

ABSTRACT

Objective: Non-adherence with antiretroviral therapy among adolescents remains a major global challenge. This study sought to determine factors contributing to antiretroviral adherence amongst adolescent and young people living with HIV in five healthcare settings within the greater Accra region of Ghana.

Methods: Cross-sectional design was employed and a structured questionnaire was used to collect data on participants' sociodemographic factors, sexual characteristics, individual clinical factors, health facility-related factors, and community factors. All adolescents and young people living with HIV, aged 10 – 24 years, who were on ART for 6 months or more and had Viral load test done within the past 12 months were included in the study upon personal and parental consent. ART Adherence was determined using a recent viral load count of fewer than 1000 copies/mL. Bivariate analyses were conducted and significant variables were included in binary logistic regression analysis at a 95% confidence interval.

Results: There were 215 adolescents and young people involved in this study. Their median age was 17 years (interquartile range: 13-23 years). There were more females (52.6%) than males (47.4%). Adherence to ART using recent viral load counts was 69.9% (95% CI: 59.9% - 79.0%). The means of follow up was contributing to antiretroviral therapy adherence amongst adolescent and young people living with HIV (AOR=2.32, 95% CI: 1.19-4.47, $p=0.013$).

Conclusion: Adherence to antiretroviral therapy was suboptimal (<95%). Follow-ups should be intensified among adolescents and young people living with HIV to improve the effectiveness of antiretroviral therapy in achieving viral suppression.