Limited disclosure

- Limited disclosure network (Fig 2)
- YPLWH adjusted their lives to keep their HIV positive status a secret by fore-going opportunities (e.g. going on holiday)
- YPLWH often felt fatigued by keeping their status secret

Disclosure discouraged by parents’ guardians

- Parents often proscribed why and to whom YPLWH disclosed their HIV status (sometimes to conceal their own status)
- But guardians often felt that YPLWH in their care could be well understood by someone ‘in their shoes’

Disclosure provides opportunities for support

- Disclosing to others has enabled friends and family to offer support
- Disclosure sometimes linked to receiving support from other YPLWH

Desire to share experiences with others ‘in their shoes’

- YPLWH often wanted to share experiences about managing HIV
- One participant had attended a support group: supportive to meet with others and for adherence
- Some YPLWH often felt that there were other YP in their shoes who need to be accessed

CONCLUSION

- Limited disclosure prevents YPLWH meeting and talking with other YPLWH, leading to isolation
- Limited disclosure sometimes desired by YPLWH, sometimes encouraged by parents/guardians
- Interventions targeting YPLWH should address relationships in the home and the benefits, challenges and strategies for disclosure YPLWH to allow them to share experiences, concerns and feel less alone
- Support groups for YPLWH can enable sharing experiences with others ‘in their shoes’ and reduce isolation
- Virtual platforms and more involvement of this group as volunteers at the clinic were other suggestions that might help them find each other

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