

## Psychosocial Complexity in HIV Care

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# Introduction

- Higher rates of mental illness in PLHIV / Higher rates of HIV in mental illness <sup>1,2,3,4</sup>
- ↑ psychosocial difficulties<sup>5, 6, 7</sup>
  - impacts on the HIV treatment cascade
  - mortality and morbidity
- Treatment of psychosocial difficulties leads to better treatment & health outcomes



<sup>1</sup>HIV Futures 8, <sup>2</sup>HIV Australia, <sup>3</sup>NCHSR, <sup>4</sup>WHO, <sup>5</sup>Brener et al (2013), <sup>6</sup>Bravo et al (2010)

**Z. Presenting psychological issues in last 12/12 - Axis I (NOT DIAGNOSIS):**

- Anxiety 1
  - Depression 2
  - Bipolar Disorder 3
  - Psychosis (non-drug induced) 4
  - Drug-induced Psychosis 5
  - Drug issues 6
  - Alcohol issues 7
  - Adherence issues 8
  - Relationship 9
  - Suicide/ Self-Harm 10
  - Trauma 11
  - Adjustment 12
  - Personality traits 13
  - Welfare e.g. housing, finance, Employment, legal 14
  - Other 15
- Specify.....

**AA. Health issues in last 12/12 (Axis II):**

- Adjustment to diagnosis 1
- Issues around disclosure 2
- Medication e.g. Adherence, commencement, side effects 3
- HIV/HCV related 4
- Pain 5
- PEP 6

**BB. Alcohol & drug issues in last 12/12: (Tick all that apply)**

- Alcohol 1
  - Amphetamines/ Stimulants 2  
*e.g. Speed, crystal, meth, ecstasy, cocaine*
  - Benzodiazepines and Barbiturates 3  
*e.g. Valium, Mogadon, Xanax*
  - Cannabis 4
  - Nicotine 5
  - Anaesthetics and hallucinogens 6  
*e.g. Acid, GHB, Ketamine, magic mushrooms*
  - Opioids e.g. Methadone, heroin, oxycotin 7
  - Other 8
- Specify.....

**CC. Current (last 12/12) psychiatric diagnosis by qualified health professional:**

- Depressive Disorders 1
  - Anxiety Disorders 2
  - Bipolar and Related Disorders 3
  - Substance-Related and Addictive Disorders 4
  - Trauma & Stressor-Related Disorders 5
  - Obsessive-Compulsive and Related Disorders 6
  - Schizophrenia Spectrum & Other Psychotic Dis. 7
  - Neurocognitive Disorders 8
  - Sexual Dysfunctions 9
  - Personality Disorders 10
  - Other Disorder 11
- Specify .....

**DD. Intervention in last 12/12:**

- Albion Psychology assessment or intake 1
  - Internal referral/liaison 2
  - External referral/liaison 3
  - One off intervention 4
  - Crisis team 5
  - Report/letter/phone 6
  - Case mx 7
  - Psych Treatment 8
  - Other 9
- Specify.....

**EE. Most recent DASS scores**

Specify date.....

| DASS <sup>11</sup> | Depression | Anxiety | Stress  |
|--------------------|------------|---------|---------|
| Normal             | 0 - 9      | 0 - 7   | 0 - 14  |
| Mild               | 10 - 13    | 8 - 9   | 15 - 18 |
| Moderate           | 14 - 20    | 10 - 14 | 19 - 25 |
| Severe             | 21 - 27    | 15 - 19 | 26 - 33 |
| Ex Severe          | 28 - 42    | 20 - 42 | 34 - 42 |

Specify scores: Dep .....Anx .....Stress.....

**FF. Most recent K10 score**

| K10 score | Likelihood of anxiety or depression |
|-----------|-------------------------------------|
| 10-15     | No to low risk                      |
| 16-29     | Medium risk                         |
| 30-50     | High risk                           |

Specify date.....  
Specify score.....



8% 92%  
 X = 44 years  
 23 yo – 68 yo



44% (26% ABS)  
 born overseas

50% medical  
 comorbidities

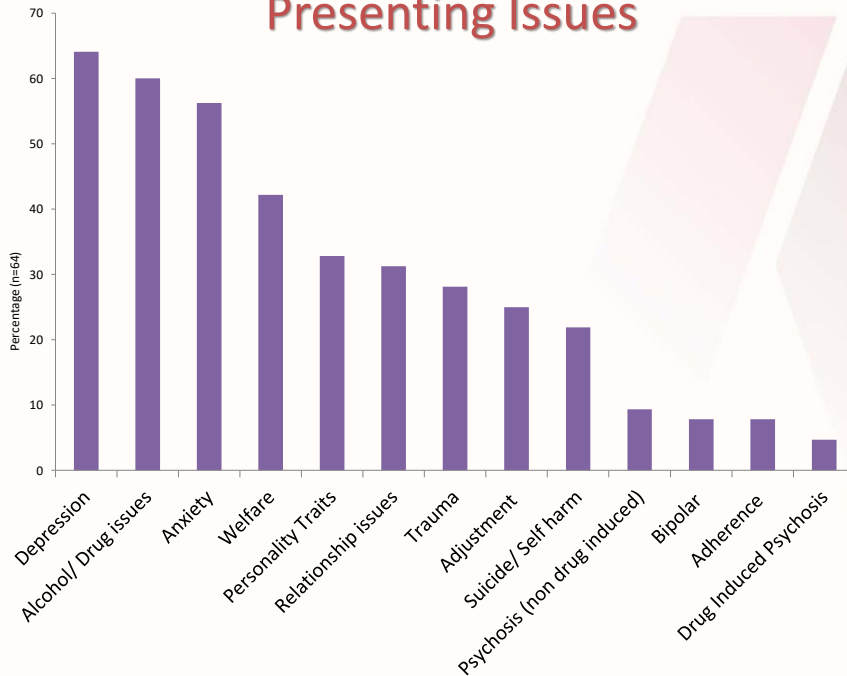


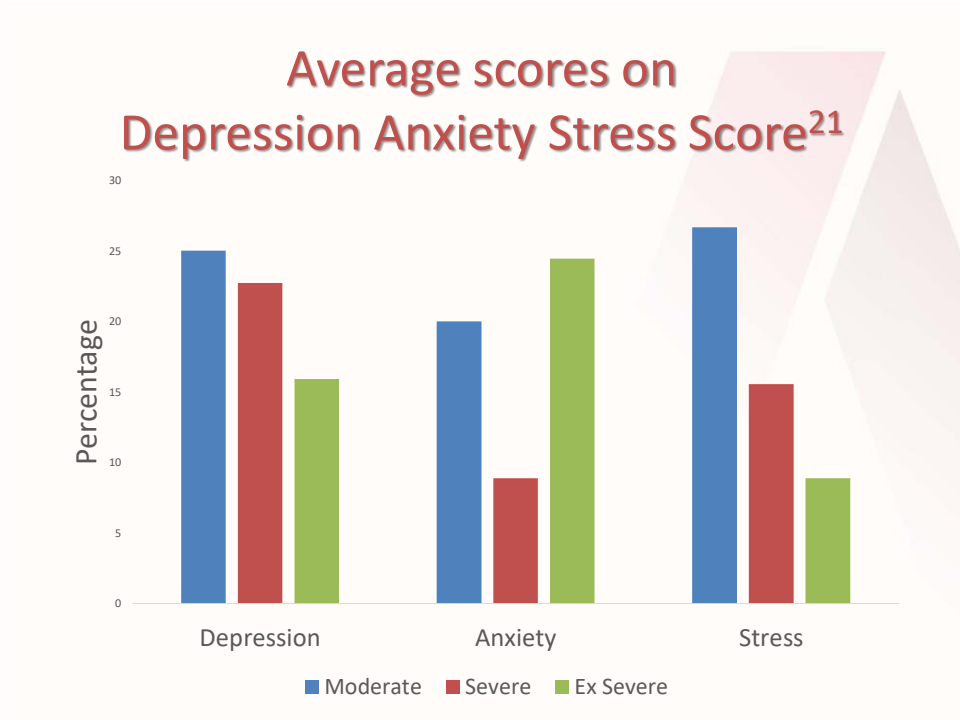
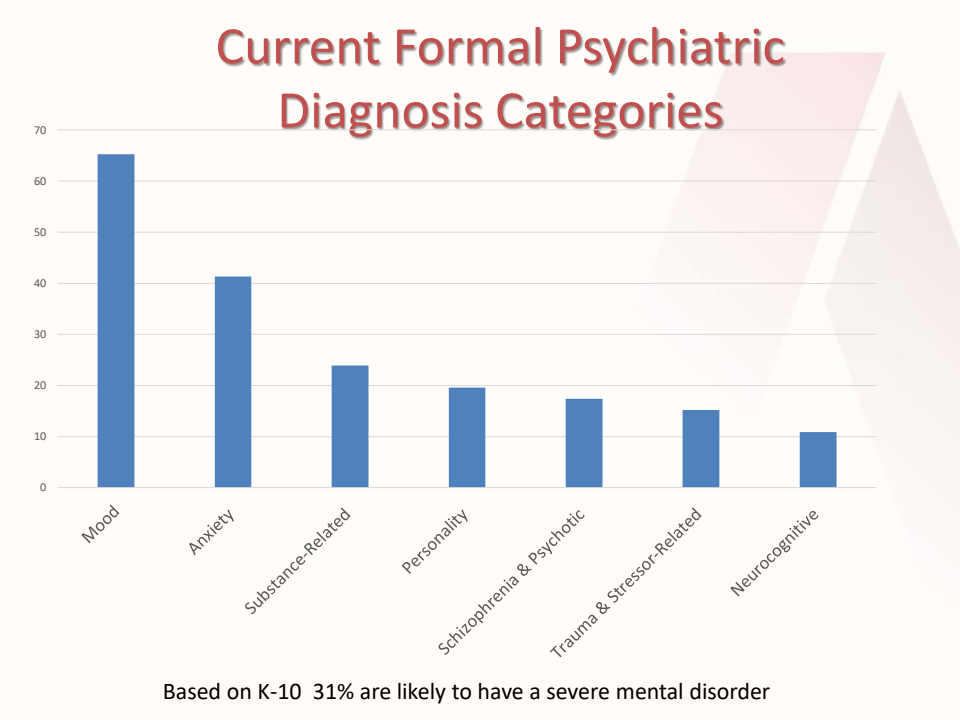
8% new diagnosis  
 37% <10 yrs  
 25% 10 yrs+  
 31% 20 yrs+  
 25% co-infected

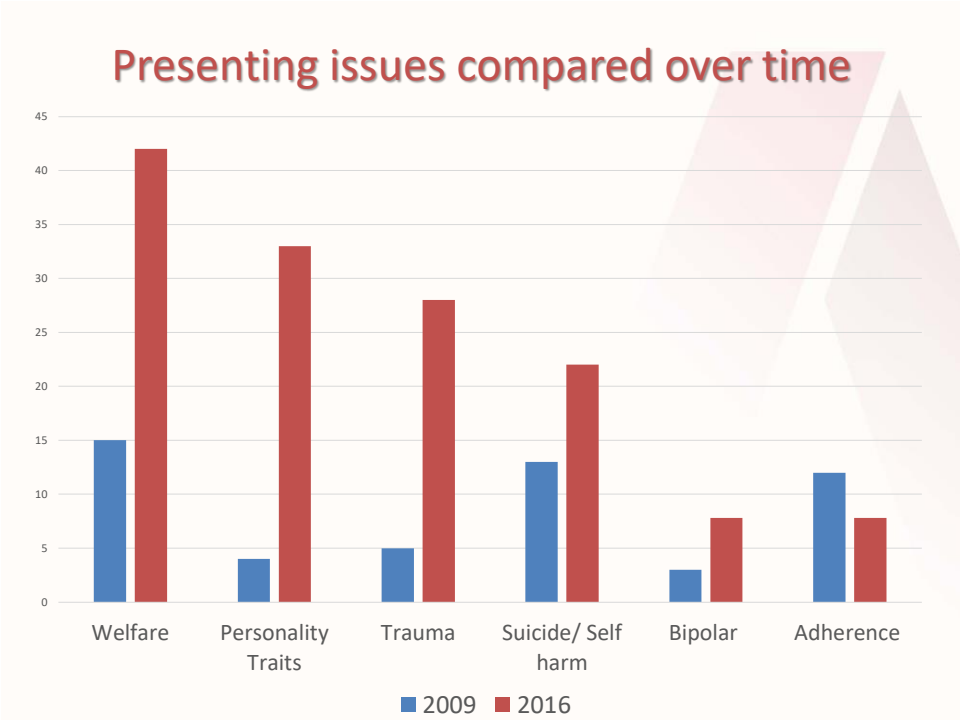
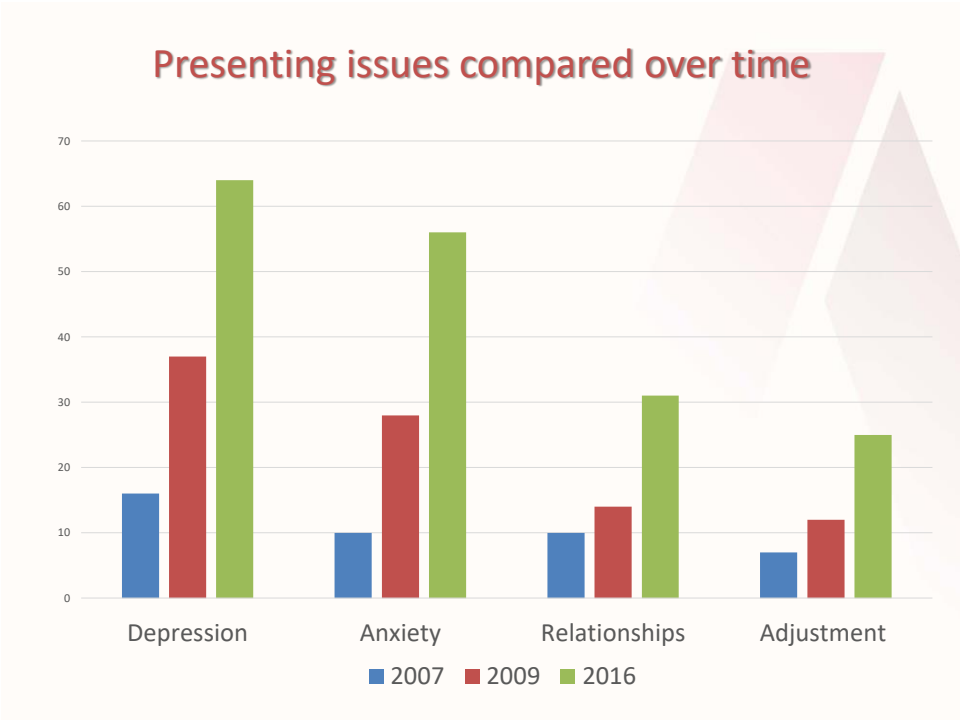
43% socially  
 isolated



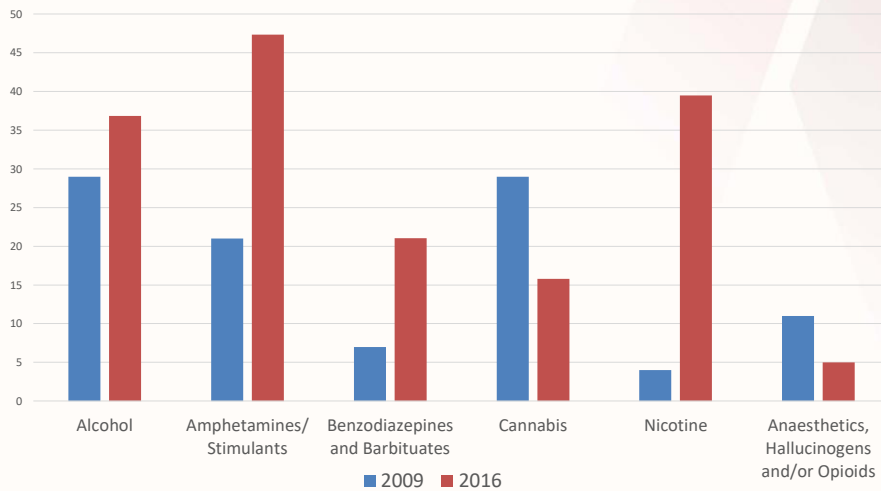
## Presenting Issues







## Alcohol and Other Drug presentations



## Co-morbidities

On average 4 presenting psychological issues

45% 2-3 issues

17% 4 issues

30% >5 issues

| Issue             | Complex Psychiatric | Psychosocial | Anxiety/Trauma |
|-------------------|---------------------|--------------|----------------|
| Depression        | *                   | *            | *              |
| Anxiety           |                     |              | *              |
| Psychosis         | *                   |              |                |
| Drug Issues       | *                   |              |                |
| Alcohol Issues    |                     |              | *              |
| Relationship      |                     | *            |                |
| Suicide/self-harm | *                   |              | *              |
| Trauma            | *                   |              | *              |
| Personality       | *                   |              | *              |
| Welfare           | *                   | *            |                |

**Retention in Medical Care** - Complex Psychiatric – Mostly Poor

**Required Follow-up** - Complex Psychiatric – 50/50

**Sexual Risk Behaviours** - Complex Psychiatric - >STIs

## Discussion

- Mental Health critical to care<sup>7</sup>
- Engagement in care and treatment cascade
- Issues are consistent with PLHIV community concerns

### Future Directions:

- Electronic data
- Complexity predictors and interdisciplinary intensive support
- Standards for Psychological Support for Adults Living with HIV In Australia

## References

<sup>1</sup> Power, J, et al (2017). HIV Futures 8: protocol for a repeated cross-sectional and longitudinal survey of people living with HIV in Australia.

<sup>2</sup> Appleby, J. (2013). HIV, mental health and stigma: a brief survey of current research, HIV Australia, Vol. 11(2)

<sup>4</sup> World Health Organization (2008) HIV/AIDS and Mental Health. EB124/6 20.

<sup>5</sup> Brener, L, et al (2013) Experiences of HIV stigma: the role of visible symptoms, HIV centrality and community attachment for people living with HIV. *AIDS Care*; Vol. 25(9):1166-73.

<sup>6</sup> Bravo, P, et al (2010) Tough decisions faced by people living with HIV: a literature review of psychosocial problems. *AIDS Rev* 12(2):76-88.

De Hert, M, et al (2011). Physical illness in patients with severe mental disorders. I. Prevalence, impact of medications and disparities in health care. *World Psychiatry* 10(1), 52–77.

<sup>7</sup> Edmiston, N, et al (2015). Multimorbidity among people with HIV in regional New South Wales, Australia. *Sex Health*. in HIV.