

**A Consultative Workshop**

**ON**

**SOCIO-ECONOMIC AND  
PSYCHOLOGICAL  
FACTORS INVOLVED IN  
THE SPREAD OF HIV  
AND AIDS**

**(MAY 3<sup>RD</sup>, 2007)**

**Venue: Department of Anthropology,  
Quaid-e-Azam University**



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## **Introduction**

The Department of Anthropology at Quaid-e-Azam University, Islamabad has the distinction of being the first and, as of now, the only separate and independent Department in the country. Anthropology Department was established in 1974 in collaboration with the University of Pennsylvania (USA) and Heidelberg (Germany). The Department was established with the efforts of Prof. Ahmad Hassan Dani.

### **Expansion of Academic Programs:**

The Department was offering Master's degree since its inception, from September 2002, the Department expanded its epidemic programs initiated the classes of M.Sc self finance, M.Phil and Ph.D. A Large number of government and non government organizations are being contracted for research collaborations. The department of Anthropology is thus a growing Department with emphasis on research, training and highly advanced educational perspectives in the teaching of the discipline.

Now realizing the changing trends in social sciences world over and keeping in view the scope of new developments in the country and new emerging issues, emphasis has been shifted to problem oriented research studies so that the graduates of the department could effectively contribute in the development of the country by identifying the issues of the masses and changes in the society. The focus of the department is now more on the current issues such as social change and development, effects of globalizations, environment, family planning, social problem, child labour, women and child rights, mother and child health, education, gender issues, women and development etc.

## **Background of the Activity**

Since the department of Anthropology, Quaid-e-Azam University has been enhancing the capacity of its students in social, communal and cultural fields hence it organized a consultative workshop on the socio-economic and psychological factors involved in the spread of HIV and AIDS in collaboration with Pakistan National AIDS Consortium on 3<sup>rd</sup> May, 2007. The purpose of the workshop was to make the students aware and respondent to various problems especially the socio-economic and psychological factors involved in the spread of HIV and AIDS.

## **PNAC AT A GLANCE**

Pakistan National AIDS consortium (PNAC) is the premier non-governmental non profit registered network/organization working for the prevention and control of HIV and AIDS in Pakistan. It is the representative body of more than 350 NGOs from all parts of the country, which are working on different issues related to AIDS. PNAC's constituent consortia are:

- Balochistan AIDS Network
- Kashmir AIDS Consortium
- Northern Areas AIDS Control Consortium
- NWFP AIDS Consortium
- Punjab AIDS Consortium
- Sindh NGO Network of HIV and AIDS

PNAC has its physical presence in all provinces and regions of Pakistan as well as in Azad Kashmir and Northern Areas.

### **Mission**

Leading Institutional support to civil society actions (Research, Service delivery, Advocacy and Community Mobilization-include organizational development) to mitigate the impact of HIV/AIDS in Pakistan by involving local, national and regional partners and with international partnerships through rights based approach.

### **Vision**

Pakistan; as a country where people are free from HIV/living positively with HIV, thus able to enact their sexual and reproductive health rights.

## **PNAC Collaboration with Quaid-e-Azam University**

PNAC often organizes the workshops and seminar for information dissemination, prevention and control of HIV and AIDS among general public, youth in educational institutions and out of school youth. Quaid-e-Azam University as a leading University of Pakistan invited PNAC's collaboration in organizing the seminar at its Anthropology department therefore PNAC being the representative of NGOs Consortia participated actively to make the event successful.

Through this workshop a strong link was developed between PNAC and Quaid-e-Azam University as well as with Higher Education Commission (HEC) and British Council (BC). HEC and BC were also the partners in conducting the workshop for enhancing the capacity of the department and the students.

The event took place on May 3<sup>rd</sup>, 2007. Mr. Hassan Awan and Ms. Asma Abbasi from PNAC were focal persons in collaboration for arrangements and Ms. Yusra Qadir (PNAC) conducted the proceedings of the workshop.

## **Proceedings of the workshop**

The proceedings of workshop were set in two following phases;

### **First Phase of the Workshop**

The event commenced with recitation from the Holy Quran by Qari M. Yasin. Then Dr. Hafeez-ur-Rehman chairman Deptt. Of Anthropology, QU welcomed the guests and presented the objectives of the workshop. After that Prof. Dr. Qasim Jan, Vice Chancellor QU appreciated the efforts of Anthropology department for conducting such a good workshop. In his speech he said that there was a misconception about the disease that it only spread through sexual contact contrary to that he mentioned some other important factors such as blood transfusion, exchange of syringe needles involved in the spread of HIV. He said that they needed to identify the apt policy that ensured prevention from the disease.

In her address Dr. Asma Bokhari (NACP) said that Pakistan is no more a low prevalence country. She mentioned that government was committed for prevention and treatment of the disease while working with youth in colleges and Universities. She stated that they had to look not only on the biological reasons but the socio-economic factors that were involved in the spread of epidemic. She further said that the government policies were focused on youth and women and it was government priority to protect women and their rights.

Dr. Aldo Landi (UNAIDS) stated that UNAIDS had been trying to mitigate the effects of the disease from Africa since 1980 but due to denial and delay there was a sudden outbreak in the epidemic. He mentioned that UNAIDS started its project in Africa after the survey of Knowledge, Attitude, Behaviour and Practices (KABP). He claimed 2.5 million people get infected every year with HIV in the world. He then said that the epidemic in Pakistan was going to be generalized because it was spreading dramatically in Injecting Drug Users (IDUs). He also stressed that the education was extremely important for the prevention of the disease. According to Dr. Aldo, in Pakistan there are some Socio-cultural problems which create hurdles in the progress of the country. He said that there should not be any gender discrimination and the opportunities for education and employment should be equal for every individual. He further said that civil society organizations should participate to alleviate the effect of the disease from their country where government alone could not handle the situation effectively.

Dr Philippo Osella (from Sussex University UK), declared AIDS as a democratic disease as it affected not only middle or poor classes but all classes of the society. According to Dr. Philippo HIV and AIDS could be a problem of a certain society but it could reach to every individual if save practices were not adopted. He asked the participants to disseminate the information to everyone and make them save from the disease. He further said that everyone should avoid the risky behavior and adopt save practices and should tell everyone the same save practices and behaviour in the society. He mentioned that poverty and socio-culture bonds could be the reason that might create stigma and

discrimination in the society and could become the reason of spread of HIV and AIDS. He also emphasized that more importance should be given to education for the control of the disease in effective manner.

At the end of the first session, the chief guest; Federal Minister of Health Mr. M. Nasir Khan addressed the participants. He asked to everyone not to use the stigmatized words and language for the disease. He requested the donor agencies to take care of our cultural and religious aspects when they design any material or literature. He said that being Pakistani they had to give respect to their own themselves to get the respect of others. He addressed various factors such as globalization, poverty and economic structure involved in the spread of HIV and AIDS. He then said that they could not close their eyes to the disease rather they had to fight against it while working together as a powerful nation. He also stated that the government was committed to eradicate its effects from Pakistan but it alone could not cope with it, the youth and the whole nation and international partners would have to play their role.

The participants appreciated the event as an effort for spreading awareness and creating opportunities to research for students regarding HIV and AIDS.

### **Second Phase:**

After refreshments, a technical session took place. A panel of experts presented their presentations and papers. These guests included:

1. Mr. Aftab Awan (PNAC)
2. Mr. Qadeer Baig (WPF)
3. Dr. Rakhshanda (SACHET)
4. Dr. Nabila Zaka (UNICEF)
5. Ms. Samar Minallah
6. Dr. Arjumand Faisal (Arjumand and Associates)
7. Ms. Aneela (QU)

Dr. Arjumand Faisal presented the findings of study of sexual behaviour and prevalence of Sexually Transmitted Infections (STIs) among migrant men in Lahore on behalf of Arjumand and Associates. The presentation of Dr. Arjumand is attached in Anneure-1.

Mr. Qadir Baig from World Population Foundation (WPF) presented various risks related to youth in Pakistan. He presented the strategies to save the youth from the disease and WPF's Life skills; results and the impact on different people of the society.

Dr. Nabila Zaka from UNICEF presented a Research in HIV and AIDS methodological issues. That study was conducted by UNICEF on knowledge, attitudes, practices/behaviour, quality of services (VCT, PPTCT/PMTCT, ART, home based or hospice care) and Vulnerabilities: gender dynamics, access to resources, violence, trafficking (supply and demand).


Malik Aftab Ahmad National Manager PNAC presented the HIV and AIDS situation in Pakistan. He stated HIV as a global challenge that affected the people in their productive age. He also presented various challenges faced by Pakistan and then national response to those challenges. At the end he said that along with government organizations, civil society organizations had also to play their role to mitigate effects of the disease from the country.

Presentations of panelists are attached herewith.

The activity ended with remarks from Dr. Philipo regarding the day's activity and he reflected very positively stating that this event was just a beginning. He appreciated the efforts of the individuals and organizations working in the field of HIV and AIDS.

# Annexure: 1


## Presentation from Arjumand and Associates:



Study of the  
Sexual Behaviors & Prevalence of STIs  
Among Migrant Men in Lahore

Conducted by  
Arjumand And Associates  
Center for Population Studies, LSHTM


Sponsored by Interact Worldwide with EC Funding



### Objectives of the Study

In Migrant Men:

- Measure the prevalence of selected STIs
- Measure behaviors that modify the risk of STIs
- Assess self reported symptoms and treatment seeking behavior
- Measure knowledge of STIs/HIV and means of avoiding infection
- Measure perceived risks of STIs/HIV



### Study Design

- Cross sectional study of randomly selected migrant men (MoMs) in urban Lahore
- 3253 Blocks ranked by sex ratio
- Using cut off point of 130 male per 100 female, 19 Blocks sampled
- In selected Blocks, all structures were listed
- Information about number of MoMs in each structure gathered
- All eligible MoMs were sampled (except in 1 Block) and interviewed




### Criteria for Inclusion

- Men aged 20 to 49 years
- Living away from marital or natal home for >50% of past 6 months
- Resident in the structure at enumeration



### Criteria for Exclusion

- Truckers
- Hijray
- IDUs
- MSWs



### FINDINGS

1052 MoMs identified in 19 Blocks


759	sampled
590	gave complete interviews
110	refused
4	interview partially complete
55	not met ever after 3 visits

77.7% response rate

210 were offered biological tests

195 gave urine (NG + CT)  
189 gave blood (syphilis)

7.1% and 10% refusal rate




### General Characteristics

- 2/3 between age 20-29 years
- 311 single and 272 married, 7 divorced/widowed
- 59% attended 1-10 class, 21% college
- Wide variety of occupations



- 47% poor, 24% lower middle, 29% middle income
- 3/4 Punjabi, followed by Pathans & Hindko speakers
- 83% spent childhood in rural areas
- 61% visiting home at 1 week to 1 month
- Over 3 quarters shared a bedroom




### Sexual Behaviors

History of pre-marital sex

54.7% of 311 unmarried  
36.2% of 279 married

Overall 46.3%




### Age at First Sexual Intercourse

138 had no sexual experience  
5 did not respond


8-42 years range (N=447)  
40% by age 17 years (N=447)  
Median age 21 years (N=590)

Median age at marriage 28 years



### First Sexual Partner (N=447)


Female Friend	42%
Wife	39%
FSW	11%
Male partner	5%
Other female	3%
Hijray	0%



### Types of partners for 447 MoMs (Life Time)

64% have had one or more non-marital partner (N=284)

35% had sex with CSWs




### Sexual History of Last 12 Months

- 13% reported any non marital partner
- 6.8% had sexual contact with a FSW
- 1.7% had sex with another man
- Non marital sex was more common among young, single and also among skilled workers, house servants and business/sales men
- Also more common among more affluent than the very poor
- No clear relationship with education, frequency of visiting home and living arrangements



### Type of partners in last 12 months

FSW	211	42.3%
MSW	42	8.4%
FF	189	37.9%
MF	57	11.4%
Hijray	2	0.4%



### Use of Condoms in Last Encounter

With FSWs	10%
With MSWs	0
With FF	28%
With MF	20%
With hijra	0



### Self-Reported S/S of 3 STIs

7.8% reported S/S of syphilis, Gonorrhoea or Chlamydia in last 3 months

Most consulted a private medical practitioner

### Biological Results

2 Positive for Gonorrhoea  
1 positive for Chlamydia  
3 positive for syphilis

STIs prevalence by lab 3.2%



### Knowledge

- 87% have heard of AIDS
- 2/3 believed good diet could prevent AIDS
- Very low knowledge about STI transmission
- Only 11% stated that person with AIDS can look healthy
- 86% believed that they had no chance of acquiring AIDS



### Other Risk Behaviors

- 6.5% sold blood in the past
- 68% received injections in last 12 months
- 24% had taken alcohol



### Conclusion

- MOMs report a high level of unprotected sex
- Risk behavior is concentrated – not confined to - between puberty and marriage
- Sexual risk is predominantly found in single rather than married
- Majority of partners were female FF or FSW



- FF are at risk (75% MOMs who had sex with FF also had sex with FSW)
- Condom use was disappointingly low
- Ready access to medical care may explain low level of STI prevalence



### Policy and Program Implications

1. Renewed information & publicity is needed about means of protection against HIV/STIs
2. Condom promotion requires strengthening
3. Private practitioners are overwhelmingly important providers of care. Their training would be an effective investment



### Future Research Priorities

- Is the sexual behavior of migrant men radically different than that of non migrant?



- Who are "Female Friends" and what are their behaviors?



Thank You

**Presentation by Qadir Baig from WPF**





**Annexure: 2**

**Annexure: 3**

**Annexure: 4**

**Annexure: 5**