

## NMA/AGSM/2022/PUBH/004 - Sexual Behavior and Risky Practices Among Adults Living With HIV/AIDS in Bayelsa State

**\*Ifeoma. C. Ofurum<sup>1</sup>, Onyinye. G. Mba<sup>2</sup>**

<sup>1</sup>School of Public Health, University of Port Harcourt, Rivers State, Nigeria.

<sup>2</sup>Department of Community Health, University of Port Harcourt, Rivers State, Nigeria.

### Abstract

**Background:** HIV/AIDS remains a public health challenge with an estimated 37.9 million persons living with HIV/AIDS (PLWHA). Risky sexual behaviors/practices among PLWHA increase the likelihood of co-infection and further spread of infection. Understanding the pattern of these behaviors will aid in the modeling of campaigns to control the further spread of infection. To examine sexual behaviour and risky practices among adults living with HIV in Bayelsa State, Nigeria.

**Methodology:** Six hundred (600) participants were recruited for this cross-sectional study from the HIV/AIDS clinics at Federal Medical Centre (FMC), Yenagoa, and Otusega Cottage Hospital, Ogbia in Bayelsa State, after obtaining informed consent. An interviewer-administered questionnaire was used to collect data comprising socio-demographic characteristics and the sexual activities/behavior of the respondents in this study. The data obtained from the study were analyzed and presented as frequencies and percentages.

**Result:** Most of the respondents reported sexual intercourse 532(88.7%) 3 months to study. Sexual intercourse with casual partners 20(3.8%), multiple sexual partners 72(12%), and sex workers 2(0.4%) were observed among the respondents. Regular use of condoms during sex was reported by 63(11.8%), while 200(37.6%) sometimes, 96(18.0%) rarely, and 173(32.5%) never. The recent treatment of STI was reported at 115(19.2%). Alcohol use before sex was reported by 218(36.3%). Overall, 253(42.2%) of the respondents engaged in at least one form of risky sexual behavior.

**Conclusion:** There is a preponderance of risky sexual behavior/practices among PLWHA in Bayelsa State that may account for coinfection with STI as well as increased HIV/AIDS transmission.

**Keywords:** HIV/AIDS; Sexual Behaviour; Risky Practices; PLWHA; Bayelsa State.

**Corresponding Author:** \*Ifeoma. C. Ofurum, School of Public Health, University of Port Harcourt, Rivers State, Nigeria. Email: [ifeoma.ofurum@uniport.edu.ng](mailto:ifeoma.ofurum@uniport.edu.ng)

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