

## Exploring HIV Self-Testing: Barriers FAMILY MEDICINE and Facilitators Among Undergrauate Students in Nairobi, Kenya

Source: Muendo NK, Thigiti J, Tembu O, et al. Exploring HIV self-testing: barriers and facilitators among undergraduate students in Nairobi, Kenya. Ann Fam Med. 2024;22:10.1370/afm.3169

The study highlights the role of school-based interventions and family support in HIV prevention, showing strong HIV knowledge among participants and the need for targeted education and stigma reduction to improve self-testing uptake.



- Predominantly single, female, and full-time students with an average age of 21.1 years substantial demonstrated with 71.2% favoring facility-based testing (voluntary counseling and testing).
- Only 25% have ever used a self-test kit with 60.8% preferring the OraQuick self-test kit.



Fear of positive results and stigma were primary barriers for self-testing, motivations for self-testing included routine use and protecting loved ones.



Integrating HIV self-testing into current prevention programs may strengthen HIV care frameworks in East Africa by destigmatizing HIV, ensuring testing privacy, and addressing misconceptions.