

審査の結果の要旨

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This thesis aimed to examine the role of the integrated methadone-assisted treatment program in reducing drug use behaviors and preventing HIV infection among people who inject drugs in Dar es Salaam, Tanzania. Specifically, it aimed to examine the role of the program in reducing drug use, sharing of injecting needles, criminal activities, and its role in improving health care seeking behavior and the use of condom among them.

I conducted a prospective cohort study to assess the above-mentioned objectives. The intervention of the study was the integrated methadone-assisted treatment program. The integrated methadone-assisted treatment program is comprised of various services including methadone treatment; HIV testing and counseling; screening for hepatitis B and C virus and STIs; psychosocial counseling; medical care; antiretroviral therapy (ART); tuberculosis treatment; and training on income generating activities. I included two groups of participants and compared their behaviors. People who inject drugs newly enrolled into the integrated methadone-assisted treatment program as the intervention group and community-recruited people who inject drugs as the control group.

The study showed that, participants in the intervention group improved most of their behaviors following six months of treatment in the integrated methadone assisted therapy clinic. They were less likely to use drugs (AOR: 0.0006, 95% CI: 0.00006 – 0.006), share injecting needles (AOR: 0.02, 95% CI: 0.004 – 0.16), and engage in criminal activities (AOR: 0.05, 95% CI: 0.03 – 0.10) compared with those in the control group. In addition, they all sought medical care when they needed it, but only 63.3% (74/117) did so in the control group. However, condom use was not different between two groups (OR: 0.52, 95% CI: 0.27 – 1.01).

The study revealed that the integrated methadone-assisted treatment program can improve most of the high risk behaviors of people who inject drugs in Tanzania. This highlights the need for a scaling up of the program in Tanzania and their establishment in countries with a similar problem and context. The low use of condom, however, must be taken into account during scaling up.