

# Undetectable = Untransmittable, are we transmitting the message correctly?

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# Background

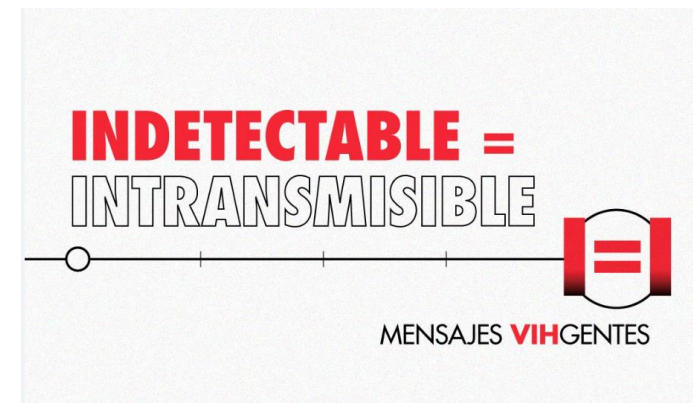
- The concept of "Undetectable = Untransmittable" (U=U) in the context of HIV has revolutionized the paradigm of transmission, affirming that a person on antiretroviral treatment with an undetectable viral load does not transmit the virus to their sexual partners.

UNDETECTABLE = UNTRANSMITTABLE



#UequalsU

**1 + 1 = 0**  
VIH + TRAITEMENT = 0 TRANSMISSION



## Objective

To determine the level of information about U=U in the Argentinean population and its association with other parameters such as age, gender, residence, educational level, and source of information.

# Methods

A national survey was conducted through the Google Forms platform between 05/10-05/29/2024. It was disseminated via social media, emails, and WhatsApp. A descriptive analysis was performed, and associations were evaluated with Chi2 (Stata 14).

## Infección por VIH: Indetectable=Intransmisible (I=I)

LUEGO DE QUE ENVIES EL FORMULARIO (VA A APARECER UNA NUEVA VENTANA) TE VAMOS A COMPARTIR INFORMACIÓN SOBRE I=I PERO ANTES QUEREMOS HACERTE UNAS PREGUNTAS.

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No compartido

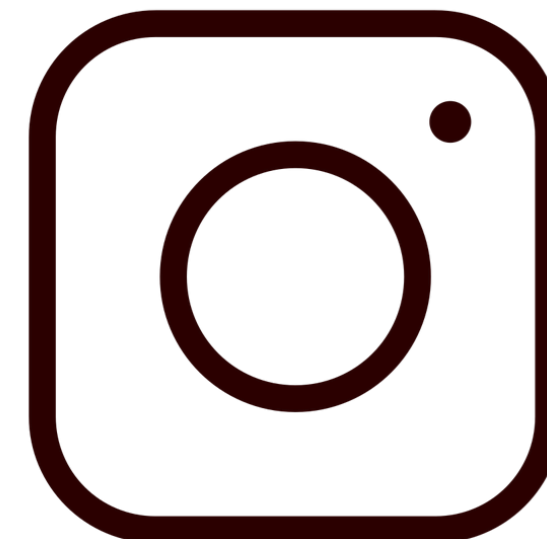
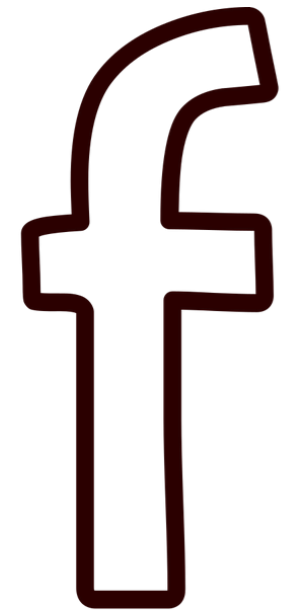
\* Indica que la pregunta es obligatoria

### Género \*

- Mujer cis (se percibe igual que su sexo biológico)
- Mujer trans
- Hombre cis (se percibe igual que su sexo biológico)
- Hombre trans
- No binarie
- Otros
- Prefiero no decirlo

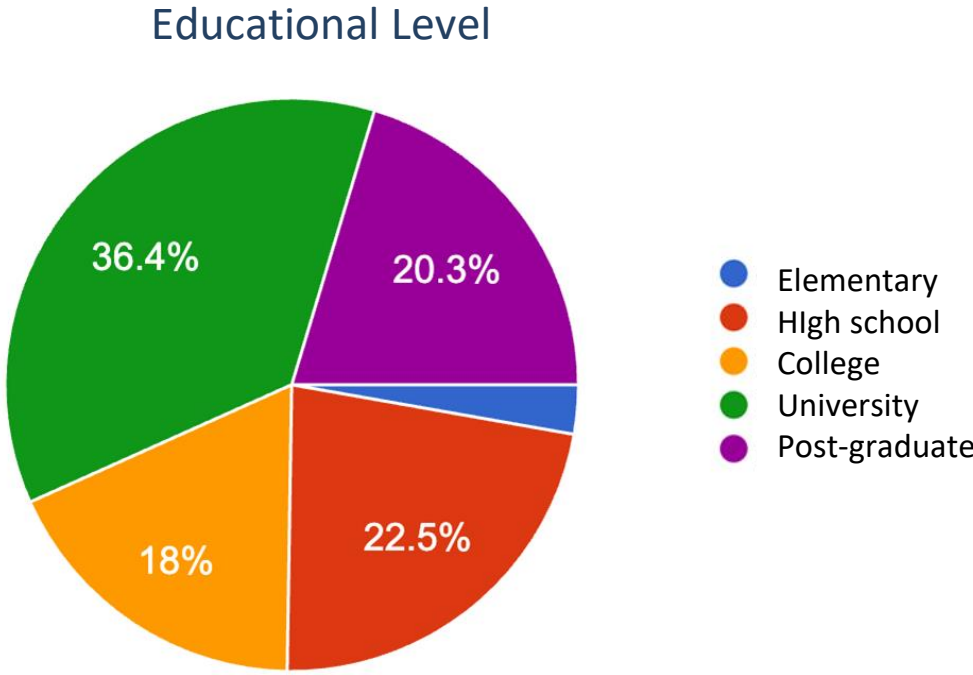
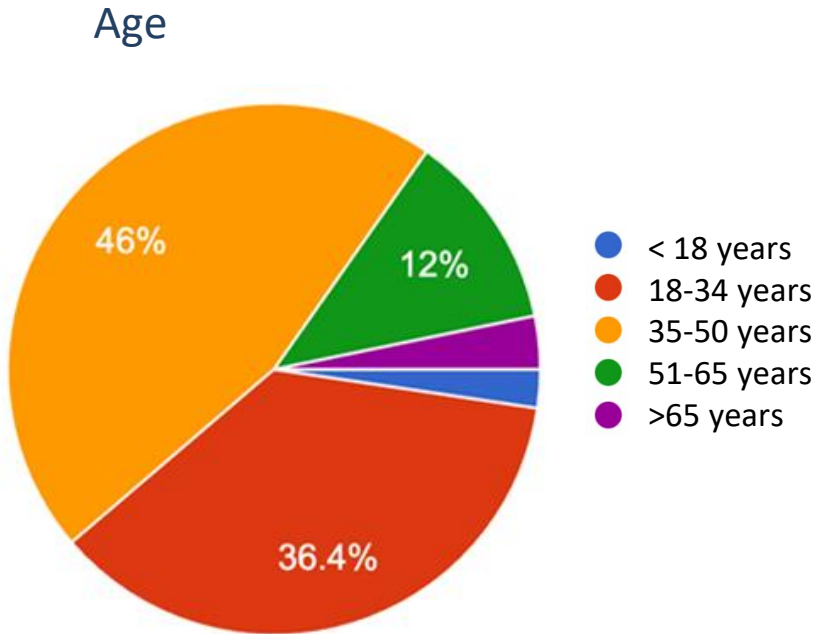
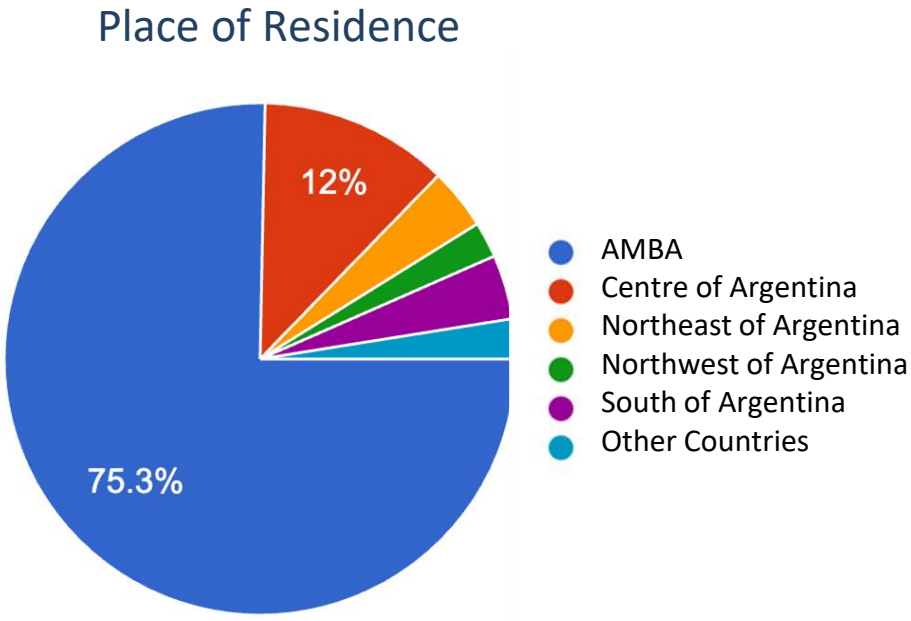
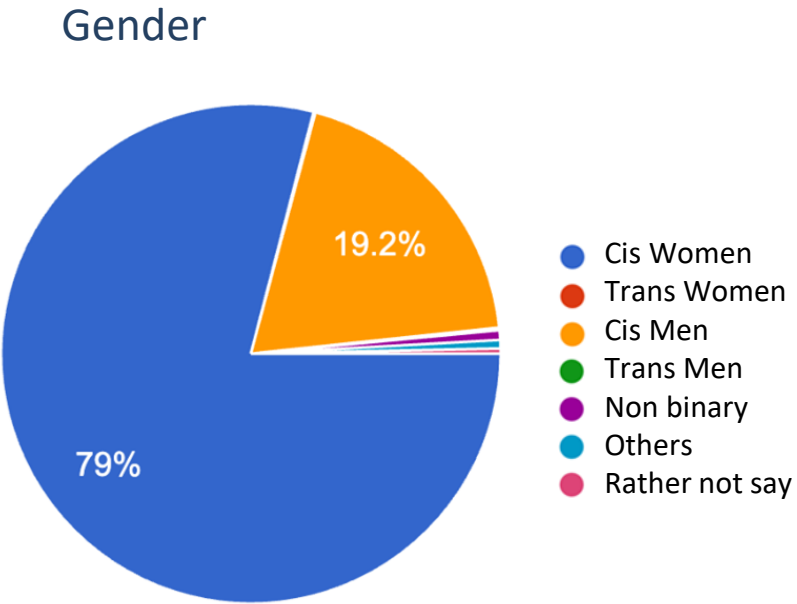


The image shows a social media post from the account 'inbirsar'. The post features a purple background with a checklist icon and the text 'Nueva encuesta de investigación!' in red. Below this, there is a graphic with two vertical bars and an equals sign, with the text 'INDETECTABLE = INTRANSMISIBLE' underneath. A QR code is present with a red arrow pointing to it and the word 'Ayudanos!' in red script. The INBIRS logo is in the bottom right. The post has 25 likes and 9 shares. The caption reads: 'Les gusta a sil.casime y otros inbirsar Buenas tardes. Les invitamos a compartir y completar esta encuesta (¡súper corta!). Es acerca de un concepto de la infección por VIH que queremos conocer si la población está al tanto. La encuesta la está realizando la Dra. Natalia Laufer, Médica infectóloga e Investigadora de CONICET en el Departamento de Microbiología, con su grupo de trabajo del Hospital Fernández.'



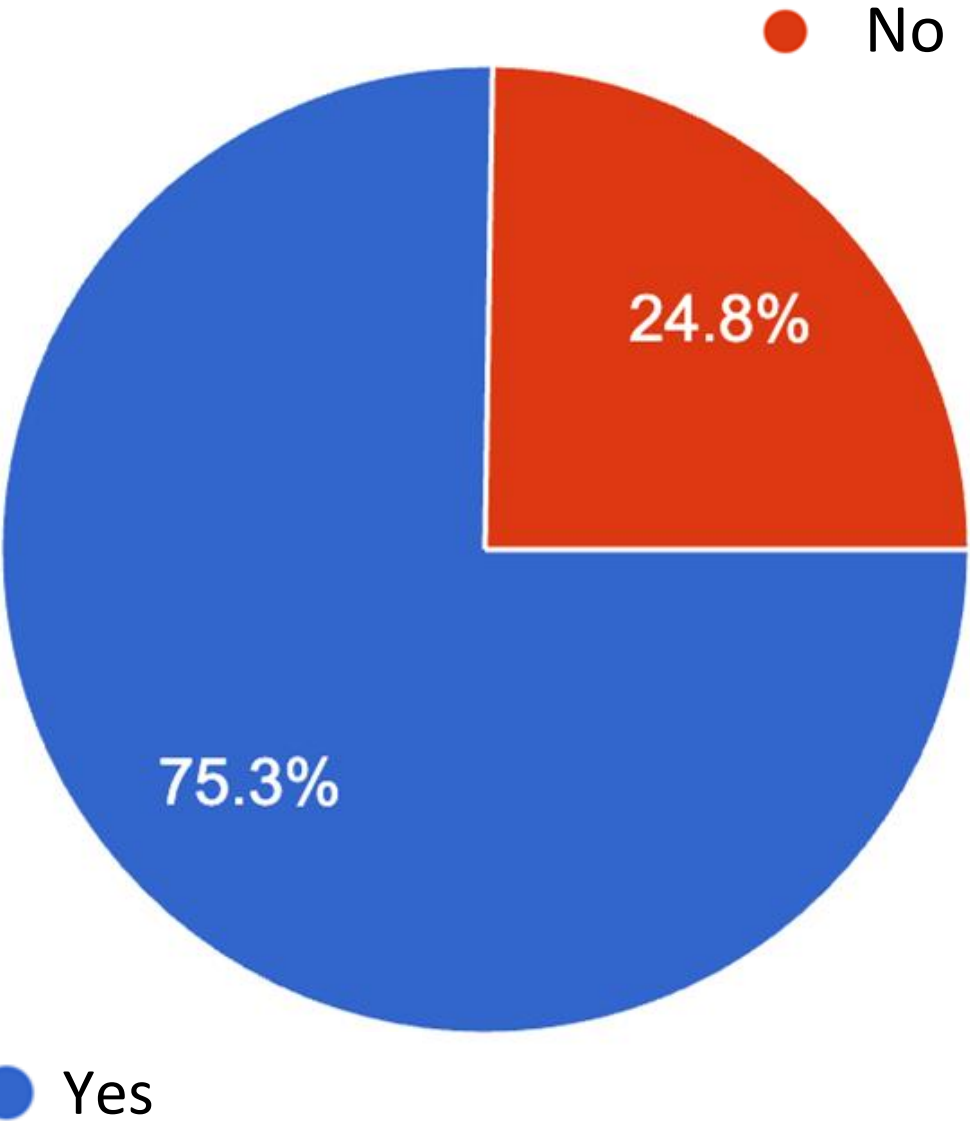
# Results

A total of 4678 surveys were obtained from residents of Argentina

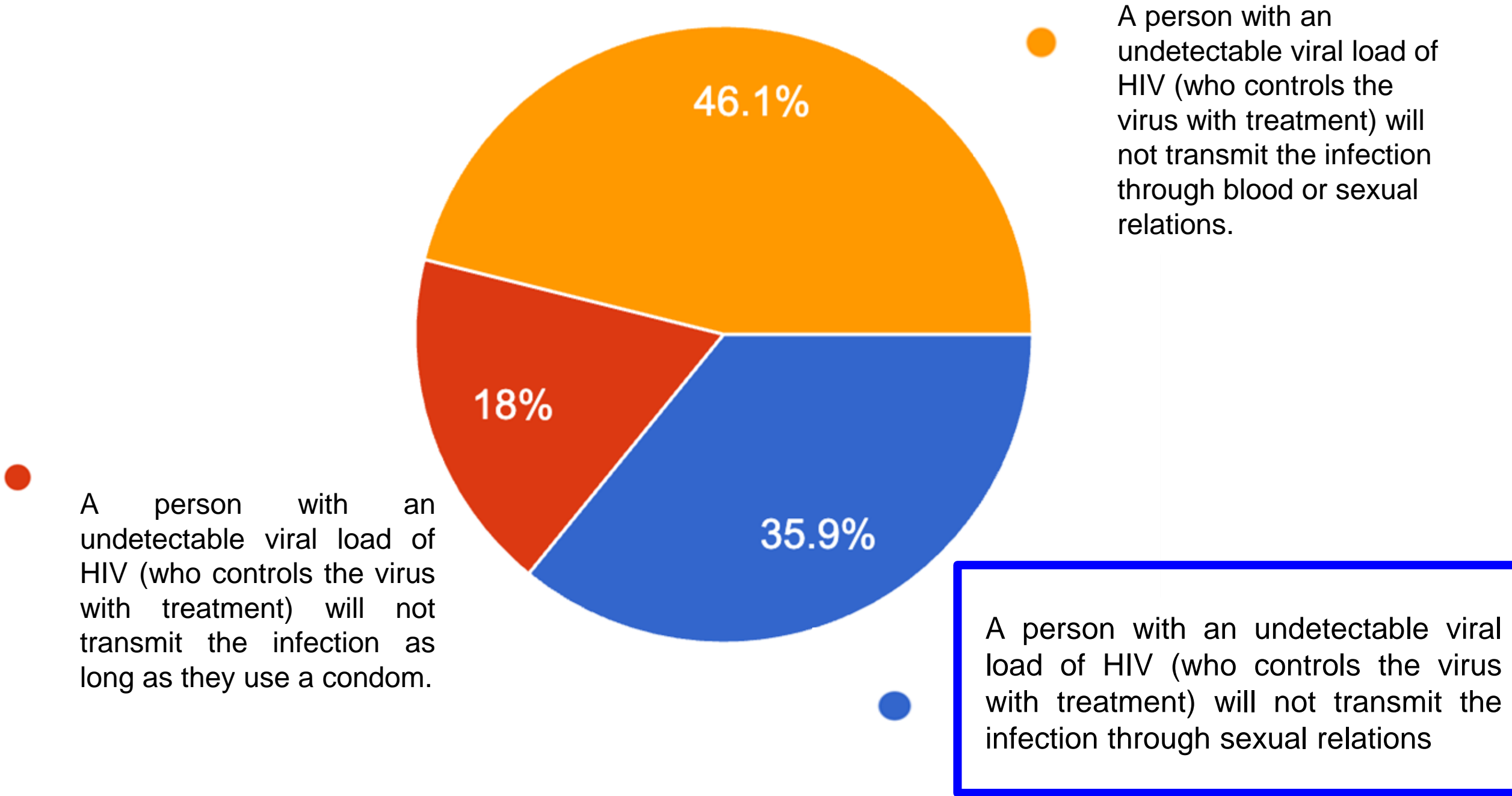


# Results

Do you know the meaning of U=U?



What do you understand by U=U?



# Results

Table 1 Knowledge of U=U according to population characteristics	Refers to knowing what U=U is	<u>Right concept:</u> It is not transmitted through sexual intercourse	<u>Incorrect concept</u> They considered that it means that it is not transmitted as long as a condom is used	<u>Incorrect concept</u> They considered that it is not transmitted through sexual intercourse or through blood
<b>Health personnel n=1287 (27.5%)</b>	<b>1125 (87,4%)</b>	<b>472 (42%)</b>	<b>161 (14,3%)</b>	<b>492 (38,2%)</b>
Tertiary/University/Higher n= 3487 (74.5%)	2665 (76,4%)	962 (30,1%)	442 (16,6%)	1261 (47,3%)
Primary/Secondary n= 1191 (25.4%)	851(71,4%)	291 (34,2%)	204 (24%)	356 (41,8%)
Cis Women n=3712 (79.3%)	2813 (75,8%)	954 (34%)	544 (19,3%)	1315 (46,7%)
<b>Cis Men n=883 (18.8%)</b>	<b>633 (71,7%)</b>	<b>276 (43,6%)</b>	<b>92 (14,5%)</b>	<b>265 (41,8%)</b>
Trans women n=13 (0.27%)	6 (100%)	1 (16,6%)	3 (50%)	2 (33,3%)
Trans men n=7 (0.14%)	6 (85,7%)	2 (33,3%)	0 (0%)	4 (66,6%)
Learned U=U on social networks n=1022 (21.8%)	Not applicable	390 (38%)	137 (13.4%)	495 (48.4%)
Learned about U=U through health campaigns n=474 (10%)	Not applicable	156 (33%)	108 (22.7%)	210 (44%)
<b>Learned U=U through internet searches n=85 (1.8%)</b>	<b>Not applicable</b>	<b>40 (47%)</b>	<b>13 (15.3 %)</b>	<b>32 (37.6%)</b>

# Results

Table 2 Knowledge of U=U according to population characteristics	Refers to knowing what U=U is	<u>Right concept:</u> It is not transmitted through sexual intercourse	<u>Incorrect concept</u> They considered that it means that it is not transmitted as long as a condom is used	<u>Incorrect concept</u> They considered that it is not transmitted through sexual intercourse or through blood
<b>Age between 35-50 years n= 2146 (46%)</b>	<b>1593 (74%)</b>	<b>573 (35.9%)</b>	<b>275 (17.2%)</b>	<b>745 (46.7%)</b>
Age <18 years n=112 (2.4 %)	65 (58%)	14 (21%)	24 (37%)	27 (41%)
Age > 65 years n=154 (3.2%)	101 (65%)	28 (27.7%)	45 (44.5%)	28 (27.7%)
Buenos Aires and Province of Buenos Aires n=3614 (77.2)	2743 (75.8%)	973 (26.9)	511 (14%)	1259 (34.8%)
Central Argentina n=574 (12.3%)	414 (72%)	146 (35.2%)	64 (15.4%)	204 (49%)
Southern Argentina n=195 (4.2%)	147 (75%)	63 (42%)	29 (19.7%)	55 (37.4%)
Northwest Argentina n=186 (3.9%)	136 (73%)	52 (38.2%)	25 (18.3%)	59 (43.3%)
Northeast Argentina n=109 (2.3%)	76 (69.7%)	19 (25%)	17 (22.3%)	40 (52.6%)

# Conclusions and perspectives

- This study presents biases such as the high percentage of residents in the AMBA region, aged 35-50 years, highly educated, and cisgender women, which does not allow these results to be generalized to the entire Argentine population.
- However, from these data, it is clear that there is a misunderstanding of the U=U message, especially when it is also assumed as the lack of transmission through blood, which can pose a serious risk.
- It is also very concerning that less than 50% of healthcare workers knew the concept adequately.
- This highlights a failure in how the message has been conveyed in our environment and underscores the importance of designing campaigns that reach the population and correctly incorporate U=U.



Thank you!

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