



Dr Lisa Thorley
Undetectability



Undetectability

The road to being undetectable, a personal narrative



- *Knowing that I was undetectable and that I couldn't pass it onto anyone else, made my mental state be in a really good place, it meant that sex was no longer a mind field. I got empowered by telling people. (MSM, Asian, 36, Brighton, diagnosed 2010).*
- *to me with this resent partner study, it means to me that I'm not infectious. That's how I see it. But for some people you can still see that fear in their eyes, they don't understand, even when you try to explain, to them you're just HIV+, or you've got the AIDS virus. So for me, I know that I take my medication, so I know that I'm not infectious.... it empowers you, you can relive your life again. (White heterosexual woman, 55, Wales, diagnosed 1994)*

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- *I think, the medical community don't actually grasp the psychological implications of what it means to be undetectable, they just think, oh this is interesting research. They don't actually think what it means to the patient. (MSM, white, 54, London, diagnosed 1997)*
- *for me it was something to strive towards, because I remember when I was taking my medication, I was waiting, waiting, to become undetectable. When you become undetectable, its like, great I'm now normal. I'm as healthy as the next person.*
- *L: I cried.*
- *J: So did I, it was like, there is light at the end of the tunnel (MSM, Asian, 40, London, diagnosed 2005-2006)*

(All quotes are from the qualitative data of the Stigma Index Survey 2015)