using condoms, we are safe. But then again I feel, what if the condom breaks and what if this happened, what if that happened. So I feel, I really feel like for me its one of those things where I feel maybe I am cheating on him – for him not knowing my status. (Babalwa)

# Long-term relationships and inconsistent condom-use

- He found the papers and then read ... I was going to fetch some work or some water and when I came back he is reading the papers. I didn't take the papers, I was waiting until he finished. Then he said, "This is true?" I said, "Ja, this is true." Then he go to his family and then he talk about this. And then the family said that he must go test. So he go to the test then he came back, he said to me he tested negative. That the night [when] I was there he shouted at me, "It's you. You bring this virus. But god he saved me. But you, you want to give me this virus. You know for a long time you got AIDS." (Nomonde)

# Long-term relationships and consistent condom-use

- I don't care if he can say to me, "No, I am not going out with you anymore." Because I know my child is in eastern cape to my mother and I know that I I can stay at home alone. I have got no problem about looking for an other guy now. I am old enough for going out now. I must think about my future. I don't think he can run away because he knows that if he runs away he wont get his child and he wont be with me. Because he is not working now, I am helping him. (Victoria)

# Discussion

- Despite fears, disclosure to sexual partners is common and experiences generally positive.
- Women disclose less often than men
- Relationship type is an important determinant of disclosure
- Condom-use decreases over time despite disclosure
- Women, in general find it difficult to negotiate condom-use
- Women find it difficult to encourage their partners to go for VCT

# Demographic details

	2004	2006
	<b>Total</b>	<b>Total</b>
n	242	224
Male	50 (20.6%)	43 (19.2%)
Female	192 (79.4%)	181 (80.8%)
Employed - wage or self (mean)	33.20%	42.41%
Education (0-12yrs) (mean)	9.45	9.63
Age (mean)	33.86	34.56
Age at diagnosis (mean)	30.09	30.04
Disability Grant Recipient	73.44%	46.43%
Months since diagnosis (mean)	50.15	64.37
Months on ART (mean)	24.35	38.85
<b>Health</b>		
Current health status (1 poor - 5 excellent) (means)	3.7112	3.58
Poor or fair health	13.39%	11.61%

# Sexual behaviour

	2004			2006		
	Gender			Gender		
	Male	Female	Total	Male	Female	Total
n	50	192	242	43	181	224
<b>Had sex in the past year</b>	46	153	199	40	142	182
	92.00%	79.69%	82.23%	92.68%	77.60%	80.36%
P = 0.028				P = 0.018		
<b>Disclosure to sexual partner</b>	46	150	196	39	140	179
No	6.52%	14.67%	12.76%	0.00%	13.57%	10.61%
Yes	93.48%	85.33%	87.24%	100.00%	86.43%	89.39%
P = 0.112				P = 0.007		
<b>Condom use</b>						
Every time	73.9%	77.7%	76.8%	67.5%	55%	57.78%
Not every time	26.1%	22.3%	23.2%	32.5%	45%	42.22%
P = 0.595				P = 0.158		
<b>Relationship Duration (mean)</b>				125.6	67.4	80.1
				P = 0.000		

# Disclosure and relationship-type

2004	Have you disclosed to your current sexual partner?			2006	Have you disclosed to your current sexual partner?		
What best describes your relationship with your current sexual partner?	No	Yes	Total	What best describes your relationship with your current sexual partner?	No	Yes	Total
The most important person in my life	8 7.55%	98 92.45%	106 100%	Spouse / married	1 3.45%	28 96.55%	29 100%
One of the important people in my life	8 12.12%	58 87.88%	66 100%	Someone you loved but were not married to	16 11.51%	123 88.49%	139 100%
A very good friend	4 22.22%	14 77.78%	18 100%	Someone you knew well but did not love	2 22.22%	7 77.78%	9 100%
Just someone to have sex with	4 80%	1 20%	5 100%	Someone you just met	0 0%	2 100%	2 100%
	16.67%	0.58%	2.56%		0%	1.25%	1.12%
Total	24 12.31%	171 87.69%	195 100%	Total	19 10.61%	160 89.39%	179 100%
P = 0.001				P = 0.354			

# Relationship dynamics

	Gender			Have you disclosed to this sexual partner?		
	Male	Female	Total	No	Yes	Total
	40	142	182	19	160	179
<b>Did [partner] get to know members of your family during your relationship?</b>						
Yes	92.50%	92.14%	92.22%	78.95%	93.71%	92.13%
No	7.50%	7.86%	7.73%	21.05%	6.29%	7.87%
P = 0.621				P = 0.047		
<b>Did [partner] meet your close friends during your relationship?</b>						
Yes	97.37%	94.37%	95.00%	89.47%	95.60%	94.94%
No	2.63%	3.53%	3.33%	5.26%	3.14%	3.37%
No friends nearby	0.00%	2.11%	1.67%	5.26%	1.26%	1.69%
P = 1.000				P = 0.247		
<b>Did you ever live in the same house with [partner]?</b>						
Yes	57.89%	43.66%	46.67%	15.79%	50.31%	46.63%
No	42.11%	56.34%	53.33%	84.21%	49.69%	53.37%
P = 0.144				P = 0.006		

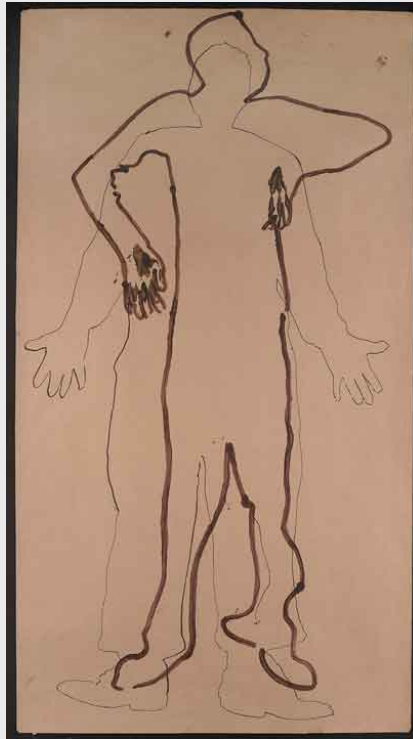
# Rates, reasons + reactions

2006	Gender		Total
	Male	Female	
<b>n</b>	40	142	182
<b>When did you disclose your status to this partner?</b>	40	122	162
Before ARVs	73.68%	54.03%	58.64%
After ARVs	26.32%	45.16%	40.74%
At the same time as starting ARVs	0.00%	0.81%	0.62%
P = 0.035			
<b>Did knowing you have HIV make your partner nicer, more horrible, or make no difference?</b>	40	118	158
Nicer	73.68%	62.50%	65.19%
More horrible	2.63%	6.67%	5.70%
No difference	23.68%	30.83%	29.11%
P = 0.346			
<b>Why have you not disclosed to your partner?</b>	n=0	n=20	
I was afraid my partner would leave me	0.00%	59.09%	59.09%
My partner did not like the condom	0.00%	9.09%	9.09%
I was economically dependant on my partner	0.00%	4.55%	4.55%
I was afraid my partner would tell other people	0.00%	4.55%	4.55%
I was afraid my partner would get angry	0.00%	9.09%	9.09%
My partner had negative attitudes towards PLWHA	0.00%	4.55%	4.55%
I was using condoms so I thought he/she was protected	0.00%	4.55%	4.55%

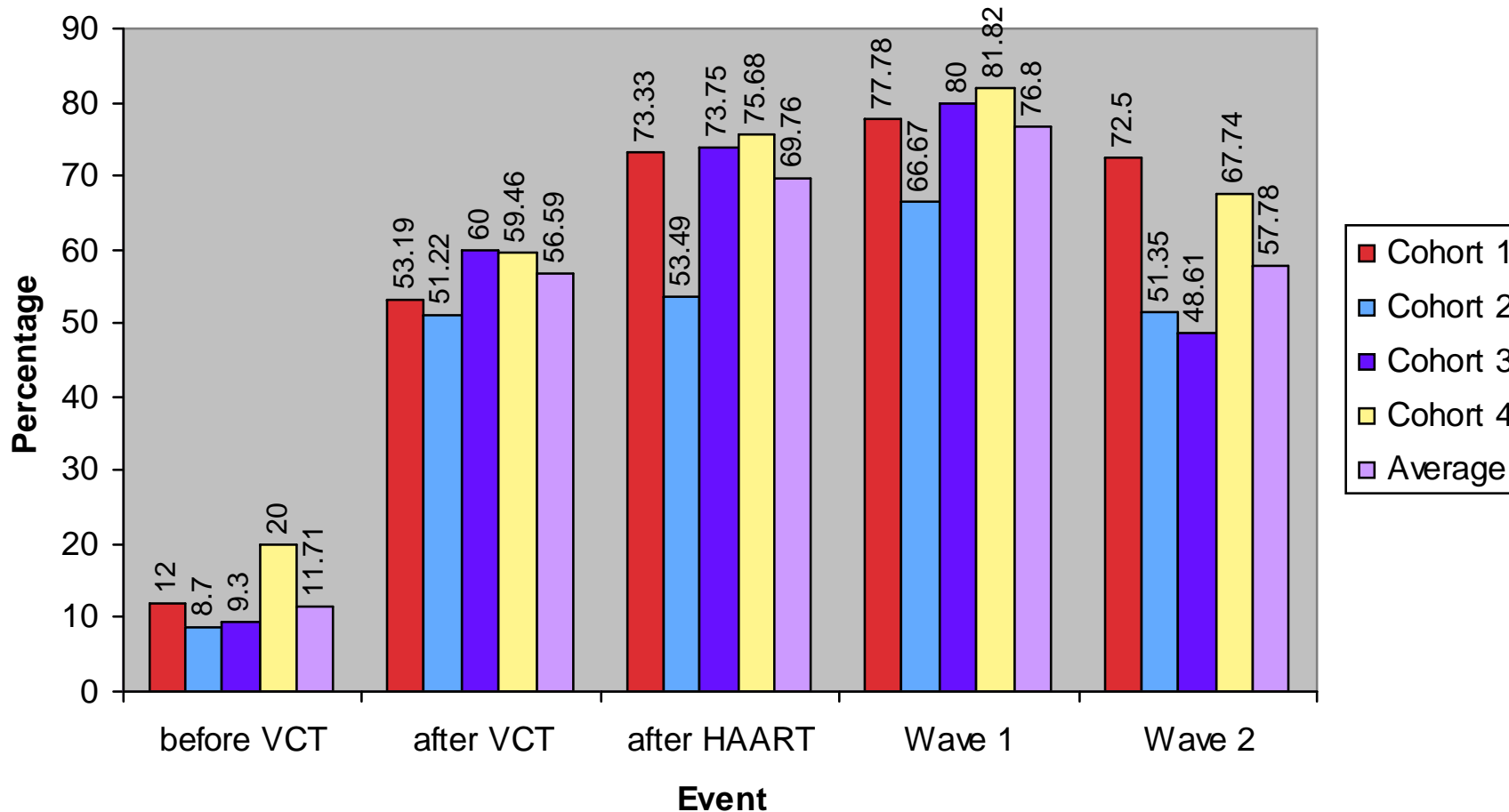
# To sum up...

- Disclosure to sex partners is generally a difficult process, however most people end up disclosing after some period of time.
- Fears of disclosure may be more negative than actual experiences of disclosure.
- Levels of condom-use are too low
- Gender and relationship strength are crucial determinants of many aspects of living with HIV/AIDS.
- Further research on men is essential in order to better understand relationships, disclosure and condom-use
- VCT strategies must expand to include more nuanced views of relationships

# Thank You



## Consistent Condom-Use by Event and Cohort



# Condom negotiation

	Gender		Total		Have you disclosed to this sexual partner?		Total
	Male	Female			No	Yes	
<b>Who generally made the decision not to use a condom?</b>	40	142	182		19	160	179
n	4	39	43		5	37	42
Myself	50.00%	10.26%	13.95%		20.00%	13.52%	14.29%
My partner	25.00%	41.03%	39.53%		60.00%	37.84%	40.48%
Joint decision	25.00%	48.72%	46.51%		20.00%	48.65%	45.24%
P = 0.179					P = 0.428		
<b>Have you ever disagreed or had arguments about using condoms with this partner?</b>							
n	40	140	180		19	159	178
Yes	7.89%	26.06%	22.22%		31.58%	21.38%	22.47%
No	92.11%	73.94%	77.78%		68.42%	78.62%	77.53%
P = 0.007					P = 0.231		

# HIV testing

	Gender			Have you disclosed to this sexual partner?		
	Male	Female	Total	No	Yes	Total
<b>Did your partner have an HIV test?</b>	40	142	182	19	160	179
Yes	92.11%	61.54%	67.96%	10.53%	75.00%	68.16%
No	7.89%	27.27%	23.20%	52.63%	20.00%	23.46%
Don't know	0.00%	11.19%	8.84%	36.84%	5.00%	8.38%
P = 0.001				P = 0.000		
<b>Did your partner tell you the result of this test?</b>						
Yes	97.14%	97.78%	97.60%	100.00%	97.54%	97.58%
No	2.86%	1.11%	1.60%	0.00%	1.64%	1.61%
P = 0.630				P = 1.000		

# Infidelity

	Gender				Have you disclosed to this sexual partner?		
	Male	Female	Total		No	Yes	Total
<b>As far as you know, did [partner] have any other sexual partners during the time that you and he/she were having a sexual relationship?</b>	40	142	182		19	160	179
Definitely yes	15.79%	40.14%	35.00%		42.11%	33.96%	34.83%
Not sure	23.68%	27.46%	26.67%		42.11%	24.53%	26.40%
Definitely no	60.53%	28.17%	35.00%		15.79%	37.74%	35.39%
Don't know	0.00%	4.23%	3.33%		0.00%	3.77%	3.37%
P = 0.001					P = 0.147		
<b>Did you have any other sexual partners during the time that you and [partner] were having a sexual relationship?</b>							
Definitely yes	21.05%	21.13%	21.11%		26.32%	20.75%	21.35%
Not sure	0.00%	1.41%	1.11%		0.00%	1.26%	1.12%
Definitely no	78.95%	77.46%	77.78%		73.68%	77.99%	77.53%
P = 1.000					P = 0.653		