Health related quality of life and associated factors among women on anti-retroviral therapy in health facilities of Jimma Town, southwest Ethiopia: across-sectional study

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Statement of the Problem: Studies across various countries indicate that HRQoL of PLWHA is affected by socio-economic variables, biological and psychological factors. Poor adherence to ART is also another factor for compromised HRQoL among PLWHA. The studies also indicate women with HIV/AIDS are of poorer QoL life than their men counterparts though they are generally more adherent to ART and the same disease stages. This study examined the health related quality of life and its associated factors among HIV positive women receiving anti-retroviral therapy in Jimma Town health facilities.

Methods*:* A cross-sectional study was conducted. Consecutive sampling technique was employed to select HIV positive women who were on anti-retroviral therapy. Quality of life was measured using WHOQOL-BRIEF tool. Descriptive statistics, bivariate and multivariable logistic regression analyses were performed. Associations between the quality of life and independents variables were reported. P-values <0.05 with 95% CI were set to determine statistical significance.

Findings: The mean (±standard deviation) age of the respondents was 34.07(±8.76) years and 80.5 % of them were urban dwellers. The proportion of women reporting good health related quality of life was found to be46.5%. Specific to each domain, the mean (±standard deviation) of level of independence domain was the highest (14.08±3.07)followed by physical(13.46±2.95),social relationships(13.27±3.91), psychological (12.97±2.47), environmental (12.94±3.25)) and spiritual (12.39±2.84). Good social support(AOR: 4.99; 95% CI [2.88, 8.34]),higher wealth status (AOR: 1.85; 95%CI [1.02, 3.39]) and being on anti-retroviral therapy for shorter duration (AOR: 1.85; 95% CI [1.14, 3.03]) were independently associated with better overall health-related quality of life among the participants.

Conclusions: the study demonstrated higher proportion of HIV positive women on ART had poor health related quality of life which was affected by wealth index, social support and duration on ART.

Research

1. Health related quality of life among women on anti-retro-viral therapy in Jimma Town health facilities, 2016: first author (submitted to journal of Public health Hindawi)
2. Reproductive health service utilization in Jimma University, 2015: Co-author
3. The effect of community-based health insurance schemes on utilization of healthcare services in low and middle-income countries: systematic review protocol of quantitative evidence, 2017: co-author (accepted and assigned to Volume 16, issue 3 to be published on March 3, 2017 at JBISRIR: http://journals.lww.com/jbisrir/pages/default.aspx)
4. HIV/AIDS Situational and response Analysis in Jimma University, 2016:Co-author

Biography: Yetnayet Abebe Weldsilase has completed her masters of public health in reproductive health speciality in 2016 from Jimma University, Ethiopia, East Africa. Her years work experience on HIV/AIDS prevention and care projects and her social work study in combination with her clinical nursing background provides her an insight on the need to assess extra factors explaining why HIV positive women are poor in quality of life even though they are good in ART adherence.

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