SUMMARY

**Background:** The HIV pandemic is often associated with psychosocial issues like stigma and discrimination which may adversely affect clinical outcomes.

The general objective of the study was to determine the effect of family support on treatment outcomes in adults on Antiretroviral Therapy for HIV/AIDS in Our Lady of Apostles (O.L.A.) Hospital, Jos as a step in reducing the associated morbidity and mortality and ultimately reduce disease burden and its complications to the patient, family and healthcare facility.

**Design:** An observational study of a cross section of PLHIV attending the HIV clinic at O.L.A. Hospital, Jos. A total of 238 respondents were recruited. The level of Family Support was assessed using the Family Support Scale and medication adherence was measured using the Morisky Adherence Scale. Clinical outcomes included symptoms, difference in weight, CD4 count and viral load, adherence to ART and clinic visits.

**Results:** There was a significant difference in weight, CD4 count and viral load, adherence to clinic visits and ART in relation to the different levels of family support. Strong family support impacted positively on clinical and laboratory outcomes while weak/no family support impacted negatively.

**Conclusion:** Clinical outcomes in PLHIV can be improved by strengthening their family support. The role of the family in supporting clients should be integrated into the management of the illness at enrolment. Policy makers and providers should put more emphasis on strategic involvement of the family in the care of PLHIV.