Figure 2. Nested relationships of self-care practices of PLHIV not on ART

Social network practices
- Family & peer support; organised religion;
- PLHIV networks; formal & informal health care providers

Healthy lifestyles
- Nutritional diet/supplements
- Safe sex; cessation of sexual contact

Psychological practices
- Religiosity & spirituality
- Positive attitude towards living with HIV

Physical health practices
- Herbal remedies
- Non-ART medicine
- CD4 cell count testing

Health Status
- Physical health
- Immunological status

HIV Morbidity

HIV mortality