

Effects of a behavioral activation-based intervention program for the patient activation of yi minority people living with hiv/aids: a randomized controlled trial

Authors:

An WH¹, Lai XY², Chen L³, Wang HH²

¹ School of Health and Wellness, Panzhihua University, ² Xiangya School of Nursing, Central South University, ³ Zhaojue County People's Hospital

Background:

Patient activation is a key factor influencing the self-management ability of people living with HIV/AIDS (PLWH) and other HIV-related health outcomes. While most of the current research focuses on high-income regions, there is limited reporting on the patient activation of PLWH from low-income areas and minority backgrounds. We present a 9-week randomized controlled trial designed to evaluate the effect of the program on patient activation and other related indicators among Yi minority PLWH in China.

Methods:

We conducted a two-arm randomized controlled trial, recruiting 98 Yi minority PLWH from an antiretroviral treatment center in Liangshan Prefecture, China. Participants were randomly assigned to either the control group (receiving standard care) or the intervention group (receiving the behavioral activation-based intervention program) in a 1:1 ratio. Data were collected at baseline, upon completion of the intervention, and 3 months post intervention using SPSS 23.0 for statistical description and inference. We used the Generalized Estimated Equation (GEE) models to evaluate the effects.

Results:

The intervention group demonstrated significant improvements in patient activation [mean difference (MD) -9.53; 95% confidence interval (CI), -11.02 to -8.04; $P < 0.001$], self-management (MD, -8.30; 95%CI, -9.15 to -7.45; $P < 0.001$), illness perception (MD, 6.93; 95%CI, 3.86 to 10.00; $P < 0.001$), depression (MD, 1.36; 95%CI, 0.62 to 2.10; $P < 0.001$), and anxiety (MD, 0.81; 95%CI, 0.21 to 1.42; $P = 0.009$) compared to the control group. There were also positive effects on CD4 cell counts (MD, 195.4; 95%CI, 0.1 to 340.4; $P = 0.038$). While both groups showed significant improvements post-intervention in terms of viral suppression, the difference between the groups was not statistically significant.

Conclusion:

The behavioral activation-based patient activation, self-management, illness perception, anxiety, depression, and CD4 cell counts, and is worthy of wider adoption and implementation.

Disclosure of Interest Statement:

The Australasian Society for HIV, Viral Hepatitis & Sexual Health Medicine recognises the considerable contribution that industry partners make to professional and research activities. We also recognise the need for transparency of disclosure of

potential conflicts of interest by acknowledging these relationships in publications and presentations.

1. This study was funded by The Project of the Science Technology Department in Sichuan Province (Grant No.2025JDKP0071). 2. This work was supported by the Open Fund of Sichuan Provincial Key Laboratory of Philosophy and Social Sciences for Intelligent Medical Care and Elderly Health Management (Grant No. ZHYYZKYB2404).