

FACT SHEET

The AIDS Treatment for Life International Survey: Key Findings

About ATLIS

The AIDS Treatment for Life International Survey (ATLIS), conducted on behalf of the International Association of Physicians in AIDS Care (IAPAC), is the largest, multi-country, comparative, treatment awareness survey of people living with HIV. ATLIS reveals, on a global scale, the current state of HIV and AIDS treatment options in an era of drug resistance.

Between 100 and 200* people living with HIV or AIDS were surveyed in 18 countries to ensure a statistically significant sample. The total number of surveys completed was 2,968 from five regions around the world:

- Africa: South Africa
- Asia/Pacific: Japan, Korea, Malaysia, New Zealand and Singapore
- Europe: France, Germany, Italy, Russia, Spain and the United Kingdom
- Latin America: Argentina, Brazil, Mexico and the Caribbean (includes Dominican Republic, Jamaica and Puerto Rico)
- North America: United States

Participant Demographic Characteristics

Sex	Approximately 69.0% men, 31.0% women
Mean Age	38.9

Key Global Findings

HIV and General Health Status

Health Status	<ul style="list-style-type: none"> • 51.5% of survey respondents reported good overall physical health
Other Coexisting Conditions	<p>Three most common coexisting conditions reported:</p> <ul style="list-style-type: none"> • Depression (33.1%) • High blood pressure (17.5%) • High total cholesterol (15.9%)
Duration of Time Living with HIV	<ul style="list-style-type: none"> • 9.7 % of survey respondents had HIV for less than one year • 47.1% of survey respondents had HIV for one to six years • 42.2 % of survey respondents had HIV for more than six years • 1.1% of survey respondents do not know how long they have been living with HIV or AIDS
Discovery or Diagnosis of HIV	<ul style="list-style-type: none"> • The two most frequent ways respondents had discovered their HIV infection were after actively seeking HIV testing (20.1%) and while in the hospital for another reason (19.7%)
Current Status of Anti-HIV Medication	<ul style="list-style-type: none"> • Approximately 73.3% of respondents were taking prescription anti-HIV medications when they completed the survey
Treatment-Experienced Patients Not Currently on Anti-HIV Medication	<ul style="list-style-type: none"> • 6.1% of respondents are not currently taking prescription medication, but took anti-HIV medication at one point
Reasons for Discontinuing Treatment	<p>Most frequent reasons respondents indicated they previously had been on treatment, but are not currently taking anti-HIV medication:</p> <ul style="list-style-type: none"> • Side effects (34.3%) • Physician advice (25.4%) • Difficulty keeping up with doses (14.4%)
Patients Who Have Never Taken Anti-HIV Medication	<ul style="list-style-type: none"> • 20.1% of respondents had never taken prescription medication
Reasons for Never Having Been	The most frequent reasons respondents reported never having

Treated	<p>been treated with an anti-HIV medicine were:</p> <ul style="list-style-type: none"> • Physician told them they are not eligible for treatment (28.6%) • Belief that they are not in danger of getting ill from HIV or AIDS (12.1%) • Do not believe treatment will help them (9.1%)
Current Regimens, Adherence and Tolerability	
Duration of Time Taking Anti-HIV Medicines	<ul style="list-style-type: none"> • 70.2% of respondents currently taking anti-HIV medicines were taking these medications for at least one year • 31.4% were taking their current regimen for one to two years
Adherence to Prescribed Anti-HIV Medications	<ul style="list-style-type: none"> • Self-reported adherence to medication was high in most countries • 57.0% claimed to never have missed the prescribed dose of their prescription anti-HIV medication in the past month
Satisfaction with Tolerability of Anti-HIV Medication	<ul style="list-style-type: none"> • 72.8% in almost every country reported satisfaction with the tolerability of their antiretroviral regimen
Side Effects, Changing Medication and Resistance	
Side Effect Concerns	<p>More than half of all respondents are worried that their anti-HIV medications may cause one or more of the following:</p> <ul style="list-style-type: none"> • Face or body shape changes (57.8%) • Liver problems (54.4%) • Fatigue or anemia (54.3%) • Gastrointestinal problems (54.0%) <p>Other common side effects include:</p> <ul style="list-style-type: none"> • Joint/muscle pain or weakness (49.3%) • Sleep disorders (48.8%) • Cardiovascular complications (48.0%)
Changing Anti-HIV Medication	<ul style="list-style-type: none"> • 36.3% of respondents have never switched their prescribed regimen • 62.5% have changed their regimens at least once
Reasons for Changing Anti-HIV Medication	<p>The three most common reasons for changing anti-HIV medications were:</p> <ul style="list-style-type: none"> • Side effects (36.3%) • Physician advice (24.7%) • Resistance to antiretroviral drugs (18.4%)
Opinions on Current and Future Medications	
Knowledge of Treatment Options	<ul style="list-style-type: none"> • 69.4% of respondents wished they knew more about HIV and various treatment options that are available
Adherence to Prescribed Anti-HIV Medications	<ul style="list-style-type: none"> • 75.7% of respondents agreed that they will take their anti-HIV medications over the long term to prevent health risks
Optimism Over Anti-HIV Medication Effecting Life Span	<ul style="list-style-type: none"> • 73.9% of respondents voiced optimism that current and imminent anti-HIV medications will help them live a long life with HIV
Personal Hopes for Future Anti-HIV Medications	<ul style="list-style-type: none"> • The highest priority for future anti-HIV medications is the hope that treatment will allow respondents to live longer, outweighing desires for greater convenience, fewer side effects, lower cost, better access or new mechanisms
Knowledge of HIV and Antiretroviral Drugs	
Knowledge of “Undetectable Viral Load”	<ul style="list-style-type: none"> • 61.7% of respondents understood what it means to have an undetectable viral load • Respondents taking antiretroviral drugs were more likely to understand what an undetectable viral load meant than those not on any treatment (65.3% versus 51.6%)
Knowledge of Resistance	<ul style="list-style-type: none"> • 53.7% of respondents did not know how resistance to antiretroviral drugs develops • Respondents not taking antiretroviral drugs (50.9%) were

	more likely than those being treated (33.2%) to concede they do not understand how resistance occurs
Knowledge of Anti-HIV Medication Classes	<p>Respondents considered themselves to be knowledgeable about the following drug classes:</p> <ul style="list-style-type: none"> • Protease inhibitors (28.1%) • Nucleoside reverse transcriptase inhibitors (23.4%) • Non-nucleoside reverse transcriptase inhibitors (21.0%) • Entry inhibitors (including enfuvirtide and CCR5 antagonists) (15.1%) • Integrase inhibitors (14.7%)
Concerns and Fears About HIV Status	
Concerns About Others Knowing HIV Status	54.4% of respondents expressed concern about others knowing their HIV status
Status Disclosure	<ul style="list-style-type: none"> • Parents were the most likely group to be told (48.3%) followed by siblings (47.5%), friends (46.2%) and spouses/significant others (31.4%) • However, 37.6% of respondents said it was more difficult to tell parents about their HIV status than to tell siblings (16.3%), friends (10.4%) and others
Discussion of HIV Status Among Sexes	<ul style="list-style-type: none"> • Women (25.1%) were more likely than men (9.5%) to tell children they have HIV infection • Men were more likely than women to tell friends (49.6% versus 38.6%), employers (10.9% versus 6.4%) and individuals in the community (19.6% versus 11.5%) • Male respondents were more concerned than female respondents about losing their job (39.5% versus 30.3%) or health insurance (10.5% versus 4.3%) because they have HIV
Greatest Overall Fears of Being Infected with HIV	Becoming too sick to care for oneself (25.4%) and dying (21.0%) were the greatest overall fears about being infected with HIV
Current Sex Practices	
Relationship Status	32.9% of respondents claimed a monogamous sexual relationship
Sexual Practices	19.7% admitted having casual sex partners, and 6.9% admitted to be in a long-term relationship but not be monogamous

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**Countries with completion of at least 200 surveys include Argentina, Caribbean, Brazil, France, Germany, Italy, Mexico, Russia, South Africa, Spain, United Kingdom and the United States. Countries with completion of at least 100 surveys include Japan, Korea, Malaysia, New Zealand and Singapore*

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References

1. ATLIS Data Tables, July 2008.