High levels of adherence to antiretroviral therapy (ART) are required for effective suppression of HIV viral load, which predicts outcomes of therapy such as increase in CD4 counts, and prevents HIV drug resistance. Low levels of adherence to ART have been shown to be associated with viral resistance, opportunistic infections, and hospitalizations. Despite the success of ART in the treatment of HIV, adherence remains an issue. Studies have shown that efforts aimed at building self-efficacy may improve and maintain adherence to ART.8

Our objective was to examine the prevalence of dosing adherence and whether self-efficacy is associated with ART adherence.

**Methodology**

MMP is a national study of HIV-infected persons receiving outpatient medical care for HIV that monitors health behaviors, clinical outcomes, and HIV-related health and social service needs through structured interviews and medical record abstractions. MMP uses a 3-stage clustered sampling design to produce nationally representative estimates. Adherence was defined as no missed doses in the past 3 consecutive days prior to the date of interview. The data collection year was for 2012.

**Results**

<table>
<thead>
<tr>
<th>Adherence to ART</th>
<th>N (%)</th>
<th>OR (95% CI)</th>
</tr>
</thead>
<tbody>
<tr>
<td>YES</td>
<td>152 (37.4%)</td>
<td>1.3 (0.6, 2.1)</td>
</tr>
<tr>
<td>NO</td>
<td>278 (62.6%)</td>
<td>ref</td>
</tr>
<tr>
<td>OR</td>
<td>1.1 (0.3, 2.1)</td>
<td></td>
</tr>
</tbody>
</table>

Statistical Analysis

Analyses were restricted to those who are currently on ART (n = 422). Associations between adherence and relevant variables, based on the findings of previously published research, were examined through the estimation of odds ratios (OR) and 95% confidence intervals (CI) using logistic regression models.

Analyses were conducted using SAS 9.2 (Cary, NC, USA).

**Limitations**

- Adherence measure is only for the last 3 days; may be lower if measured over a longer period of time
- Self-report; possible social desirability bias
- Complex survey sample

**Conclusion**

Future research should examine barriers to adherence among those who are not confident in adhering to their medication and how those barriers can be reduced through self-efficacy skills building as well as identifying other factors, such as drug use and homelessness, that may lower self-efficacy.

**Literature Cited**