

Original article**People Living With Human Immunocompromised Virus (Hiv) And Psychosocial Problems****Abdul Salam Rayan¹**¹Department of Public Health, Jodhpur School Of Public Health(JSPH),Maulana Azad University, Jodhpur

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ABSTRACT

Rationale/Background: HIV is a virus which infects human and it decrease or weakening human's ability to fight against infections and illness. This virus and AIDS as a syndrome not only responsible to frustrate PLHIV immunity but also responsible of psychosocial problems in them as HIV virus destroy neurons, anti-retro viral drugs further aggravate these destruction because of their cytotoxicity. PLHIV loss their daily tasks because of weakness due to drug taking and different infectious and non-infectious disease for which they are vulnerable.HIV/AIDS is a strongly stigmatize syndrome in communities and different people have different perceptions of PLHIV. Because of those misperceptions the PLHIV might diverge from community, people, family members, and friends and even from spouse. These divergence take them to psychosocial problems. **Objective:** The objective of this study is to find different level of psychosocial problems in different categories of PLHIV according to age, HIV positivity duration, education level, marital status etc. **Method:** this study is a cross sectional study and the sampling method is convenient sampling. **Population:** PLHIV is few in number in Afghanistan and the center from which samples collected has 800 people in database. The people are daily coming for their check up and taking drugs. The aim was to collect 100 to 150 sample but due to finite time just 130 samples collected. Time frame: the time frame for this study was five months. In one month data collector recruited and trained. As well as in this time the approved questionnaire translated and the data collector trained. Another two and half month was allocated for data collection. In last one and half month data analyzed and its report wrote in the word as report. **Result:** In final result the researcher found that among the selected PLHIV 67% have different level of psychosocial problems while 33% did not have. **Conclusion and recommendation:** Education, counselling and support needs of HIV-infected patients and their families is more. The MOPH in Afghanistan as a leading and UNAIDS, WHO, Global fund and other stakeholders have to think not only about PLHIV, virology situations but also they have to think about their psychosocial problems as well.

Introduction

HIV is a virus which infects human and it decrease or weakening human's ability to fight against infections and illness. This is a virus which has the ability to

replicate only inside the living cell. The virus has two types. Type 1 and type 2. The type 1 is most common in sub-Saharan Africa and throughout the world. While the second type is most often found in West Central

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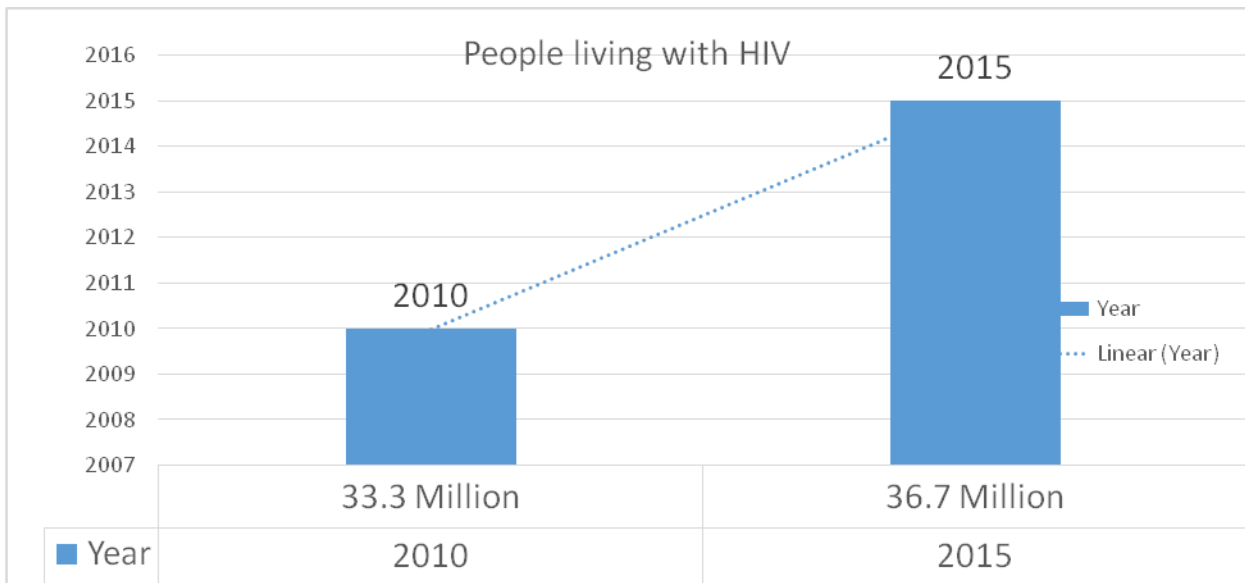


Figure 1: shows the spread of HIV in all over the world. Last updates by UNAIDS.

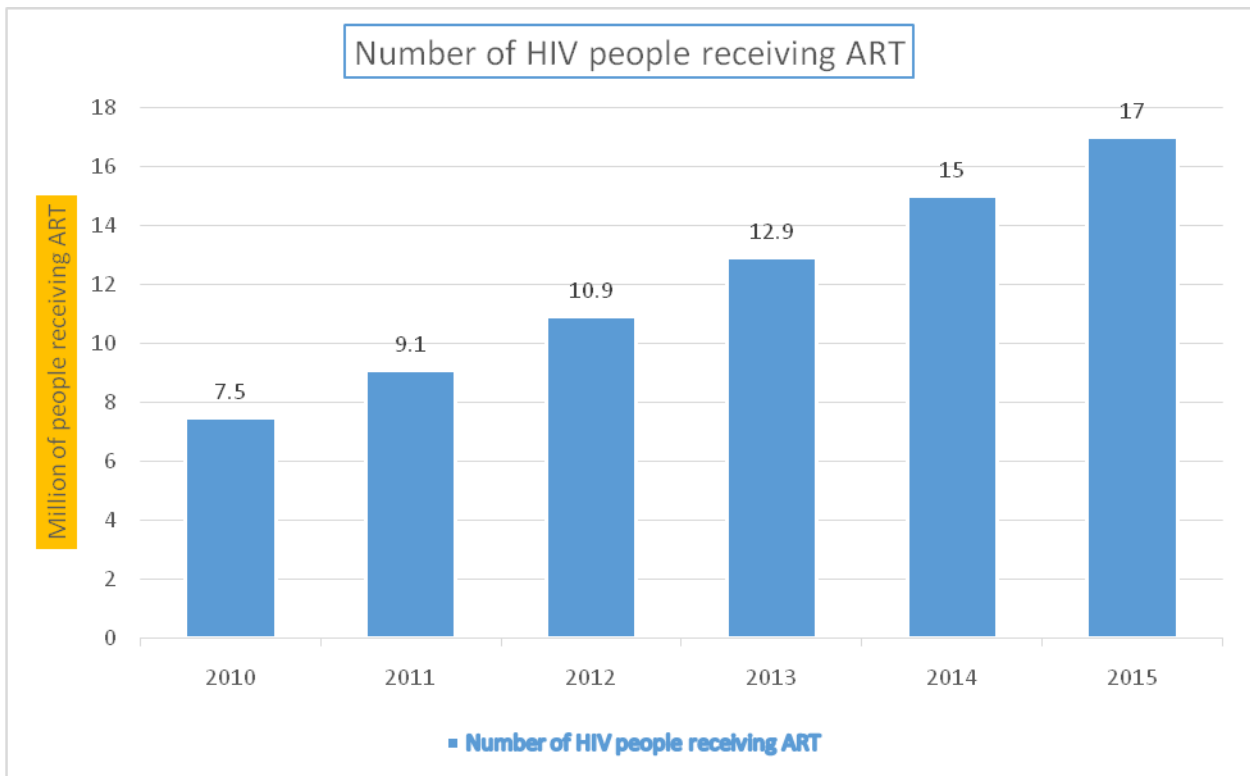


Figure2: shows the people receiving ART. Last update by UNAIDS.

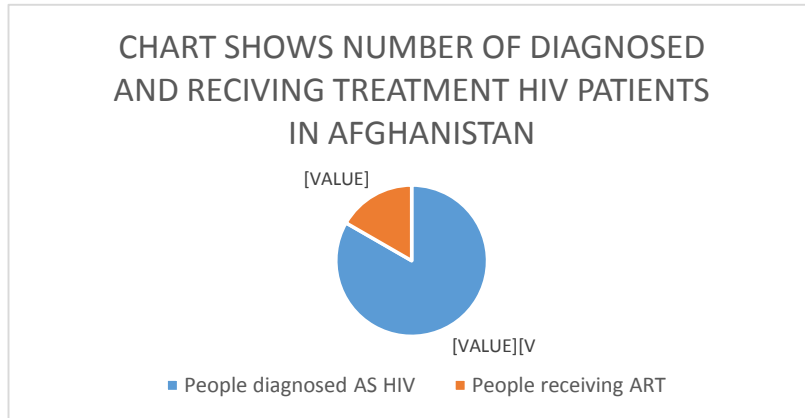


Figure3: shows the situation of HIV in Afghanistan. Last update by UNAIDS

Age

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	age less than 40 years	90	69.2	69.2	69.2
	age more than 40 years	40	30.8	30.8	100.0
	Total	130	100.0	100.0	

marital status

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	married	101	77.7	77.7	77.7
	Single	26	20.0	20.0	97.7
	Widow	2	1.5	1.5	99.2
	divorced	1	.8	.8	100.0
	Total	130	100.0	100.0	

Are you taking IV drugs (opiate etc?)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	yes	11	8.5	8.5	8.5
	no	119	91.5	91.5	100.0
	Total	130	100.0	100.0	

Duration of HIV positivity

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	less than 5 years	106	81.5	81.5	81.5
	more than 5 years	24	18.5	18.5	100.0
	Total	130	100.0	100.0	

job

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	employed	31	23.8	23.8	23.8
	unemployed	99	76.2	76.2	100.0
	Total	130	100.0	100.0	

Did you have some trips to other countries?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	75	57.7	57.7	57.7
	No	55	42.3	42.3	100.0
	Total	130	100.0	100.0	

Do you feel you can manage situations even when they do not turn out as expected?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	most of the time	36	27.7	27.7	27.7
	some of the time	87	66.9	66.9	94.6
	hardly ever	7	5.4	5.4	100.0
	Total	130	100.0	100.0	

The way things are going now do you feel confident to coping with the future?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	19	14.6	14.6	14.6
	to some extent	104	80.0	80.0	94.6
	no much extent	7	5.4	5.4	100.0
	Total	130	100.0	100.0	

Do you feel your life is interesting?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	13	10.0	10.0	10.0
	to some extent	96	73.8	73.8	83.8
	no much extent	21	16.2	16.2	100.0
	Total	130	100.0	100.0	

On the whole, how happy are you with the things you have been doing in recent years?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very happy	19	14.6	14.6	14.6
	quite happy	96	73.8	73.8	88.5
	not so happy	15	11.5	11.5	100.0
	Total	130	100.0	100.0	

Africa, parts of Europe and India. Fifteen millions of people were living with HIV globally in 2014.

Purpose of the study

The main purpose of this study is to evaluate the psychosocial problems among the PLHIV and to identify the different grades of psychological problems among them. In the main time by this study we would like to convince the doctors, community and stake holders to treat with them as a human being and give them all rights as they give to other people.

Objectives of the study

Primary objective: The primary objective of the study to find the level of psychosocial problems through PLHIV. Secondary Objective: To convince the HCP and HIV related organization for having close contact with them and seek them psychosocial support and care.

To convince labor and work organization to find them jobs and further support them in their daily life for their needs.

**Do you feel confident that relatives and/or friends will help you out if there is an emergency,
e.g. if you lose what you have by fire or theft?**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	24	18.5	18.5	18.5
	to some extent	76	58.5	58.5	76.9
	no much extent	30	23.1	23.1	100.0
	Total	130	100.0	100.0	

How do you feel about the relationship you and your children have?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very good	87	66.9	75.0	75.0
	quite good	23	17.7	19.8	94.8
	not so good	6	4.6	5.2	100.0
	Total	116	89.2	100.0	
Missing	System	14	10.8		
	Total	130	100.0		

Do you sometimes feel sad without reason?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	3	2.3	2.3	2.3
	to some extent	88	67.7	67.7	70.0
	no much extent	39	30.0	30.0	100.0
	Total	130	100.0	100.0	

Do you feel your life is useless?**Do you feel disturbed by feelings of anxiety and tension**

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	14	10.8	10.8	10.8
	to some extent	99	76.2	76.2	86.9
	no much extent	17	13.1	13.1	100.0
	Total	130	100.0	100.0	

Do you consider your family a source of help to you in finding solutions to most of the problems you have?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	67	51.5	51.5	51.5
	to some extent	49	37.7	37.7	89.2
	no much extent	14	10.8	10.8	100.0
	Total	130	100.0	100.0	

Do you worry about your future?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	19	14.6	14.6	14.6
	to some extent	68	52.3	52.3	66.9
	no much extent	43	33.1	33.1	100.0
	Total	130	100.0	100.0	

Do you sometimes worry about the relationship you and your children have?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	4	3.1	3.3	3.3
	to some extent	21	16.2	17.5	20.8
	no much extent	95	73.1	79.2	100.0
	Total	120	92.3	100.0	
Missing	System	10	7.7		
	Total	130	100.0		

Do you sometimes worry about the relationship you and your wife/husband have?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	8	6.2	7.0	7.0
	to some extent	18	13.8	15.7	22.6
	no much extent	89	68.5	77.4	100.0
	Total	115	88.5	100.0	
Missing	System	15	11.5		
	Total	130	100.0		

Do you feel that minor things upset you more than necessary?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	8	6.2	6.2	6.2
	to some extent	68	52.3	52.7	58.9
	no much extent	53	40.8	41.1	100.0
	Total	129	99.2	100.0	
Missing	System	1	.8		
	Total	130	100.0		

Do you get easily upset if you are criticized?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	most of the time	10	7.7	7.7	7.7
	sometime	96	73.8	73.8	81.5
	hardly ever	24	18.5	18.5	100.0
	Total	130	100.0	100.0	

Would you wish to have more friends than you actually have?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	most of the time	15	11.5	11.6	11.6
	Sometime	88	67.7	68.2	79.8
	hardly ever	26	20.0	20.2	100.0
	Total	129	99.2	100.0	
Missing	System	1	.8		
	Total	130	100.0		

Do you suffer from pains in various parts of your body?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	4	3.1	3.1	3.1
	to some extent	66	50.8	50.8	53.8
	no much extent	60	46.2	46.2	100.0
	Total	130	100.0	100.0	

Are you disturbed by palpitations/a thumping heart?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	2	1.5	1.5	1.5
	to some extent	32	24.6	24.6	26.2
	no much extent	96	73.8	73.8	100.0
	Total	130	100.0	100.0	

Are you disturbed by a feeling of giddiness (dizziness)?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	9	6.9	6.9	6.9
	to some extent	63	48.5	48.5	55.4
	no much extent	58	44.6	44.6	100.0
	Total	130	100.0	100.0	

Do you feel you get tired too easily?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	12	9.2	9.2	9.2
	to some extent	73	56.2	56.2	65.4
	no much extent	45	34.6	34.6	100.0
	Total	130	100.0	100.0	

Are you troubled by disturbed sleep?

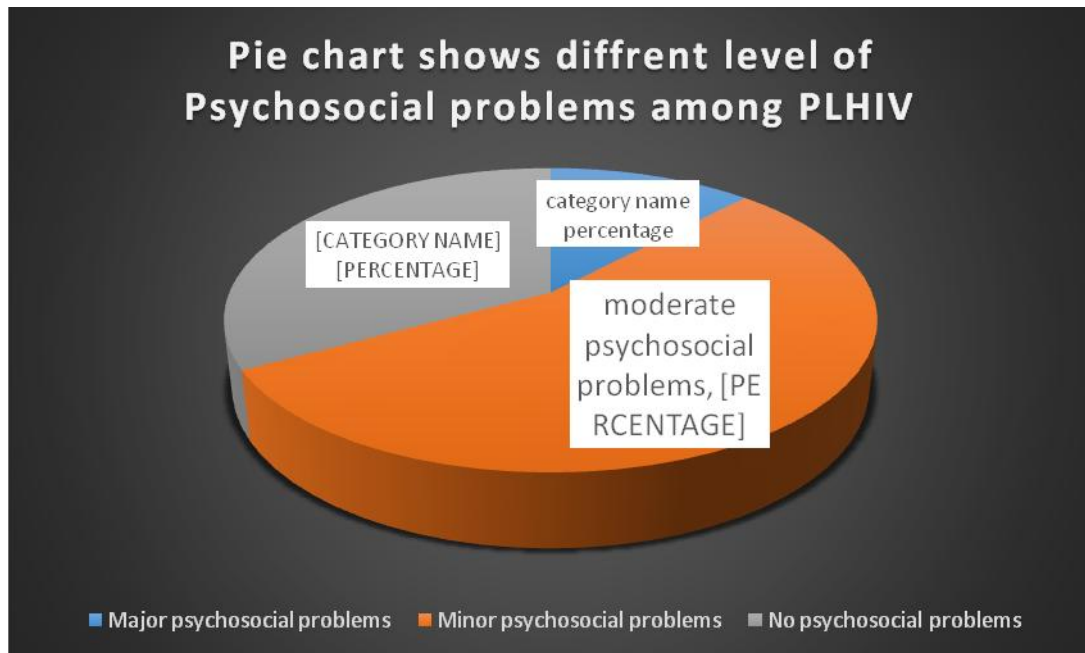
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	most of the time	8	6.2	6.2	6.2
	some of the time	48	36.9	36.9	43.1
	hardly ever	74	56.9	56.9	100.0
	Total	130	100.0	100.0	

Do you sometimes worry that you do not have close personal relationship with other people?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very much	3	2.3	2.3	2.3
	to some extent	29	22.3	22.3	24.6
	no much extent	98	75.4	75.4	100.0
	Total	130	100.0	100.0	

Do you normally accomplish what you want to?

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	very good	32	24.6	24.6	24.6
	quite good	86	66.2	66.2	90.8
	not so good	12	9.2	9.2	100.0
	Total	130	100.0	100.0	

**Research question:**

The overall question in this study to find different psychosocial problems in people living with HIV and the question was developed:

What is the prevalence of psychosocial problems in PLHIV?

The second question developed in this study was:

What is the extent of this psychosocial problems among PLHIV?

Materials and Methods:

Three large state hospitals in the metropolitan area of Izmir participated in the study. Six focus groups were conducted with people infected with HIV (n=32) and their family members (n=11). Participants were asked to fill out a questionnaire to assess their HIV/AIDS knowledge and to convey how the stigma had affected them.

Research design:

This study is a cross sectional study and the researcher struggled to do both qualitative and quantitative study.

Sample size:

Because of limited time period and finite data source the collector could collect just 130 samples.

Data resource:

The data source is Afghan Japan Hospital the main center for HIV treatment and control.

Data collection techniques

A team of 5 person data collector was recruited and after training they started to collect the data. The data collectors group was made of one doctor and four person nurses. They started their data collection in duration of seventy five days. Their goal was to collect 100 to 150 data. In this time they could collect 130 data. For collecting the data they were using a well design questionnaire. The questionnaire translated in local language and after translation they started to complete the questionnaire. Both questionnaire in English and Dari is exist in the annexes.

Ethical consideration

Participation in this study was voluntary, and a written informed consent was obtained from each study participant. Privacy was strictly protected by conducting the interviews at a private place, and we ensured confidentiality of the respondents by removing all personal identifiers from the survey questionnaires.

Inclusion and Exclusion:

This study included all those patient who voluntarily contributed in this study after complete understanding about this procedure. The participant's age is from 18 to 65 years. The PLHV, was arguing with this procedure and was not ready to fulfill the questionnaire excluded. In the main time children less than 18 years excluded.

Limitation of the study:

1. The researcher faced with deprivation of data.
2. Data collection time was too long because of finite data existence.
3. The PLHIV in the place of data collection were rising different questions and they had concern of no confidentiality.

Result of the study:

For having precise result the variable interpreted one by one and the frequency and percentage

The summary of data analysis:

As summary from above interpretation one could notify that in this study 66.9% male and 33.1% female have participated. 69.2% people among participants are more than 40 years old and the remaining 30.8% people are less than 40 years old. In this study among the participants 77.7% people are married, 20% are still single and 1.5 and 0.8% among them are consecutively widows and divorced. Among the participants in this study 81.5% became positive

for HIV less than five years and 18.5% became positive for this virus less than more than 5 years. Among the participants 92.3% are on ART and 7.7% are not taking ART. 10% have high level of satisfaction from their live achievements, 73.8% are happy to some extent from their past achievements and 27.7% people could manage critical situations most of the time, 66.9% are able to manage situations sometime and 5.4% are not able to manage situations at all. 46.9% people have strong confidence on their family members and their service to them in case of serious illness, 3.8% among the participants think they are useless and have low self-esteem, 33.8 people among the participants although have concern from low self-esteem but still did not broken at all and have hope to the future. 7% responded that they have too much concern about their and their spouse relationship, 13.8% have this concern to some extent and 68.5% people do not have this concern at all.

Recommendation:

The MOPH as leading organization, UNAIDs, WHO and other stakeholders which works for HIV/AIDs program need to develop multiple center of HIV/AIDs treatment.

MOPH with the help of ministry of work and labor develop jobs to these people and help them to get some professional training and involve them in some vocational activities in case they are illiterate.

As the HIV/AIDs is a stigmatize syndrome there for MOPH by the help of media and educational program could decrease from its sensitivity. Almost all the people think that HIV is spreading by sexual activity which is not totally right. The media and educational program within media might convince people and decrease their misperception. To decrease PLHIV social problems MOPH might involve them in some

positive coping program .e.g. made them sport grounds, for whom they do not like sport involve them in other activities e.g. learning computer, working in rug factories etc.

Discussion:

Comparatively this study is similar in results with the study of other countries mentioned in the literature review. All the studies done shows that PLHIV have different level of psychosocial problems and are suffering from different discriminatory habits in the community, society and home. They are deprived of different life possibilities due to stigma.

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