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### Counseling and prevention of HIV/AIDS: experiment of informing and documentation centre (CDICS ) of Brazzaville.

FF Mboussou<sup>a</sup>, HG Ndinga<sup>a</sup>, T Bansimba<sup>a</sup>, P Bassoumba<sup>a</sup>, P Conte<sup>b</sup>, MF Puruehnce<sup>b</sup>

a- Centre d'Etude et de Recherche Médecins d'Afrique (CERMA), B.P. 45, Brazzaville, Congo  
b- Comité National de Lutte contre le SIDA (CNLS) du Congo, B.P. 2459, Brazzaville, Congo

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#### Abstract (n° TuPeD5064)

**BACKGROUND:** Sexual transmission prevention remains one of basic struggle's strategies against AIDS. Prevention action would favour the durable acquisition of responsible sexual behaviours. Our aim is to appreciate the role of prevention counselling in the process of behaviour change.

**METHODS:** The consultants' follow-up records of less than 40 years of CDICS, MEDECINS D'AFRIQUE NGO in Brazzaville counselling have been reviewed from May to July 2001. These consultants were classified in three groups: Group A: disappeared during 6 months after the first counselling. Group B: regularly followed-up by counsellors for at least 6 months; Group C: regular participation after the first counselling for debates of focus group. An assessment of sexual behaviour was done after 6 months We researched the number of sexual partners for the 6 months, the use of condom, if necessary the modalities of use.

**RESULTS:** In amount, 136 consultants, there were 58 boys and 78 girls. There were 44 consultants in group A, 54 in B and 38 in C all aged from 13 to 34 years old. The average age was 21.5 +/- 5.4 in group A, 20.3 +/- 4.9 in B and 21.6 +/- 5.2 in C. The number of consultants having more than one sexual partner was higher in group A (23; 52.3%) than in B (7;12.9%) and C (6;15.8%). Those having non-protected sexual intercours for 6 months was 32 in group A (72.7%) vs. in B (7.4%) and 6 in C (15.8%). All non-protected sexual intercours have been done with regular partner having a known serologic status to HIV in group B and C. The same in 4 cases of group A (12.5%). The number of consultants having used condom as preventive way of HIV infection was lower in group A: 13(29.5%) vs. 42 in B (77.7%) and 24 in C (63.2%).

**CONCLUSION:** The prevention counselling led without all detection circumstances can favour the behaviour change. However, the durable adoption of preventive behaviour in front of HIV/AIDS requires a support in the time.

#### Keywords:

AIDS, Condoms, Counseling, HIV, Sexual Behavior, methods, organization & administration, therapy