

# Hiv Prevention Among University Students In Sudan

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# HIV PREVENTION AMONG UNIVERSITY STUDENTS IN SUDAN

## Thesis propositions

1. Exposure to sexual cues, such as watching pornographic movies and reading erotic stories, increases the likelihood of engagement in premarital sex among university students in Sudan; therefore, students motivated to abstain from premarital sex should be prompted to avoid such cues. (This dissertation)
2. If students aim to abstain from sex before marriage, it is important to increase their self-efficacy levels as low self-efficacy to refrain from sex is associated with engaging in premarital sexual practices (This dissertation).
3. Building a positive attitude towards condoms using suitable methods, such as learning about the advantages of consistent condom use, is required to promote consistent condom use since having a negative attitude towards condoms is a significant barrier to condom use among Sudanese university students. (This dissertation)
4. Self-efficacy is strongly associated with consistent condom use among university students; hence, sexually active students should be equipped with both skills and confidence to use them and discuss this with their partners. (This dissertation)
5. Local researchers in Sudan should build their capacities to develop culturally adapted sexual health interventions that respect religious values and social norms to maximize the chances of successful implementation. (Impact proposition)
6. As no single HIV prevention strategy may be sufficient to control HIV, combining culturally accepted behavioural interventions, such as promoting abstinence, and cost-effective biomedical HIV interventions, such as barrier methods (condoms), is crucial to curb the epidemic in conservative and resource-poor countries like Sudan.
7. Given the difficulty of discussing sexuality in Arab and Muslim countries, a web-based computer tailoring approach is a useful strategy to address individual needs to adopt healthy sexual behaviours while preserving their privacy and confidentiality.
8. HIV-related stigma is a significant barrier that jeopardized previous attempts to control HIV in many Islamic communities. Therefore, reducing stigma should be considered in all future HIV prevention programs in these communities.
9. *“And spend in the way of Allah and cast not yourselves to perdition with your own hands and do good (to others); surely Allah loves the doers of good”* (Holy Quran, 195 Al-Baqarah).
10. The rejection of a manuscript by a journal is to me like a vaccine shot against disappointment; the more I get, the more immune I become.