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Living positive with HIV in Botswana: a self-help intervention for people living with HIV and depressive symptoms

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Citation

Vavani, B. (2026, June 16). *Living positive with HIV in Botswana: a self-help intervention for people living with HIV and depressive symptoms*. Retrieved from <https://hdl.handle.net/1887/4306506>

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Note: To cite this publication please use the final published version (if applicable).

Curriculum Vitae

Boitumelo Vavani was born on December 26, 1984. She completed high school at Tutume McConnel College in Botswana and later completed her Bachelor of Psychology degree in 2007 at the University of Botswana. After her bachelor's degree, she worked for two years as a staff development fellow at the University of Botswana, Psychology Department. She received her Master of Arts in Clinical Psychology from the University of Witwatersrand, Johannesburg, South Africa in 2012. Her Master's thesis aimed to explore black South African women's experiences of and opinions about motherhood and attachment. Since 2012 she has worked as a lecturer at the University of Botswana. Her work at the University involves teaching, research, and administrative duties. In 2014, Boitumelo started her PhD project at the Department of Clinical Psychology at Leiden University focusing on designing and evaluating a self-help intervention for people living with HIV and depressive symptoms in Botswana. Boitumelo also works as a clinical psychologist and serves as a clinical supervisor to interns at the University of Botswana psychology clinic. She continues to teach several undergraduate psychology courses at the University of Botswana. Boitumelo also works part time in a psychology clinic where she is responsible for providing psychotherapy to aid positive behavioural changes to individual clients and to the community at large. In addition, she is responsible for conducting psychological assessments for clients and learners with behavioural and learning disorders.

Publications

Vavani, B., Garnefski, N., Spinhoven, P., Amone-P'Olak, K., Teseletso, T., & Kraaij, V. (2025). Optimizing implementation of an evidence-based self-help intervention program for people living with HIV (PLWH) with depressive symptoms in Botswana. *AIDS Care*, 37(12), 2053–2062. <https://doi.org/10.1080/09540121.2025.2565425>

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Acknowledgements

This chapter represents my deepest gratitude and appreciation to the many individuals and institutions who contributed to the completion of this dissertation.

First, I extend my heartfelt gratitude to the study participants who generously shared their time, experiences, and vulnerabilities. Their willingness to participate in the clinical trial and carefully complete the questionnaires gave meaning to this research.

I am deeply grateful to my promoters for their invaluable guidance and support. I would like to express my sincere appreciation to Nadia Garnefski. Working with you has been a great privilege and a source of joy. You were not only a supervisor, but also a mentor and a guide who supported me with wisdom, care, and encouragement. Your reminders that I am enough, that this work was a process, and that progress mattered more than perfection helped me to manage pressure and remain resilient. I looked forward to your comments and feedback on my written work, which were sometimes challenging but always improved the quality of the work.

To Vivian Kraaij, I am incredibly grateful for your guidance and unwavering support. Your warmth, positivity, and encouragement helped me through many moments of uncertainty when progress felt difficult. You created a space where discussions and reflections could occur without intimidation, making me feel respected as a colleague whose opinions mattered. I truly valued our brainstorming sessions, collaborative work, and shared moments of learning and enjoyment. You and Nadia went out of your way to ensure that I had everything I needed to complete this PhD.

I would like to thank Philip Spinhoven, who I have experienced as a wise and respectful intellectual, with meticulous attention to detail which ensured that this dissertation was methodologically sound, coherent, and academically rigorous. I am truly grateful for your commitment and dedication throughout the process.

I would also like to thank Kennedy Amone-P'Olak. I first met Nadia and Vivian through you. Meeting them has been life changing and I owe it to you. I also thank you for your continued guidance during the planning and process of writing the dissertation.