Psychosocial Complexity in HIV Care

Ruth Hennessy – Senior Clinical Psychologist/Albion Psychology Unit Manager

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Introduction

• Higher rates of mental illness in PLHIV /
  Higher rates of HIV in mental illness \(^1\),\(^2\),\(^3\),\(^4\)

• ↑ psychosocial difficulties\(^5\),\(^6\),\(^7\)
  • impacts on the HIV treatment cascade
  • mortality and morbidity

• Treatment of psychosocial difficulties leads to better treatment & health outcomes

\(^1\) HIV Futures 8, \(^2\) HIV Australia, \(^3\) NCHSR, \(^4\) WHO, \(^5\) Brener et al (2013), \(^6\) Bravo et al (2010)
11/13/2017

8% 92%
X = 44 years
23 yo – 68 yo

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

44% (26% ABS)
born overseas

50% medical
comorbidities

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

Presenting Issues

- Depression
- Alcohol/Drug Issues
- Anxiety
- Welfare
- Personality Traits
- Relationship Issues
- Trauma
- Adjustment
- Suicide/Self Harm
- Psychosis (non-drug induced)
- Bipolar
- Adherence
- Drug-induced Psychosis
Current Formal Psychiatric Diagnosis Categories

Based on K-10 31% are likely to have a severe mental disorder

Average scores on Depression Anxiety Stress Score

Percentage

Depression
Anxiety
Stress

Moderate | Severe | Ex Severe
Alcohol and Other Drug presentations

Co-morbidities

On average 4 presenting psychological issues

45% 2-3 issues
17% 4 issues
30% >5 issues
Cluster Analysis

Retention in Medical Care - Complex Psychiatric – Mostly Poor
Required Follow-up - Complex Psychiatric – 50/50
Sexual Risk Behaviours - Complex Psychiatric - >STIs

<table>
<thead>
<tr>
<th>Issue</th>
<th>Complex Psychiatric</th>
<th>Psychosocial</th>
<th>Anxiety/Trauma</th>
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</thead>
<tbody>
<tr>
<td>Depression</td>
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<td>Anxiety</td>
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<td>Psychosis</td>
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<td>Drug Issues</td>
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<td>Alcohol Issues</td>
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<td>Relationship</td>
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<td>Suicide/self-harm</td>
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<td>Personality</td>
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<td>Welfare</td>
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Discussion

- Mental Health critical to care\(^7\)
- 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