

TO EXAMINE THE RELATIONSHIP BETWEEN UTILIZATION OF AVAILABLE  
NUTRITION OPTIONS AND QUALITY OF LIFE AMONG PEOPLE LIVING WITH  
HUMAN IMMUNODEFICIENCY VIRUS (HIV) AGED 21 – 45 YEARS AT  
CHINHOYI HOSPITAL

By

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## **ABSTRACT**

HIV is a chronic medical condition. People Living with HIV (PLWH) are at high risk of developing HIV related illnesses, malnutrition and deaths. The purpose of this descriptive correlational study was to describe and examine the relationship between utilization of available nutrition options and quality of life among PLWH. Roy's adaptation model was used to guide the study. A simple random sample of eighty PLWH aged between 21 to 45 years was interviewed using a Quality of Life Questionnaire and Utilization of Available Nutrition Options Questionnaire. Data was analyzed using descriptive statistics, Pearson correlation coefficient test and simple regression.

Study findings showed a Pearson coefficient test of ( $r = .368, p = < .01$ ). This showed that there was a weak positive correlation between utilization of available nutrition options and quality of life. The results of the study showed that utilization of available nutrition options had a weak effect on quality of life of PLWH. R-squared indicated that 13.5% of the total variation in quality of life is attributed to utilization of available nutrition options. The major recommendation is that the Ministry of Health should develop institutional policies that encourage utilization of available nutrition options by PLWH.

## **DEDICATION**

To my loving and understanding wife, Sibusisiwe for her unwavering support and encouragement.

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