

MEASURING QUALITY OF LIFE AMONG PEOPLE LIVING WITH HIV: A SYSTEMATIC REVIEW

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Background:

The Australian Eight National HIV Strategy 2018-2022 has set a target that 75% of people living HIV report a good quality of life. Yet, there is no consensus on the best way to measure quality of life. This study aimed to review and critically appraise the use of quality of life tools for people living with HIV.

Methods:

We conducted a systematic review following guidelines in the Cochrane Handbook 5.1. to identify tools that measure the quality of life for people living with HIV above 16 years old. We searched five databases in Jan 2021 for relevant articles published from 2010-2020. The systematic review protocol is registered in PROSPERO (CRD42021240815).

Results:

We identified 4002 potential manuscripts, and 741 were included in the final analysis. We identified 65 different tools used to measure the quality of life of people living with HIV: 50% were HIV-specific tools. The most popular tools were WHOQOL-HIV BREF (19%), MOS-HIV (17%), SF-36 (12%), EQ-5D (10%), WHOQOL BREF (8%), SF-12 (7%) and HAT-QOL (6%). Most tools were administered in high-income (43%) and upper-middle income (30%) countries and used in hospitals (53%). There was an increase in the number of published studies using quality of life tools over time (2010: 45 to 2020: 85, $p < 0.001$) with two tools rising in popularity (i.e. increasing proportion of total tools) – WHOQOL-HIV BREF (2010: 6.1% to 2020: 21.1%, $p = 0.004$) and EQ-5D (2010: 10.2% to 2020: 14.7%, $p = 0.022$), and one decreasing in popularity: MOS-HIV (2010: 26.5% to 2020: 11.6%, $p = 0.004$). These tools variably included items related to physical, mental, social, pain and emotional domains.

Conclusion:

This systematic review provides an overview of the quality of life tools used among people living with HIV. Appropriate use of these tools can help monitor global targets to optimize the quality of life of people living with HIV.

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