**Social Support and ART Adherence**

## Paper reference and Research question

Weaver, E. R., Pane, M., Wandra, T., Windiyaningsih, C., Herlina, & Samaan, G. (2014). Factors that influence adherence to antiretroviral treatment in an urban population, Jakarta, Indonesia. *PLoS ONE*, *9*(9), e107543. https://doi.org/10.1371/journal.pone.0107543

The researchers in this study sought to investigate the effects of social support on antiretroviral therapy (ART) adherent prospects of patients living with HIV. The predictor variable in this study was the nature of social support given to these patients. On the other hand, the outcome variables were excellent and poor adherence to ART. The study population in this survey was an urban population, taken from Jakarta, Indonesia. Specifically, the sample was drawn from ART-prescribed patients from Sulianti Saroso Infectious Disease Hospital.

## How the Researchers "Measured" The Predictor Variable

To determine the effect social support given to HIV patients had on their medication adherence prospects, the researchers issued the participants with questionnaires with queries on their medication-taking pattern, personal perception, and how they thought the society perceived them because of their status. The responses were based on a three-point Likert scale ranging from 0 (definitely false) to 3 (definitely true). Evaluating the data collection method, it was appropriate since it encompassed personal sharing from patients themselves. The questionnaires also contained a list of forty common aspects that when practiced by the society can be socially empowering or damaging to patients living with HIV. As such, the respondents were well guided.

## Results in the Study and What They Mean

The results of this study indicated that patients who received adequate social support exhibited greater adherence to ART (Weaver et al., 2014). Conversely, patients who received limited social support had poor adherence. The implication is that proper social support is an important factor in promoting adherence to ART. This follows that inadequate social support adversely affects adherence to ART.

## Recommendation based on these findings

The researchers discovered that social support for HIV patients prescribed to ART may reduce the effect of stigma. As such, the researchers recommend that social support should be given to these patients even if in form of community-based organizations so as to get the best results from treatment. One thing I would consider changing is the setting of the survey. The researchers should probably consider examining the adherence prospects of patients in rural areas too to determine whether social support has similar effects as it was with the urban population considered in this study.