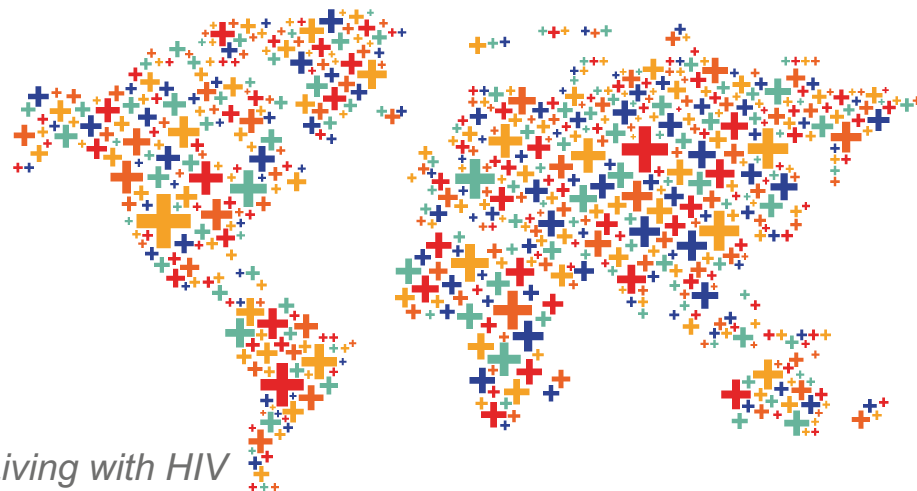




# THE PEOPLE LIVING WITH HIV STIGMA INDEX



*Tonderai Mwareka*  
*Zimbabwe National Network of People Living with HIV*

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## Zimbabwe National Network of People Living with HIV (ZNNP+)

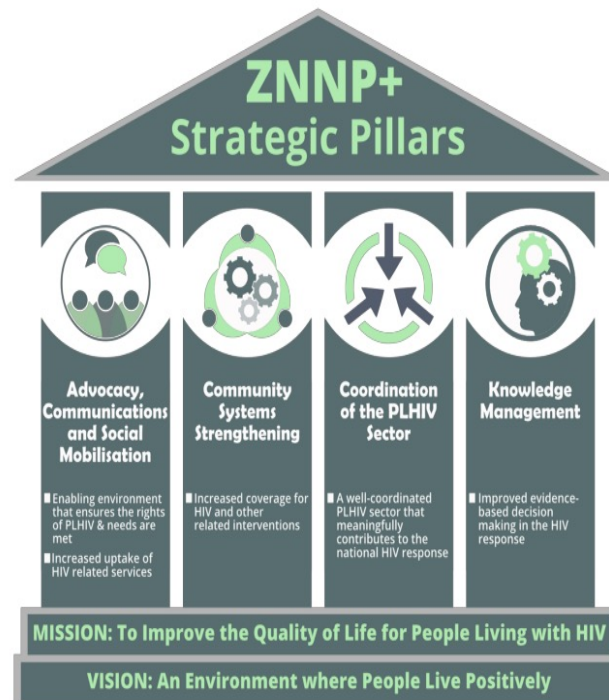


- ❖ ZNNP+ is an umbrella body that represent the interest and rights of people living with HIV in Zimbabwe
  - ❖ It is a membership organization of individuals as well as community-based organization led by people living with HIV
  - ❖ The organization has a national reach and is represented in all the country's 10 provinces
  - ❖ The organization has been coordinating the implementation of stigma index study in Zimbabwe starting with stigma index 1.0 and now 2.0
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ZIMBABWE NATIONAL NETWORK  
OF PEOPLE LIVING WITH HIV

NATIONAL STRATEGY  
2021 – 2025



## Methodology: Geographical Scope

- ❖ All 10 provinces were represented in the study
  - ❖ It had a mixture of urban, peri-urban, farming communities and rural areas
  - ❖ A total of 27 districts were selected across the 10 provinces
  - ❖ On average each province had 3 districts sampled and some had 2
  - ❖ Some areas like prisons were also sampled
  - ❖ For comparison purposes same districts sampled in 2014 were deliberately chosen
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## Methodology: Sample Size and Composition

- ❖ The Stigma Index sample size calculator was used to calculate the sample size, based on the estimated prevalence of avoidance of seeking healthcare due to anticipated stigma by PLHIV.
  - ❖ The aimed sample size was 1387 people living with HIV in all their diversity.
    - ❖ The final sample consisted of 1400 participants.
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## Methodology: Sample Size and Composition

Cluster	Province	Sample size	Sample distribution				Total
			Key population (25%)	Youths* (10%)	Other PLWHIV (65%)		
					Women (60%)	Men (40%)	
1	Bulawayo	151	38	15	59	39	151
2	Harare	117	29	12	46	30	117
3	Manicaland	107	27	11	42	28	107
4	Mashonaland Central	105	26	11	41	27	105
5	Mashonaland East	139	35	14	54	36	139
6	Mashonaland West	121	30	12	47	32	121
7	Masvingo	126	31	13	49	33	126
8	Matabeleland North	174	43	17	68	45	174
9	Matabeleland South	204	51	20	80	53	204
10	Midlands	142	36	14	55	37	142
		1387	347	139	541	361	1387

## Methodology: Sample Size and Composition

### *Key Population Disaggregation*

Key Population Group	Frequency
Gay	11
Men who have sex with Men	49
Transgender People	33
Sex Workers	258
People Who use Drugs	3

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## Methodology: Sampling Strategy

### *Venue-based Sampling & Limited Chain Referral*



- ❖ 75% of participants were recruited from the VBS and 25% of participants through the LCR.
  - ❖ Venues included health facilities, community places, and households
  - ❖ Drop-in centers were also used to target key populations who also facilitated the recruitment of their peers
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# Key Findings and Recommendations

## Key findings

- ❖ Internalized stigma stands at 48% with young people (18-19 years) most affected
- ❖ Stigma in health facilities stands at 35%
- ❖ Stigma and discrimination experienced by PLHIV 69.7%

## Recommendations

- ❖ Intensify engagement of PLHIV and community at large to address stigma and discrimination
  - ❖ Engage in open discussion on issues of stigma and discrimination among PLHIV
  - ❖ Invest in anti-stigma programming
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## Challenges with Implementation of the Standardized Methodology

- ❖ Limited resources that had to be shared across provinces especially equipment
  - ❖ Some key populations like PWUD were not easy to find. What were easily found were PWUD but not living with HIV. The network of drug users also struggled to come up with this subpopulation. At national level there is also no data of PWUD and are HIV positive.
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## Lessons Learnt

- ❖ The study is very important to inform programming as most partners showed interest in it
  - ❖ Digital data collection is effective in data collection
  - ❖ There is need to be discrete in sampling certain sub-populations so that people are not in various sub-populations
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