



SPEAK

**Research on HIV and STDs
Awareness in overseas Pakistani
Migrants**

CONTENT

Page no

| | |
|---|-----------|
| ◆ Methodology | 3 |
| ◆ Introduction | 4 |
| ◆ Participant Profile | 5 |
| ◆ Findings | 7 |
| ◆ Conclusion & recommendations | 12 |

SPEAK

METHODOLOGY:

- A questionnaire was developed that focused on the knowledge about sexually transmitted diseases, it was a quantitative research type focusing on 1500 participants - The questionnaire was a closed ended type that was published via an online platform called 'Google forms'. This platform was the platform of choice because of its simple and organized way of evaluating results in graphical presentation.
- The target audience was the Overseas Pakistani labor workers mainly working in the Gulf States. Respondents were selected by targeted paid promotion via Facebook in 7 countries. Those 07 countries are Saudi Arabia, United Arab Emirates, Kuwait, Qatar, Oman, Bahrain and Malaysia.
- The design of the questionnaire was such that it started with personal profile of the respondent: Basic information like age, gender, location etc. The questions were asked later on based on knowledge about STDs and how the government and other health facilities are involved in helping them out.
- The results were analyzed based on the graphs produced by 'Google forms'. Results of every question were presented in form of bar charts or pie charts with the numbers of participants and percentages of each option selected.

Limitations:

- Respondents might've selected the options without reading.
- They might've not selected more than one option in multi choice question.
- Used other sources to answer the question as the questionnaire was online based

INTRODUCTION:

A research by International Organization for Migrants on Health Vulnerabilities of Migrants from Pakistan said that 90% respondents were aware that unprotected sex is a way of transmission of HIV/AIDS but fewer respondents knew that breast-feeding could be way of transmission from mother to child of HIV/AIDS. 55% respondents knew that sex with a commercial sex worker can be a risk factor for HIV transmission which means that the others weren't aware of this¹.

This online research was conducted by SPEAK to know the level of SRHR awareness particularly STDs and HIV among overseas Pakistanis. Another aim was to gather information of whether the emigrants were sensitized by the government of these diseases before departure. The result of the research will be utilized to sensitized duty bearers on the importance of information that is not been provided to overseas Pakistanis.

OBJECTIVE:

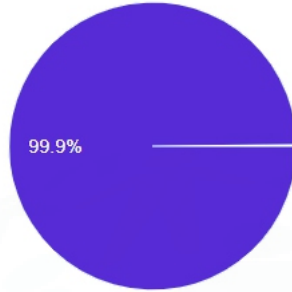
To generate evidence on state of SRHR awareness among labor emigrants of Pakistan

<http://phkh.nhsrsc.pk/sites/default/files/2019-07/HIV%20Vulnerability%20in%20Migrants%20Baseline%20Assessment%20IOM%20PK%202015.pdf>

● Participants Profile

جنس؟ Gender?

1,502 responses

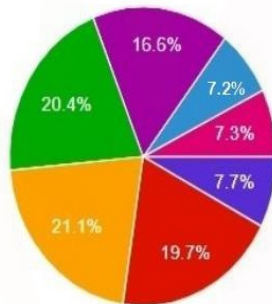


- مرد Male
- عورت Female
- خواجہ مٹرا Transgender
- دیگر Other

1502 respondents filled the questionnaire through online platform (facebook) in July 2021. According to the responses, it was identified that **99.9%** of the overseas Pakistani workers are men and none of the respondents belonged to any other gender which means that there is very small fraction of women working overseas.

آپ کی عمر کتنی ہے؟ Whats your age?

1,502 responses



- 18 سے 25 18 to 25
- 26 سے 30 26 to 30
- 31 سے 35 31 to 35
- 36 سے 40 36 to 40
- 41 سے 45 41 to 45
- 46 سے 50 46 to 50
- 50 سے زیادہ more than 50

Majority (21.1%) of the respondents were between 31-35 age range. **7.7%** belonged to 18-25 age range, **19.7%** belonged to 26-30 age range, **20.4%** were 36-40 age range, **16.6%** were of 41-45 age range, **7.3%** were more than 50 age range and **7.2%** were 46-50 age range. Combining the three age groups from 26 to 40 makes up a total of **61.2%** which means that most of the overseas Pakistani workers are young and middle aged.

آپ کا تعلق پاکستان کے کس علاقے سے ہے؟
1,502 responses

Which area in Pakistan do you belong to?



Most of the Respondents belonged to **Punjab province (58.9%)**. **27.8%** to province KP, **5.7 %** to Azad Kashmir Region, **3.6%** to Sindh province and **3.5%** to federal capital, Islamabad. There is no response recorded from Gilgit Baltistan and Balochistan region .

آپ کس ملک میں رہائش پذیر ہیں ؟
1,501 responses

In which country are you living in?



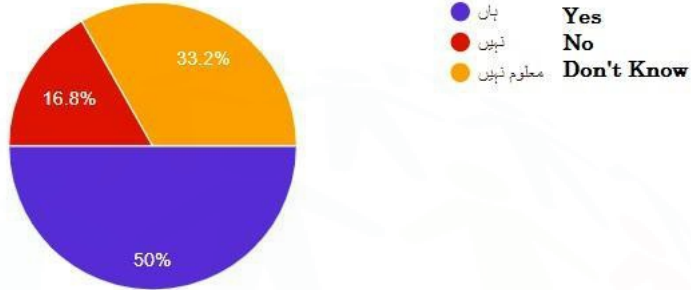
Most of overseas Pakistani workers are **working in Saudi Arabia** as the chart above shows **(52.7%)**. **16.3%** are working in United Arab Emirates, **13.5%** in Oman, **5.7%** in Bahrain, **4.4%** in Malaysia, **4.3%** in Kuwait and **3%** are in Qatar.

QUESTION NO.3

سوال نمبر ۳: کیا کنڈوم کے استعمال سے جنسی بیماریوں پر قابو پایا جا سکتا ہے؟

1,502 responses

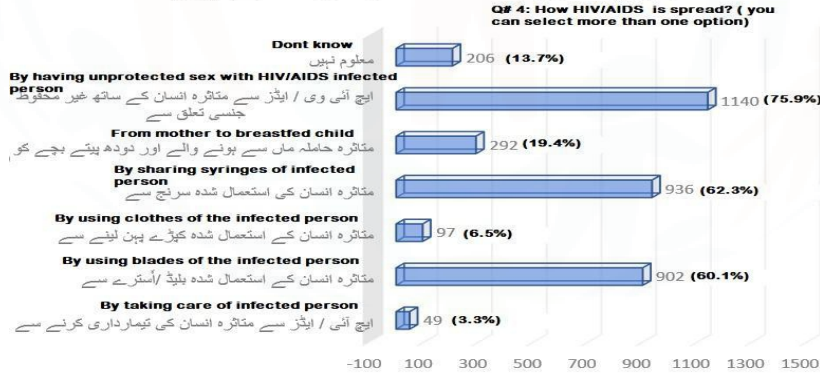
Question no.3: Can the spread of sexually transmitted diseases be prevented by the use of condom?



50% of the respondents answered correctly to the third question that condom can be helpful in protecting against STDs. Surprisingly though 33.2% were unable to answer this question and 16.8% answered incorrectly by selecting 'No'. This means 50% of the respondents don't know about protecting themselves against these sexually transmitting diseases by using condoms.

QUESTION NO.4:

سوال نمبر ۴: ایچ آئی وی / ایڈز کیسے پھیلتا ہے؟ (ایک سے زیادہ جوابات کا انتخاب کر سکتے ہیں)



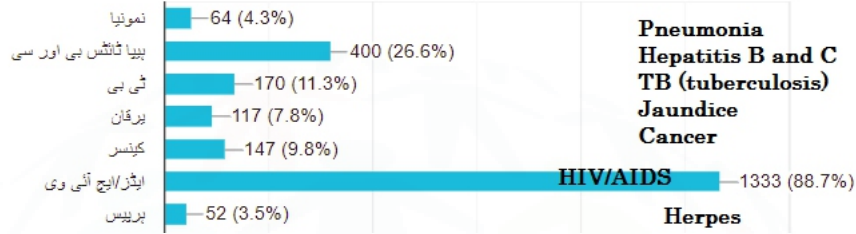
About the question of the transmission of HIV/AIDS, most of the respondents identified that HIV spreads through unprotected sex with the infected person (75.9%). 62.3 % also identified that it spreads by using contaminated syringes of the infected person and 60.1% knew that it can spread through sharing of blades etc. with the infected person. 292 (19.4%) respondents knew that it can also be spread through mother to breastfed child. 206 (13.7%) respondents selected 'don't know'.

Questionnaire Findings:

QUESTION NO.1

سوال نمبر ۱: ان میں سے کون سی بیماریاں غیر محفوظ سیکس کرنے سے پھیلتی ہیں؟ (ایک سے زیادہ جوابات کا انتخاب کر سکتے ہیں)
Which of the following diseases are spread through unprotected sex? (You can select more than one answer)

1,502 responses



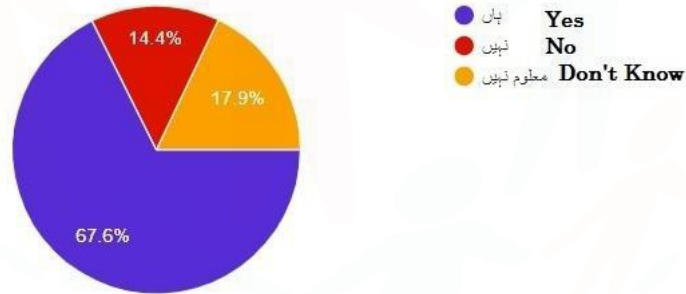
The majority **1332 (88.7%)** respondents knew that HIV/AIDS is spread through unprotected sex. A few knew about hepatitis (**26.6%**) and fewer knew about herpes simplex(**3.5%**). **11.3%** respondents answered incorrectly by choosing TB, **7.8%** chose Jaundice, **9.8%** chose cancer and 4.3% selected Pneumonia. This result shows that most people lack basic knowledge about STDs. Compared to HIV/AIDS.

QUESTION NO.2

سوال نمبر ۲: کیا متاثرہ انسان جنسی بیماریاں اپنے شریک حیات اور بچوں کو پھیلا سکتے ہیں؟

1,502 responses

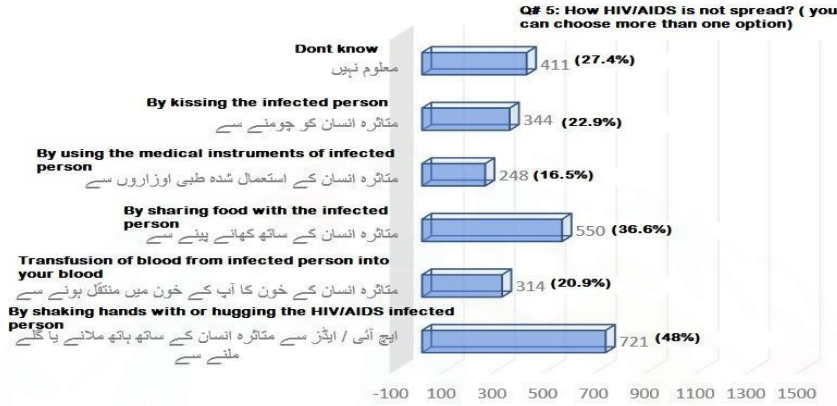
Question no.2: Can infected person spread sexually transmitted diseases to his/her partner and children?



In the second question, **67.7%** respondents answered that STDs can spread to one's partner and children while **14.4%** answered No. **17.9%** didn't know the answer to this question which is around **269 respondents**. The combined percentage of people who didn't answer this question correctly is **32.3%** which is still a huge proportion.

QUESTION NO.5:

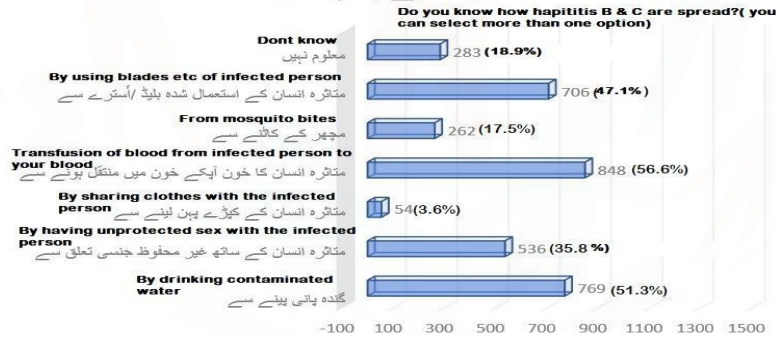
سوال نمبر ۵: ایچ آئی وی / ایڈز کیسے "نہیں" پھیلتا؟
(ایک سے زیادہ جوابات کا انتخاب کر سکتے ہیں)



In the 5th question, Respondents were asked about the ways in which HIV/AIDS is not transmitted, **721 (48%)** answered correctly that it is not transmitted by shaking hands or hugging the infected person which is a minority of people. **36.6%** knew that it is not transmitted by sharing food with the infected person. **27.4%** respondents didn't know the answer to this question as the chart above shows. The results to this question show that there is less awareness about how HIV is not transferred. This is the reason behind stigma against people having HIV/AIDS.

QUESTION NO.6:

سوال نمبر ۶: کیا آپ جانتے ہیں ہیپاٹائٹس بی اور سی کیسے پھیلتے ہیں؟ (ایک سے زیادہ جوابات کا انتخاب کر سکتے ہیں)

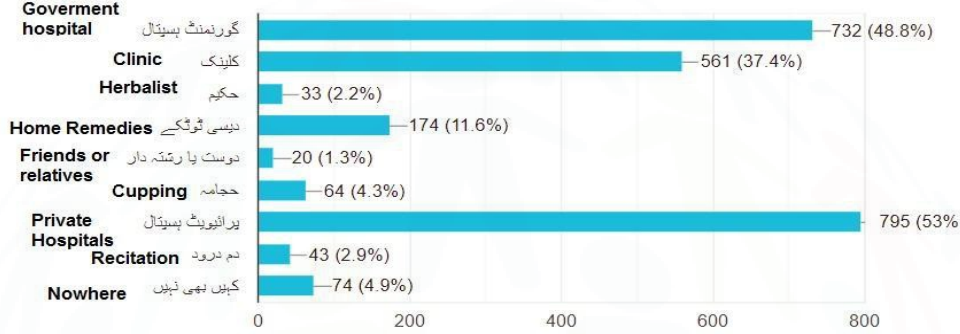


56.6% respondents selected the option 'blood transmission from the infected person' and **51.3%** selected through contaminated water. **47.1 %** selected 'using blades of the infected person'. These responses show that even though people know about HIV/AIDS, there is lack of knowledge about other STDs.

QUESTION NO.7:

سوال نمبر ۷: بیرون ملک رہتے ہوئے آپ اپنے علاج و معالجہ کے لیے کہاں جاتے ہیں؟ (ایک سے زیادہ جوابات کا انتخاب کر سکتے ہیں)
Question no.7 : While living abroad, from where do you seek health facilities ? (You can choose more than one option)

1,499 responses



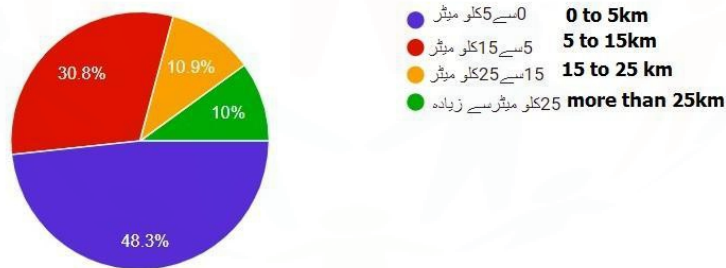
Respondents were inquired about where they get their health services from while staying in the host country, **53%** respondents selected private hospitals and **48.8%** also selected the option government hospitals. **37.4%** selected clinics, **11.6%** used home remedies, **4.3%** went for cupping, **2.9%** took the help from religious activities like recitations etc., **1.3%** asked the help of friends and relatives and **4.9%** would go nowhere for their health services.

QUESTION NO.8:

سوال نمبر ۸: بیرون ملک علاج کی جگہ آپ کی رہائش سے کتنی دور ہے؟

1,501 responses

Question no.8: in foreign country, How far are the health facilities from the place where you live?



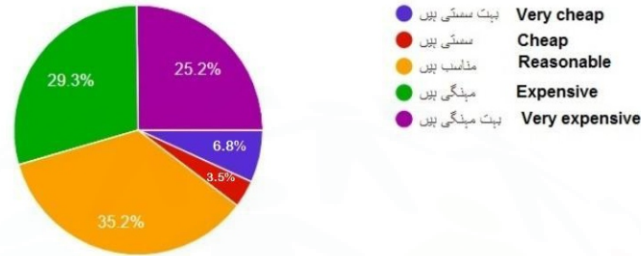
48.3% respondents selected that the area they get their health services from is not far away and is within 0-5km. **30.8%** selected that it is within 5-15 kilometers. **10.9%** selected 15 to 25km and the other **10%** found the place distant and selected more than 25km.

QUESTION No.9:

سوال نمبر ۹: بیرون ملک میں علاج و معالجہ کی سہولیات آپ کیلئے کیسی ہیں؟

1,500 responses

Question no. 9 : In foreign country, How are the health facilities for you?



The respondents were also asked how cheap or expensive these health services were for them. To which **35.2 %** replied that they were reasonable, while **29.3%** found them expensive. **25.2%** found them very expensive. This shows that combinedly, more than **50%** of the respondents found the health facilities either expensive or very expensive. **6.8%** found them very cheap and the other **3.5%** found them cheap which is a very small proportion of people. This information suggests that financially, health facilities aren't moderate or the labor class of migrants is not being paid well.

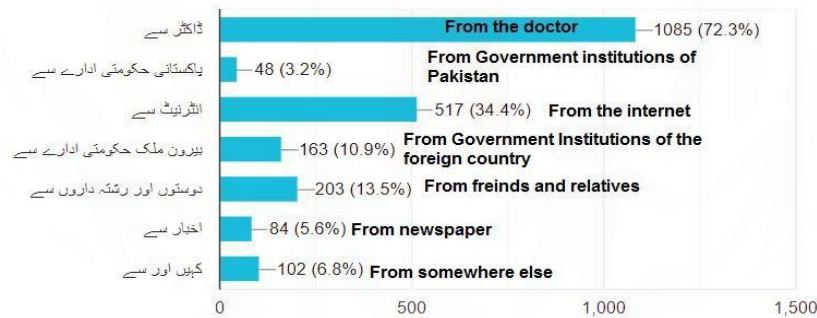
QUESTION NO.10:

سوال نمبر ۱۰ : آپ صحت کی معلومات کہاں سے لیتے ہیں؟ (ایک سے زیادہ جوابات کا انتخاب کر

سکتے ہیں)

Question no.10: From where do you seek knowledge about your health? (You can choose more than one option)

1,501 responses



Respondents were asked about from where they get informed about their health and to which **72.3%** answered 'Doctor'. **34.4%** selected 'Internet', **10.9%** selected 'From government institutions of the country they are living in', **3.2%** selected 'government institutions in Pakistan, **13.5%** selected 'from friends and relatives', **3.6%** selected newspaper and **6.8%** selected 'somewhere else'.

Conclusion & Recommendations:

The conclusions based on the findings are as follows:

- **Majority respondents** did not know that hepatitis is a sexually transmitted disease which clearly showed that there is lack of knowledge of other STDs
- apart from HIV/AIDs. Media should play a role in spreading accurate information regarding other STDs like hepatitis and herpes too.
- **32.3%** did not know STDs can be spread to one's partner and children and **only 19.4%** respondents knew that it can also be spread through mother to breastfed child which means people lack information regarding transmission of these diseases. Migrants should be guided about PPTCT (Prevention of Parent to Child Transmission). Government should play a role in circulating pre departure and post departure information regarding STDs on airports.
- **Half** of the respondents did not know about protecting themselves against these sexually transmitting diseases by using condoms which means there is lack of knowledge about protective measures. More information should be available via online platforms focusing on prevention and ways of transmission of STDs.
- Results also showed that there is unawareness about how HIV is not transferred. This could be the reason behind stigma against people having HIV/AIDS. More information regarding stigma of HIV/AIDs and how to avoid it. TV shows and radio shows can play a part in removing stigma of HIV/AIDs to some level.
- The information in **question no.9** suggested that financially, health facilities aren't moderate or the labor class of migrants is not being paid well. Policies should be made that health services are provided to the migrants in other countries. Health services should be provided by Government of Pakistan in order to facilitate the migrant. Further-more, Service of providing information regarding STDs can also be requested in other country.