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Determinants of risky sexual behaviors among patients living with HIV in a low-income environment

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High risk sexual practices among people living with HIV, is a crucial public health issue due to increasing HIV incidence. This study describes factors that could be attributed to risky sexual behaviors among people living with HIV. Self-reported patient characteristics were collected using a mobile-based data collection method from the HIV clinic in Dodoma, Tanzania. Risky sexual behavior was defined by the patient's use of condoms during sexual intercourse. 561 patients were interviewed in the HIV clinic with an average income per month of 126,000tsh (57USD). 56% (315) were sexually active of which 82% (257) used condoms during sexual intercourse. 79% (44) of the patients who do not use condoms earned less than 120,000tsh (54USD) and 83% (48) of the patients who did not use condoms were urban dwellers. 28% (15) of non-condom users reported more than 1 sexual partner and 33% (19) of the non-condom users had their first sexual intercourse at age less than 18 years. In multiple logistic regressions, condom use was 5.5 times more likely in patients who had HIV for 6-9 years when compared to patients who have had HIV for less than 3 years (95% C.I. 1.8-17.0). Homemakers living with HIV were about 1% less likely to use condoms when compared to office workers (0.01-0.6). The dangers of risky sexual behaviors are perceived more in patients who have lived with an HIV diagnosis longer. Emphasis should be placed on issues such as access to condoms, availability and costs on set incomes and the power imbalances that may be at play for rural women beyond access issues in future studies.

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