

Evaluating the Impact of Camp Addis on Youth Development in Children Living with HIV in Addis Ababa, Ethiopia: A Study of Mental Health, Wellbeing, and Health Indicators

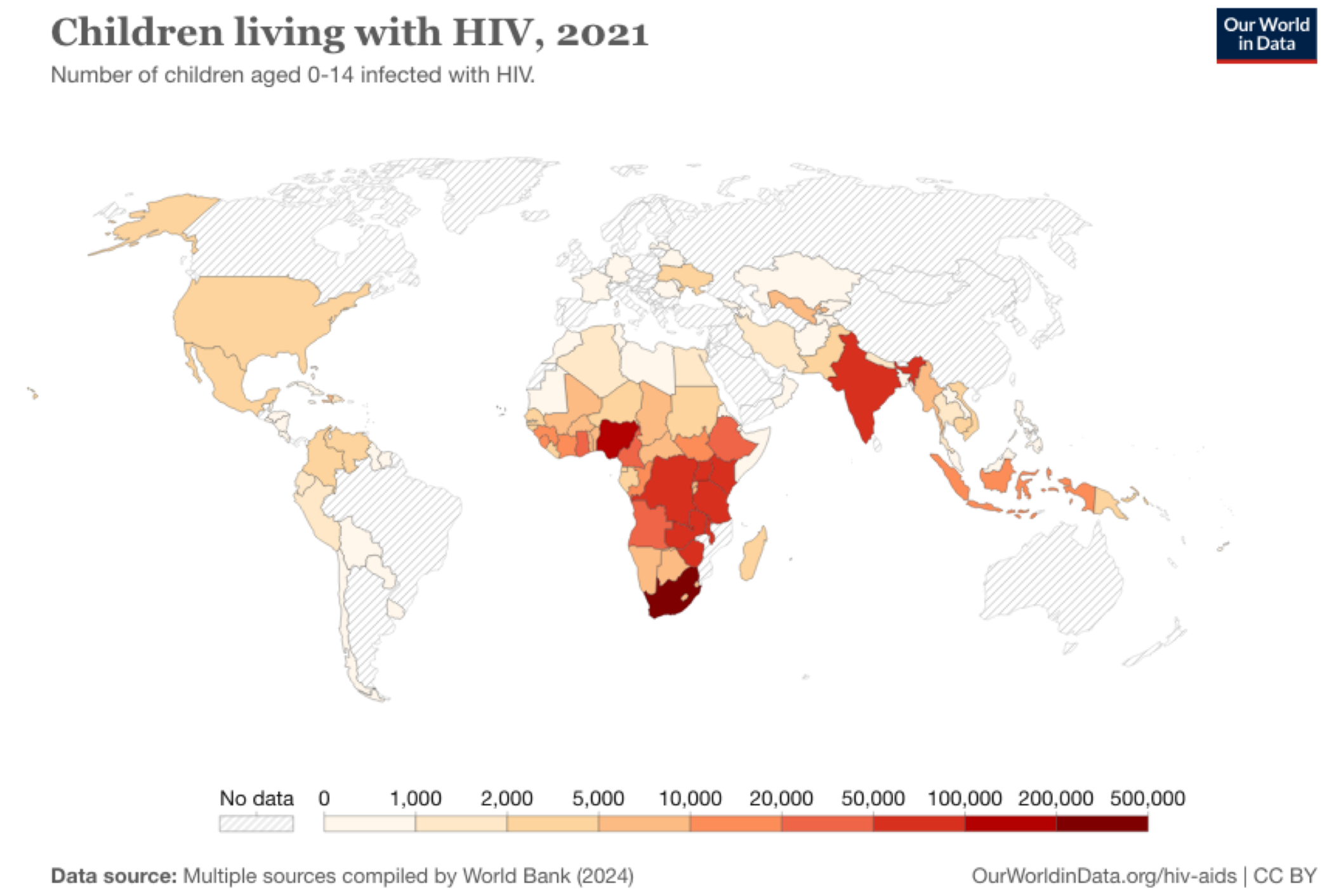


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BACKGROUND



Over 1 million children, ages 0-14, are living with HIV, with almost 90% of them living in sub-Saharan Africa. In Ethiopia, antiretroviral therapy (ART) became available in 2004, and it has greatly prolonged life expectancies for both adults and children with HIV. While this has improved survival rates and quality of life for children, they continue to face emotional and social challenges due to the widespread stigmatization of HIV within the community.

OBJECTIVES

To compare the following dimensions before and after two different Camp Addis programs in an effort to improve camp programming and promote youth development:

- Psychosocial Support**
 - ❖ Important for children’s emotional health and development, especially for those living with HIV
- Physical Health and Hygiene**
 - ❖ Important to promote hygienic behaviors and help them stay healthy overall
- Medication Adherence**
 - ❖ As poor adherence can lead to opportunistic infections, ART drug resistance, and worsening overall health
- Mental Health and Wellbeing**
 - ❖ Affects health status, quality of life, and can negatively impact ART medication adherence
- Overall Experience**
 - ❖ Important to see if Camp Addis was able to provide a safe, positive, welcoming environment for campers

ACKNOWLEDGEMENTS

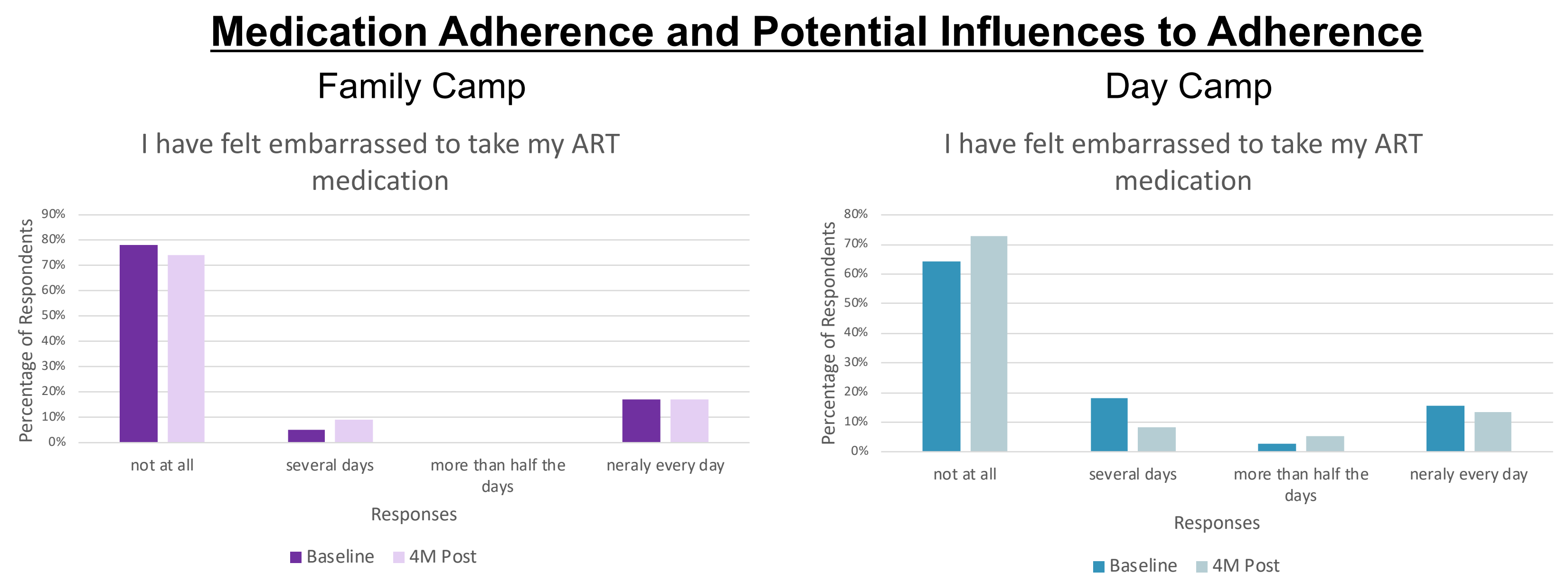
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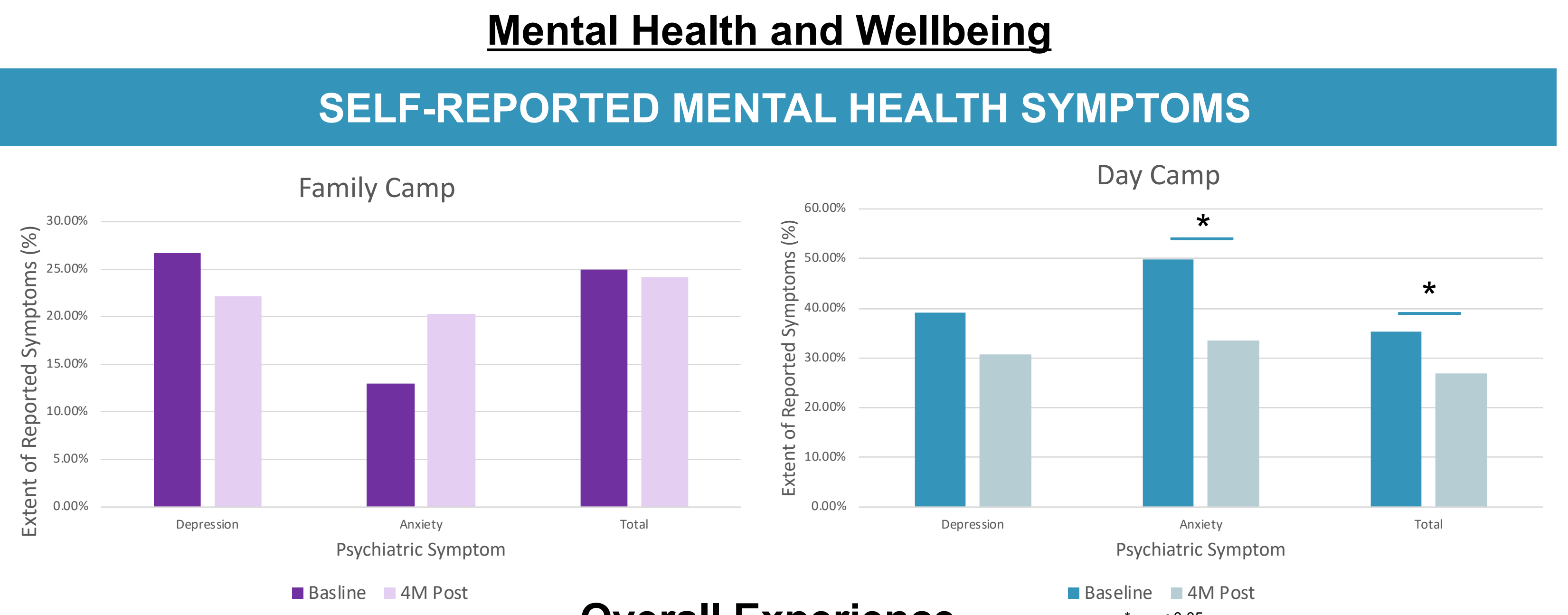
RESULTS

Psychosocial Support				
Question asked (T/F):	% TRUE FAMILY CAMP		% TRUE DAY CAMP	
	B (N = 18)	P (N =23)	B (N = 39)	P (N = 38)
I have someone in my life who I can depend on to go with me to the clinic, or somewhere else if I need help.	100%	87%	87%	84%
I have someone in my life who I can count on to comfort me if I feel sad or sick.	94%	96%	82%	87%
I feel accepted by other kids my age.	100%	57%*	85%	84%
I have friends who I can rely on and share my feelings with.	61%	65%	62%	66%
B = baseline, P = 4 months after camp, * = p < 0.05				

% of “ALWAYS” or “ALMOST ALWAYS” RESPONSES TO THE FOLLOWING QUESTIONS				
	FAMILY CAMP		DAY CAMP	
	BASELINE (N=16)	4M POST (N=23)	BASELINE (N=39)	4M POST CAMP (N=38)
I wash my hands before and after eating food.	75%	61%	51%	74%*
I eat healthy foods every day.	65%	38%	11%	60%*
* = p < 0.05				

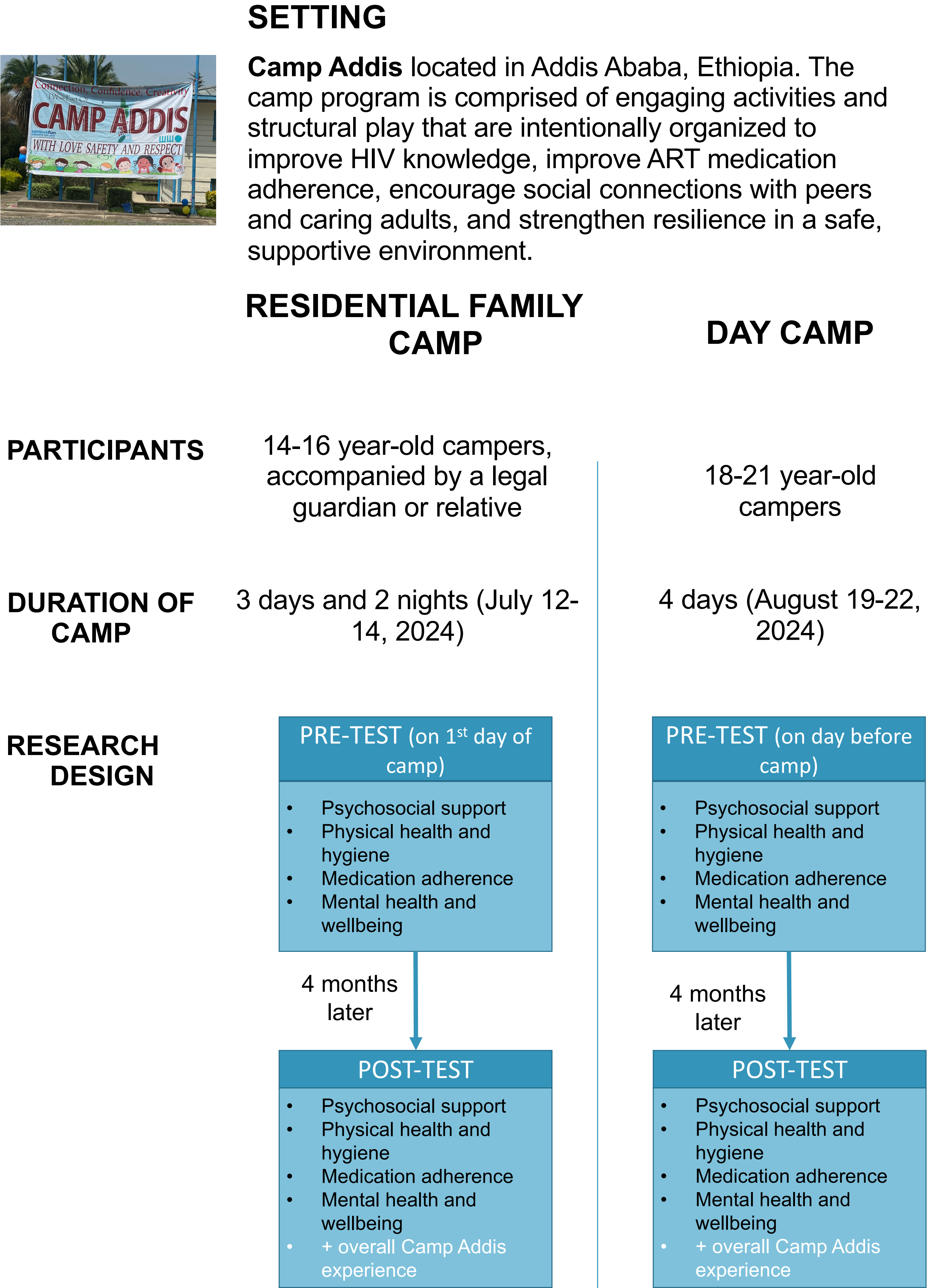


Q: I HAVE MISSED OR TOOK AN ART DOSE MORE THAN 2 HOURS LATE IN THE PAST MONTH				
	FAMILY CAMP		DAY CAMP	
	BASELINE (N=18)	4M POST CAMP (N=15)	BASELINE (N=35)	4M POST CAMP (N=28)
AVERAGE RESPONSE	2.44	2.20	2.27	2.21
1 = often true, 2 = occasionally true, 3 = never true				



Overall Experience			
Question asked:	FAMILY CAMP AVERAGE (N=21)	DAY CAMP AVERAGE (N=36)	P-VALUE
After attending camp, I feel more comfortable sharing my thoughts and feelings with others	4.72	4.71	0.950
I felt like people at Camp Addis were interested in what I had to say.	4.86	4.57	0.0245*
Camp Addis provided a safe space for me.	4.69	4.90	0.260
After attending Camp Addis, I feel more knowledgeable about healthy living practices	4.61	4.71	0.578
5 = strongly agree, 4 = agree, 3 = neutral, 2 = disagree, 1 = strongly disagree * = p < 0.05			

METHODS



CONCLUSIONS

Campers from both camps had an overall positive experience at Camp Addis and felt it provided a safe, educational, and encouraging environment

Main Takeaways and Lessons Learned:

- Psychosocial Support**
 - Most campers felt they did have sources of psychosocial support before and after attending Camp Addis
 - However, campers, particularly from Family Camp, struggled more to feel accepted by peers after camp
- Health and Hygiene**
 - Day Camp had a positive effect on campers’ physical health and hygiene
- Medication Adherence**
 - Attending Camp Addis did not significantly change ART medication adherence in campers
- Mental Health and Wellbeing**
 - Those who attended Day Camp reported fewer anxiety and general emotional distress symptoms after attending Camp Addis
- Overall Experience**
 - Day Camp participants felt less heard at Camp Addis than did those at Family Camp

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