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## Assessment of HIV/AIDS related knowledge, attitudes and behaviours among students in higher education in Tanzania and Uganda

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There is a paucity of studies that have systematically and comprehensively investigated the knowledge level, attitudes and the pattern of sexual behaviours related to HIV and AIDS in East Africa in particular. This study attempted to fill this void in knowledge. A cross-sectional descriptive design was used, employing a self-administered questionnaire as the main data collection tool. More than 559 higher education students completed a questionnaire assessing their knowledge, attitudes and behaviours related to HIV and AIDS in Tanzania and Uganda. About three quarters of respondents demonstrated comprehensive knowledge about HIV and AIDS, and the majority of respondents

expressed positive attitudes towards people living with HIV and AIDS. Despite demonstrating high knowledge level about HIV and AIDS, the results show that sexual behaviours among students in higher education are characteristically risky, and do not significantly differ from youth in the general population. The theoretical and practical implications of these findings in relation to promoting protective sexual behaviours among university students have been discussed.

**Key Words:** HIV and AIDS, Tanzania, Uganda, Comprehensive HIV and AIDS knowledge, higher education

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