

## **ABSTRACT**

### **Couples Living With HIV Discordance: Coping With Challenges**

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This study sought to investigate the challenges experienced by persons living in HIV-discordant relationships in Trinidad and Tobago, because of their mixed HIV status and their need to prevent HIV transmission between them, while maintaining their relationship. Data were collected through interviews with 10 participants (four serodiscordant couples and two HIV-negative individuals). One individual was a heterosexual female and the other a homosexual male. The study yielded several themes related to participants' choice of coping strategies to deal with the challenges: 1) dealing with the HIV diagnosis, 2) stigma and discrimination, and 3) the burden of caring for the seropositive partner.

**Keywords:** HIV/AIDS; HIV discordance; Intimate partner relations; PLHA; Trinidad and Tobago