Positive Perspectives Study, Wave 2: Understanding the Unmet Needs of PLHIV

Positive Perspectives is a longitudinal study that examines the unmet needs of people living with HIV (PLHIV). It aims to improve the quality of care and support for PLHIV in various countries by understanding their experiences, perceptions, and behaviors. The study covers 25 countries and includes 2,112 participants, with data collected before the inclusion of additional data from Russia and South Africa.

Impact of Polypharmacy

Polypharmacy is defined as taking five or more pills a day or taking medicines for five or more health conditions. Among participants, 65% reported taking five or more medications daily, with 77% indicating that this polypharmacy was prescribed by their healthcare providers.

Talking Can Make a Real Difference

PLHIV-HCP engagement is significantly associated with better health outcomes. Among participants, 46% reported that discussing treatment with their healthcare providers helped improve their health.

Informing PLHIV about U=U

Among participants who reported being informed by their healthcare providers (34%, 801/2,389), 47% reported suboptimal overall health. However, among those who were completely unaware of U=U (505), 65% reported suboptimal overall health.

Treatment Challenges and Aspirations

While modern ART has transformed the lives of many PLHIV with access to treatment, many participants in the Positive Perspectives Study still face challenges in managing their treatment and aspire to new options that may ease the daily burden of ART and support quality of life.

Specific Groups May Have Greater Unmet Need

Data from the Positive Perspectives Study shows U=U on ART with groups of PLHIV with different treatment needs; illustrating the importance of tailoring solutions for PLHIV in specific groups.


