

People Living with HIV Stigma Index 2.0: Stigma and Discrimination Experienced by People Living with HIV in Portugal

Ana Duarte

Ser+, Portuguese Association for AIDS Challenge and Prevention
HIV Anti-Discrimination Centre Coordinator

ana.duarte@sermais.pt


Co-authors:

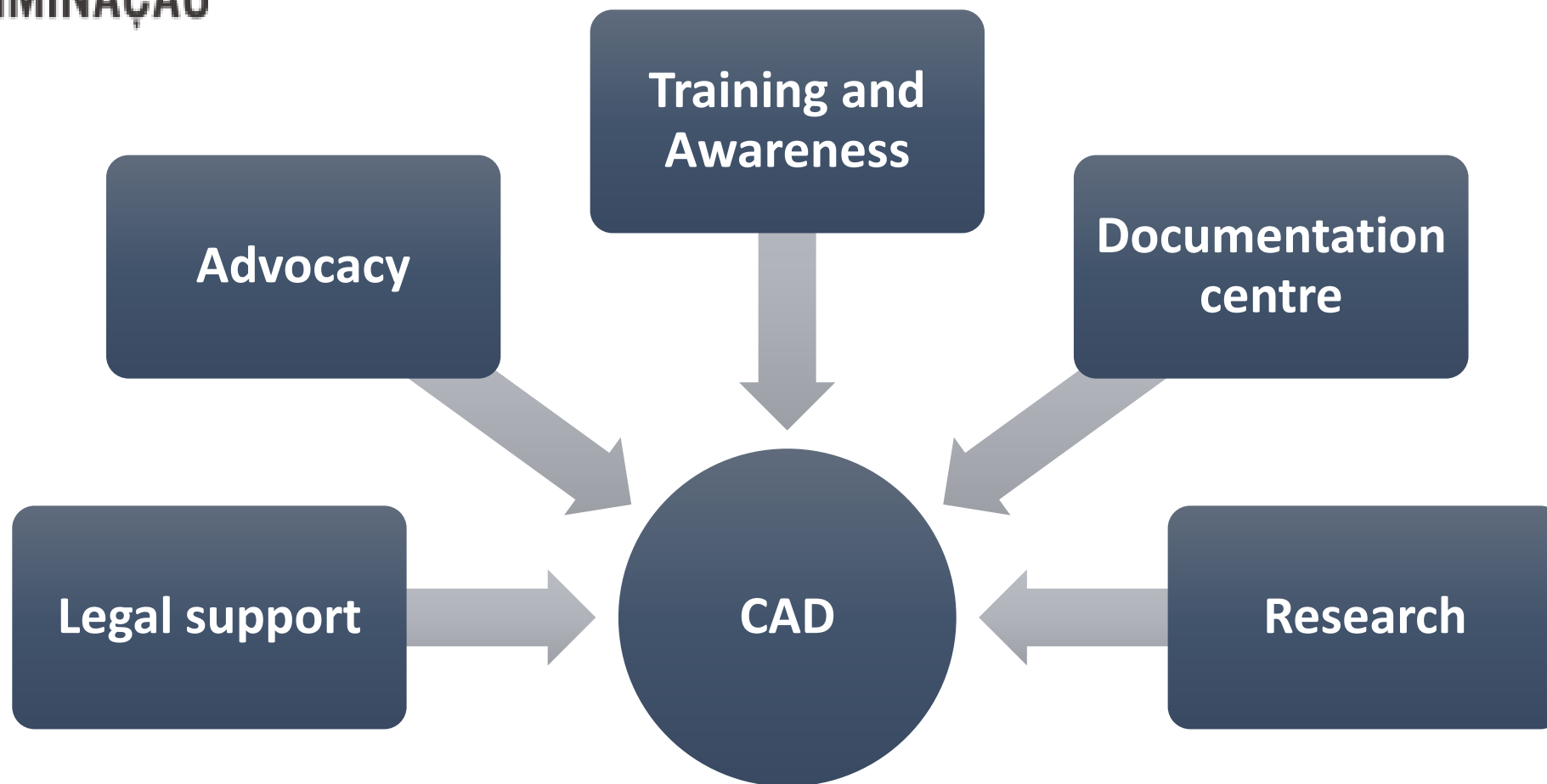
João Brito | GAT - Portuguese Activist Group on Treatments
Joana Bettencourt | Directorate General of Health, National Program for STI and HIV
Ana Subtil & Sónia Dias | National School of Public Health, NOVA University Lisbon



**CENTRO
ANTI-DISCRIMINAÇÃO
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Stigma Index

People Living with HIV

Stigma Index



Internacional Project

- Implemented in more than 100 countries
- Standardized tool
- Measure stigma and discrimination experienced by PLHIV and advocate for the promotion of their rights
- Developed and applied by PLHIV



In Portugal....

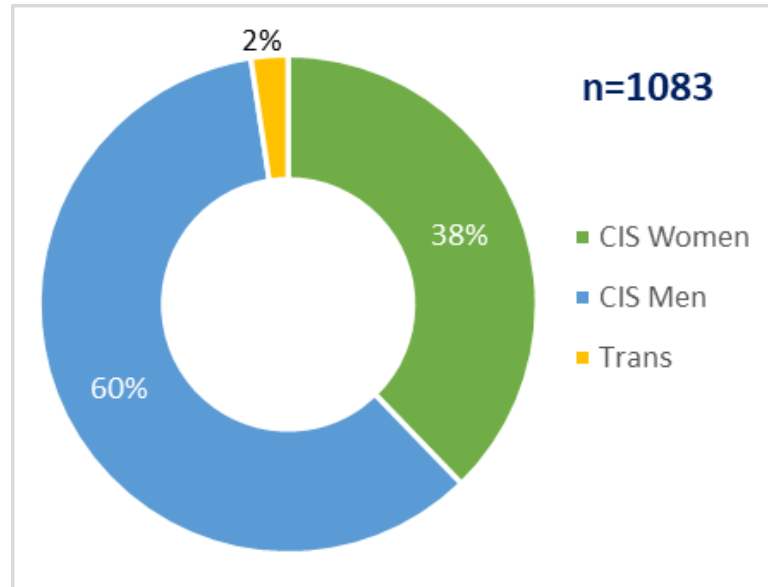
- Implemented in 2013 and **2021/22**
- 1095 questionnaires
- Collected in:
 - 15 hospitals
 - 18 Civil Society Org.
 - Snowball
- Oct. 2021 to March 2022



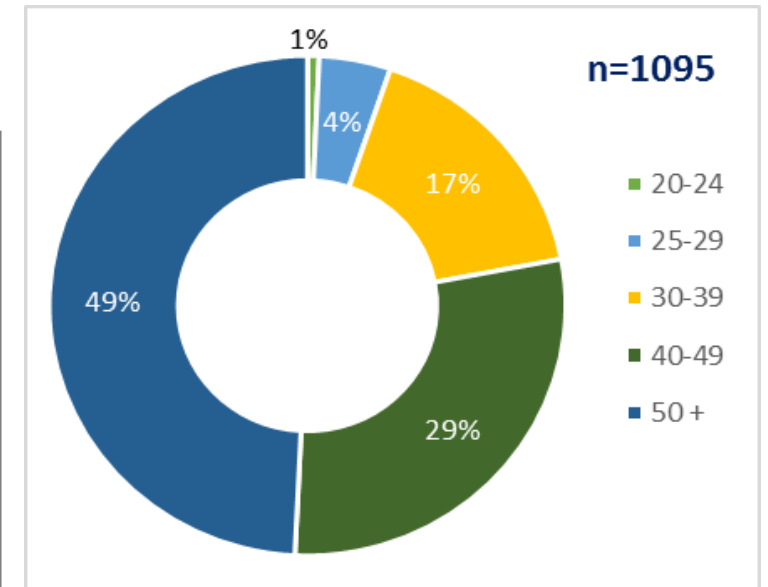
Sample

- Ratio Men / Women of 1,6
- Half over 50 years old
- 60% live with HIV for more than 10 years
- 40% concluded primary School and 36% secondary school
- 39% have full-time job; 33% are unemployed
- 73% belong to (at least) one key or vulnerable population

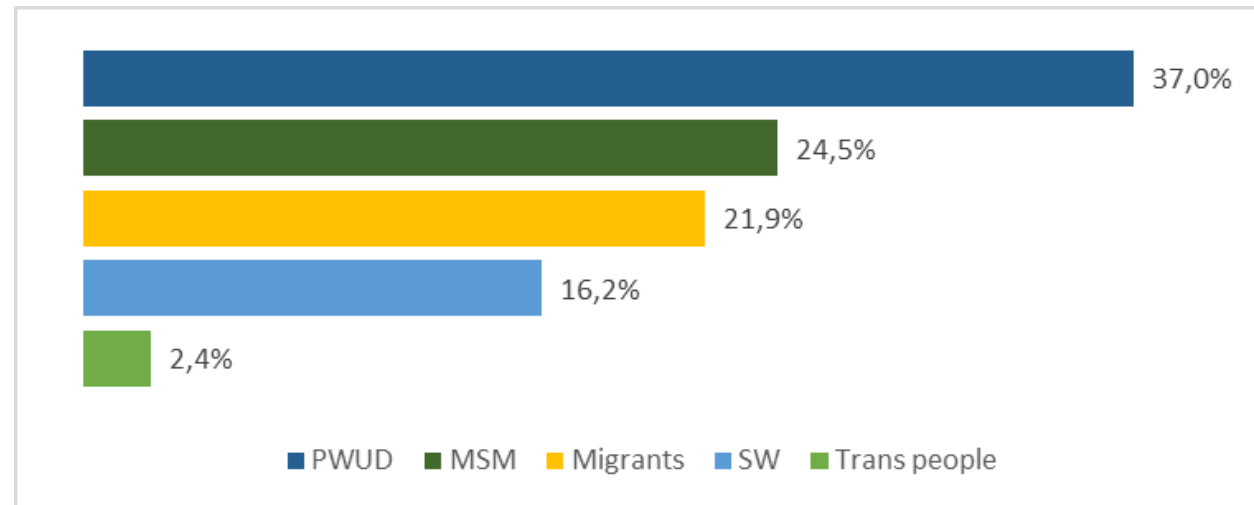
Gender



Age



Key/Vulnerable Population

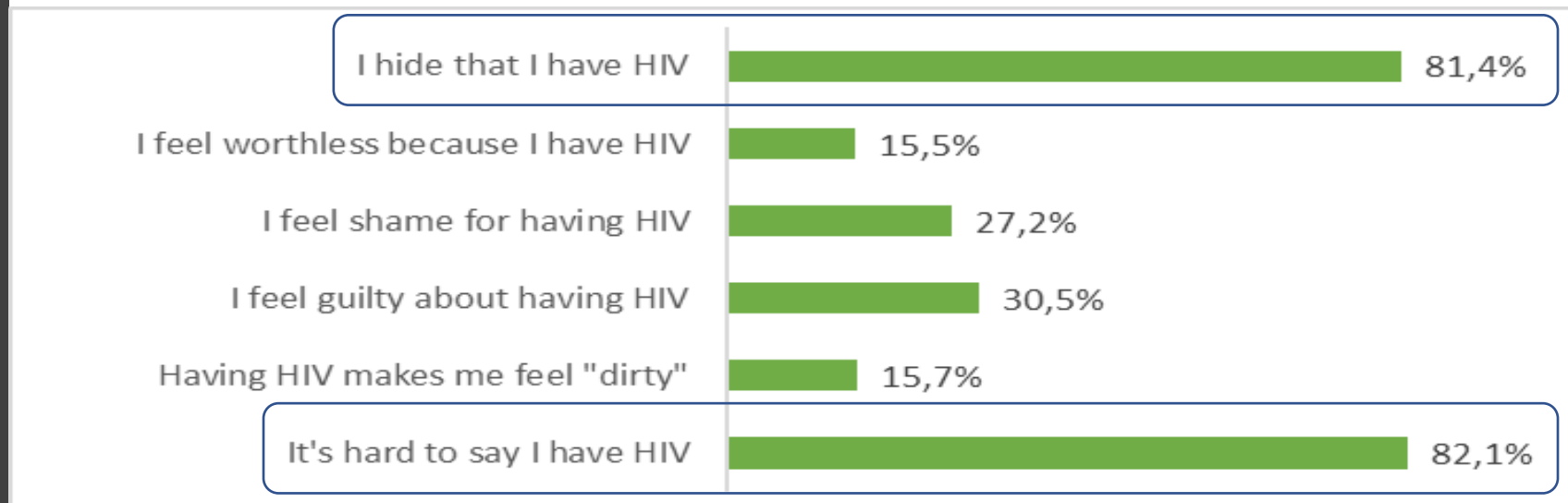


Internalized Stigma & Self-Discrimination

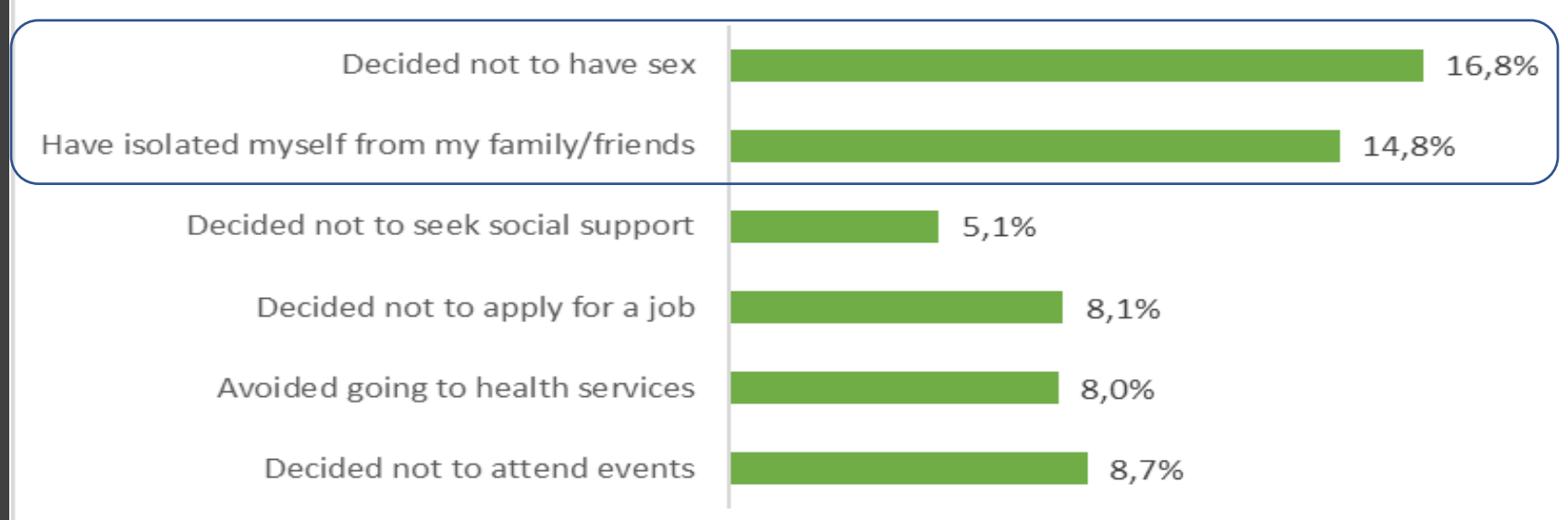
- 90% identify some form of internalized stigma
- More in Mig (95%) and SW (92%), and Women

- 30% report at least one self discrimination behaviour in last 12M
- More in SW and Trans (40%), and Women (34%)

Internalized Stigma

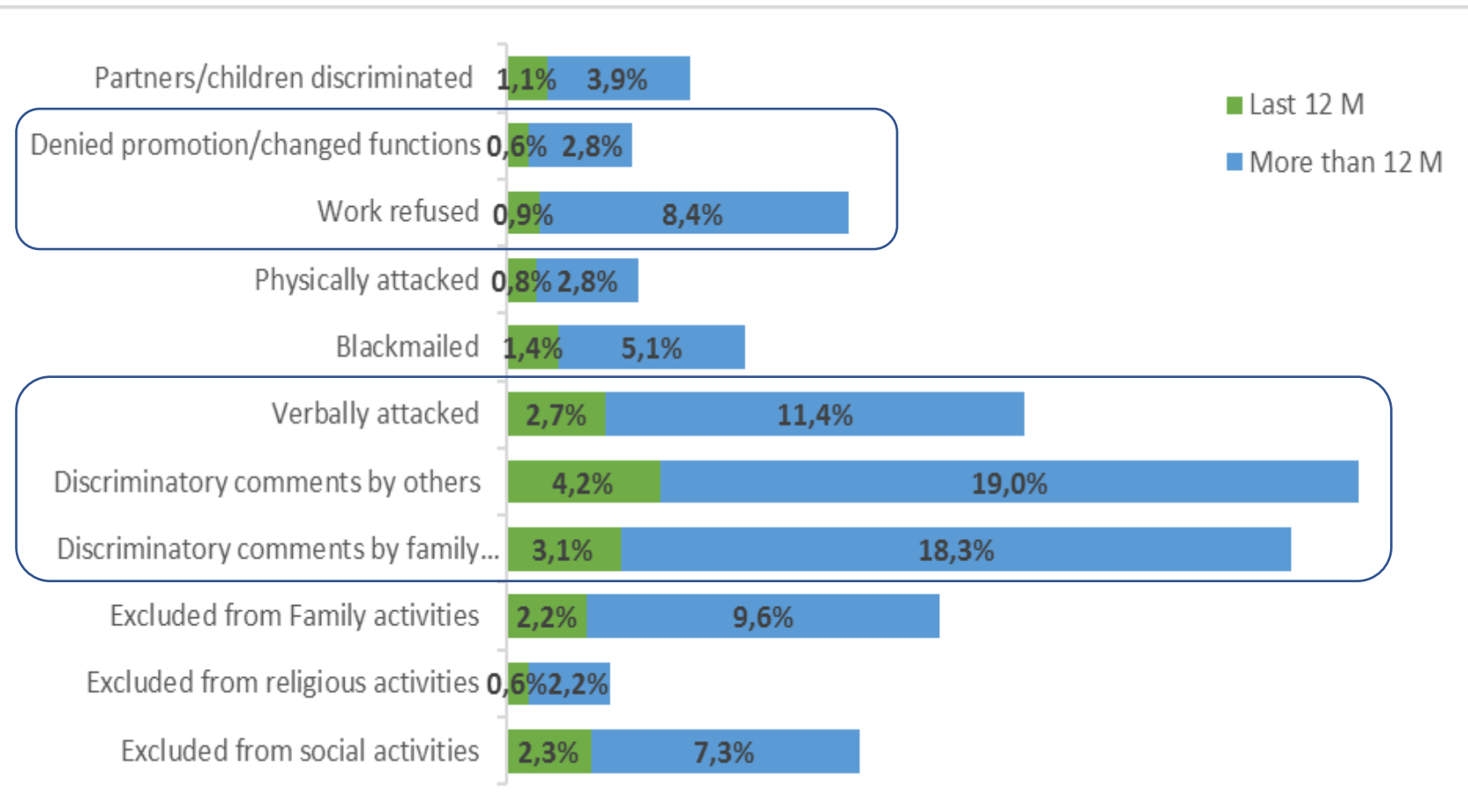


Self-Discrimination, last 12M



S&D Experiences

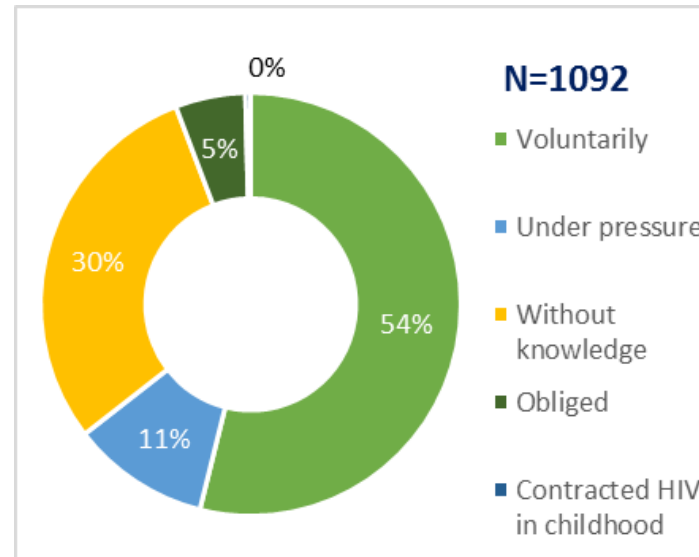
- 38% had some S&D experience (8,5% in last 12M)
- More in vuln. pop (42%), (specially SW, Trans and PWUD), that in general pop. (27%), and in Women (40%)
- 9% experienced structural S&D, namely the denial of health/life insurance (7%)
- 15% suffered some violation of their rights, namely non voluntary discloser
- 81% didn't adopt any action



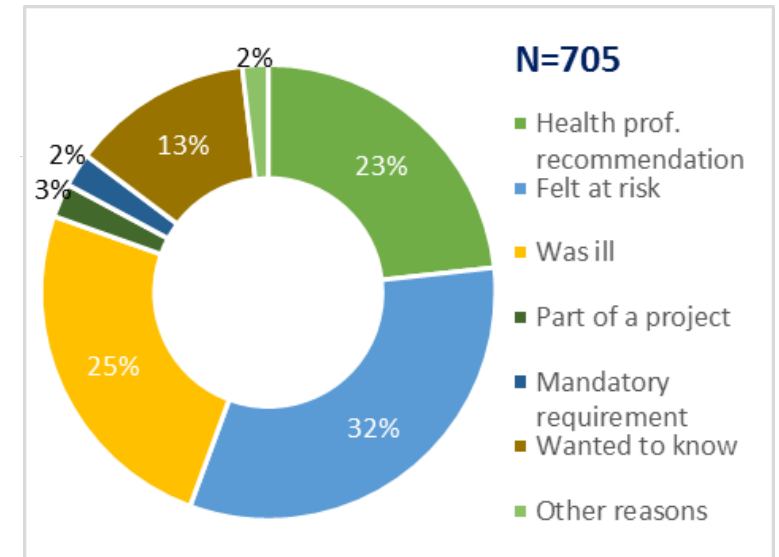
HIV testing and care

- 30% were tested without their knowledge
- 12% avoided HIV test due to fear of other people's reaction to a positive test

Decision for HIV testing

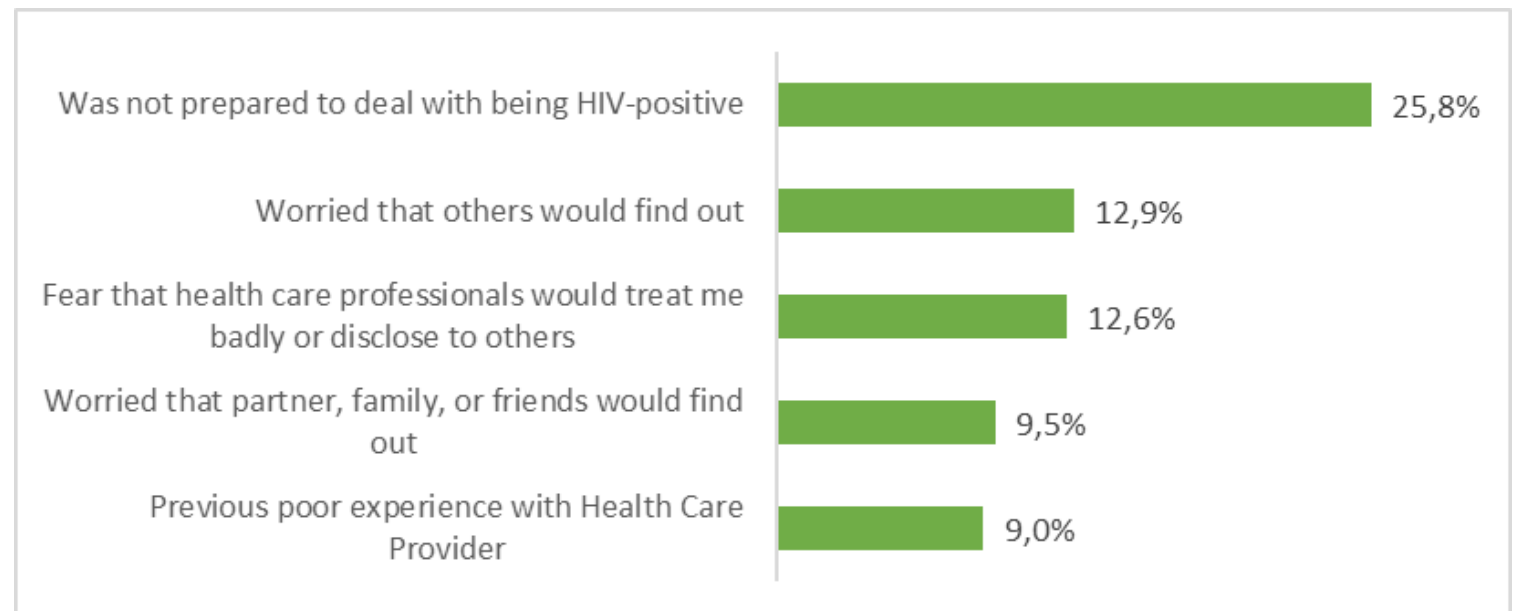


Reasons for HIV testing



Reasons for avoiding HIV care

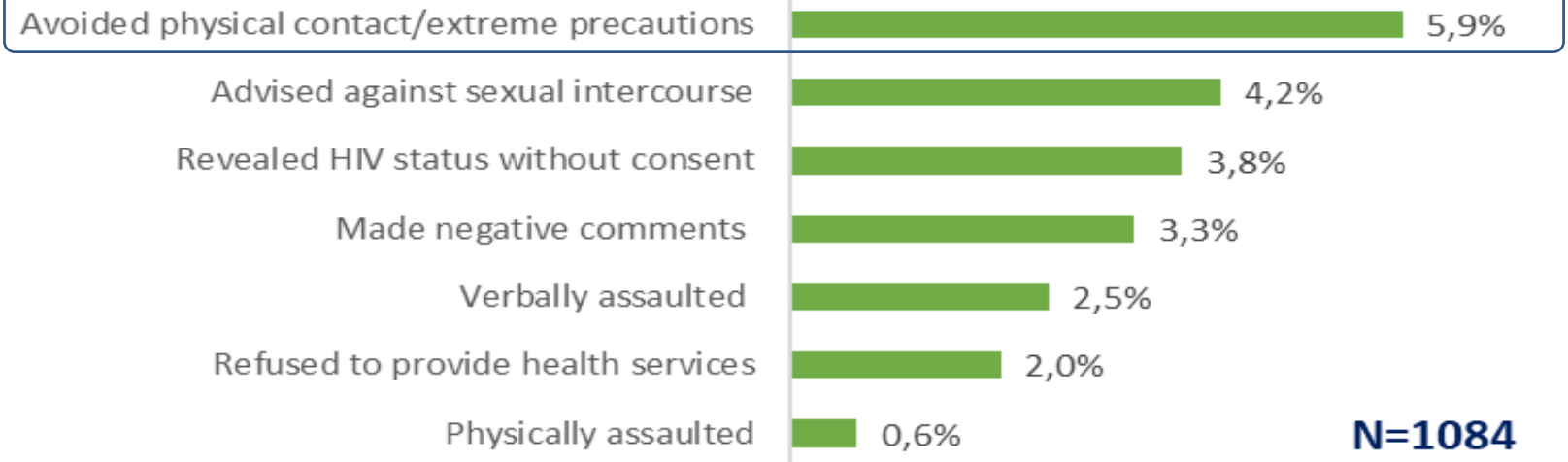
- 33% postponed or avoided HIV care for reasons related to S&D
- 15% missed ART in last 12M, for fear someone discover HIV status.



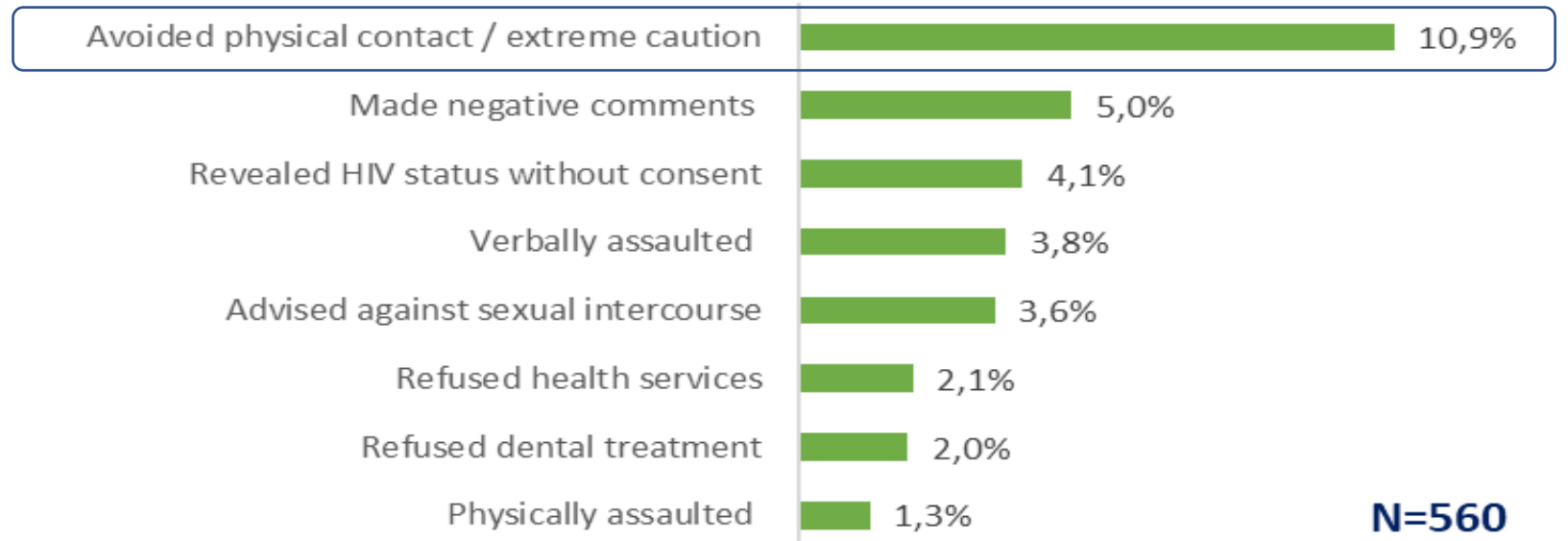
S&D in Health Services

- 22% report some form of S&D in last 12M, by HCP
- More in SW (41%) and PWUD (28%), and Women (34%)
- Less frequent in HIV Health services (11%), that other (16%)
- 9.5% say confidentiality is not assured
- 4% were advised not to have children, in last 12M
- 9% of women were advised to interrupt pregnancy

S&D in Health Services related to HIV, last 12M



S&D in Health Services not related to HIV, last 12M



Conclusions

Internalized Stigma (90%) and Self-Discrimination (30%) are still very high in Portugal

Social S&D (38%) e structural discrimination (9%) persists

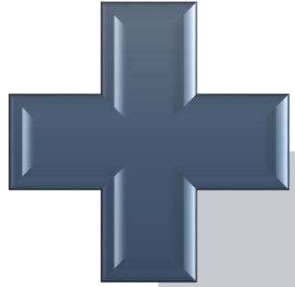
S&D are higher in Healthcare Services (22% last 12M)

People belonging to key / vulnerable populations and women experience more S&D

PLHIV show little knowledge about their rights and action to defend them

Big limitations to compare data from 2013 and 2021/22

From 2013 to 2021/22...

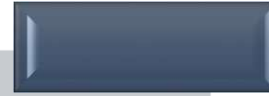


Improved

- Guilt and Shame
- Self-discrimination
- S&D in Workplace
- S&D in Health services

Same or worse

- Decision not to have sex
- Social S&D
- Test without consent
- Confidentiality of medical records
- Taking action



- ✓ Improve laws and regulations
- ✓ Disseminate knowledge and change behaviours
- ✓ Empower PLHIV

