

PSYCHOSOCIAL FACTORS AND QUALITY OF LIFE FOR LIVING WELL WITH HIV

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Background:

Despite ongoing medical advancements in the treatment of HIV, PLHIV continue to report a poorer quality of life (QoL), high rates of mental health difficulties, HIV-related stigma, isolation, and disconnection, all of which impact on adherence and engagement.

Methods:

This presentation will summarise a series of investigations ^{1,2,3}, of PLHIV attending The Albion Centre, a tertiary HIV clinic in Sydney, Australia. The studies used varying methodologies, both quantitative data from validated questionnaires and qualitative interviews.

Results:

The results indicate that there is a significant interplay between quality of life and mental health, HIV-related stigma, isolation, and disconnection. Factors such as social connectedness improved QoL and mediate the relationship between HIV-related stigma and QoL. Furthermore, comorbid presentations are common, and can often complicate clinical care.

Conclusion:

The findings attest to the importance of addressing and investing in psychosocial treatments to enhance PLHIV wellbeing and QoL, to reach targets beyond viral suppression and offer practitioners various points of clinical intervention. Data from this study series has also been used to validate the Clinical Complexity Rating Scale for HIV (CCRS-HIV)⁴, a risk prediction tool for comorbidity and complex clinical presentations requiring an interdisciplinary response.

Disclosure of Interest Statement:

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