

HIV Sero-status Disclosure and Sexual Behaviour among HIV Positive Patients who are on Antiretroviral Treatment (ART) in Mpumalanga, South Africa

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ABSTRACT The aim of this study was to assess with a narrative interview HIV sero-status disclosure and sexual behaviour pattern among 90 purposeful selected antiretroviral treatment (ART) patients in a public hospital in Mpumalanga province, South Africa. Results indicate that participants were either in sero-concordant (21%), sero-discordant (13%) or in relationships with a partner of unknown HIV status (53%). A conceptual framework on HIV disclosure and sexual behaviour found that among sero-concordant and sero-discordant partners, the motivation for HIV disclosure included poor health, pregnancy, death and sero-sorting. Actions taken were categorized into (1) condom use, (2) partner testing or (3) abstinence. Challenges to HIV disclosing included (1) partner separation, (2) partner togetherness and (3) sero-sorting. As a conclusion, HIV disclosure was found to be complex and needing supportive counselling, and a great deal of HIV risk sexual behaviour was observed needing HIV risk reduction interventions.