PLHIV Stigma Index
# Effects of Stigma and Discrimination

<table>
<thead>
<tr>
<th>Effect</th>
<th>Percentage</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Depression</td>
<td>59% (41)</td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>47% (33)</td>
<td></td>
</tr>
<tr>
<td>Withdrew from family or friends</td>
<td>44% (31)</td>
<td></td>
</tr>
<tr>
<td>Reduced exercise, physical activity, or sleep</td>
<td>30% (21)</td>
<td></td>
</tr>
<tr>
<td>Avoided social support</td>
<td>23% (16)</td>
<td></td>
</tr>
<tr>
<td>Increased drug or alcohol use</td>
<td>21% (15)</td>
<td></td>
</tr>
<tr>
<td>Withdrew from faith-based or spiritual support</td>
<td>20% (14)</td>
<td></td>
</tr>
<tr>
<td>Missed doses of medication</td>
<td>17% (12)</td>
<td></td>
</tr>
<tr>
<td>Income loss</td>
<td>11% (8)</td>
<td></td>
</tr>
<tr>
<td>Avoided health care</td>
<td>11% (8)</td>
<td></td>
</tr>
<tr>
<td>Missed days of school or work</td>
<td>9% (6)</td>
<td></td>
</tr>
</tbody>
</table>
Effects of Stigma and Discrimination, by Gender

**Transgender Women**
- Reduced exercise, physical activity, or sleep: 33%
- Increased drug or alcohol intake: 33%
- Skipped doses of medication: 0%
- Missed days at school or work: 17%
- Avoiding social support: 33%
- Avoiding health care: 17%
- Withdrawing from faith-based or religious support: 50%
- Withdrawing from family or friends: 33%
- Income loss: 17%
- Anxiety: 67%
- Depression: 67%

**Non-Transgender Women**
- Reduced exercise, physical activity, or sleep: 40%
- Increased drug or alcohol intake: 15%
- Skipped doses of medication: 20%
- Missed days at school or work: 0%
- Avoiding social support: 25%
- Avoiding health care: 20%
- Withdrawing from faith-based or religious support: 20%
- Withdrawing from family or friends: 50%
- Income loss: 10%
- Anxiety: 50%
- Depression: 60%

**Non-Transgender Men**
- Reduced exercise, physical activity, or sleep: 25%
- Increased drug or alcohol intake: 25%
- Skipped doses of medication: 18%
- Missed days at school or work: 13%
- Avoiding social support: 23%
- Avoiding health care: 8%
- Withdrawing from faith-based or religious support: 18%
- Withdrawing from family or friends: 45%
- Income loss: 10%
- Anxiety: 45%
- Depression: 60%
Experiences of Stigma and Violence due to Key Population Membership (2017)

- Verbally Harassed
- Physically Harassed
- Blackmailed
- Sexually Assaulted

- Gay and MSM
- Female sex workers
- People who use Drugs
- Transgender people
Stigma Toward Key Populations Impedes Health Seeking (2017)

Cameroon: 47% (MSM), 21% (Sex workers)
Senegal: 24% (MSM), 12% (Sex workers)
Uganda: 11% (MSM), 12% (Sex workers)

Avoided seeking health services:
Cameroon: 42% (MSM), 22% (Sex workers)
Senegal: 26% (MSM), 15% (Sex workers)
Uganda: 14% (MSM), 8% (Sex workers)
### HIV-related Stigma Varies by Population and Country

<table>
<thead>
<tr>
<th>Ever experienced</th>
<th>Cameroon</th>
<th></th>
<th>Senegal</th>
<th></th>
<th>Uganda</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>KP</td>
<td>Non-KP</td>
<td>KP</td>
<td>Non-KP</td>
<td>KP</td>
</tr>
<tr>
<td>Excluded from family activities</td>
<td>33%</td>
<td>26%</td>
<td>11%</td>
<td>2%***</td>
<td>8%</td>
</tr>
<tr>
<td>Family members made discriminatory remarks</td>
<td>49%</td>
<td>47%</td>
<td>19%</td>
<td>6%***</td>
<td>29%</td>
</tr>
<tr>
<td>Verbally harassed</td>
<td>49%</td>
<td>44%</td>
<td>11%</td>
<td>4%***</td>
<td>34%</td>
</tr>
<tr>
<td>Blackmailed</td>
<td>43%</td>
<td>37%</td>
<td>3%</td>
<td>&lt;1%**</td>
<td>19%</td>
</tr>
<tr>
<td>Physically harassed</td>
<td>17%</td>
<td>11%</td>
<td>4%</td>
<td>&lt;1%*</td>
<td>13%</td>
</tr>
</tbody>
</table>

KP = key population (MSM, transgender, lesbian, sex worker, injecting drug user)

***Pearson chi sq < 0.001; **< 0.01; *<0.05