



Are People Living with HIV in Canada Ready for Self-Management? A Report on Perceived Barriers and Enablers

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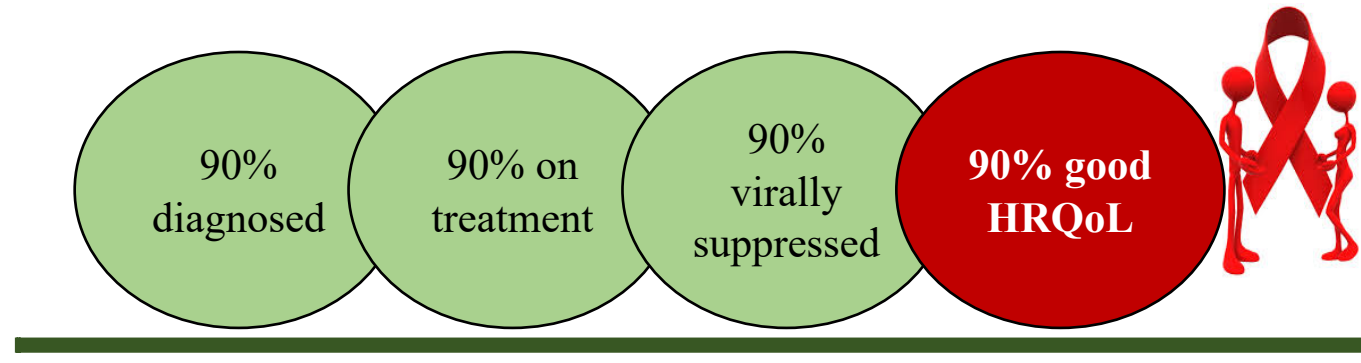


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- People living with chronic HIV are dealing with many parallel but often competing self-management needs.
- Improving health-related quality of life of people living with HIV is now the ultimate goal of HIV care.
- Individuals' behaviour is a central part of chronic disease self-management.
- Fundamental to the development of tailored self-management strategies is the need to understand influences of self-management behaviours judged by the persons living the condition.

Objective

To identify perceived barriers and enablers to acting on self-management goals among HIV+ older adults in Canada

A cross-sectional survey study

- Sample: 110 HIV+ men and women from Montreal, Toronto, and Vancouver.
- A total of 421 goals in free text format were defined as well as perceived barriers and enablers. Top 10 goal areas are shown in the table below.
- Using a deductive theory-based analysis, barriers and enablers were categorized to the components of Capability, Opportunity, Motivation, and Behaviour (COM-B) model of behaviour.

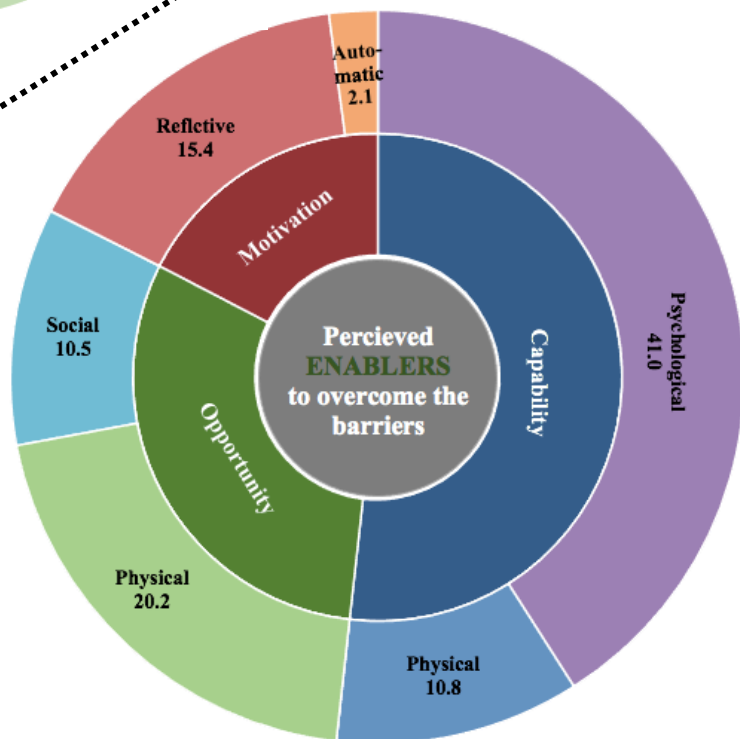
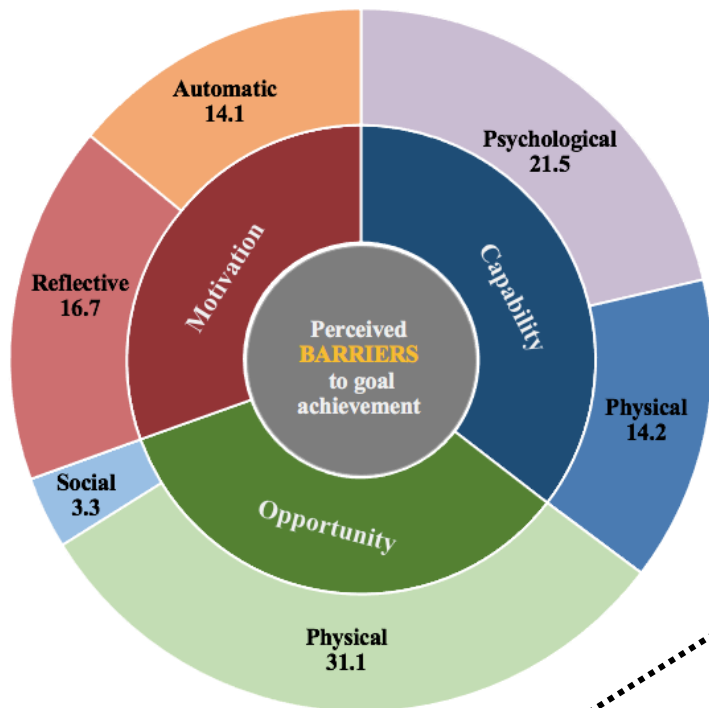
Main goal areas

Rank	Goal area	Number of goals	%
1	Looking after one's health	108	27.4
2	Managing diet and fitness	58	14.7
3	Cognition (higher level of cognition & memory)	29	7.4
4	Sleep	24	6.1
5	Handling stress (anxiety)	20	6.1
6	Mobility (moving around, walking, climbing up stairs)	23	5.8
7	Socializing	21	5.3
8	Recreation and leisure	18	4.6
9	Regulation of emotions	13	3.3
10	Family relationship	9	2.3
Total		317	80.5



COM-B Model

Michie S, Atkins L, West R. *The behaviour change wheel: A guide to designing interventions*. 2014.



Theme	COM-B domain	Theme
Barriers	Capability	Enablers
Difficulty breaking routines and habits Don't know how to plan Cognitive overload Ignoring health as a priority Lack of knowledge/information Lack of social skills	Psychological	Establish better habits Seek information Learn social and communication skills Organization Self-monitoring strategies
Fatigue Pain Other health issues	Physical	Awareness of capabilities and limits Increase physical activity
Barrier	Opportunity	Enablers
Lack of support from the spouse/partner Problem with family, friends, or neighbours Past traumatic experience	Social	Socialization plans Register for school, course, etc. Involve friends/family/spouse in plans Avoid people or situations causing stress Ask a friend or partner for accompany
Time Financial limitations Lack of resources Weather	Physical	Time management Financial plans Seek treatment Purchase of necessary materials Use available resources, benefits
Barrier	Motivation	Enablers
Lack of motivation Procrastination Laziness	Reflective	Self-motivate Optimism Intention Beliefs about the consequences Beliefs about the capabilities
Emotions (fear, anxiety, depression, loneliness, self-acceptance) Social anxiety	Automatic	Reinforcement Work on emotions

Conclusion



- HIV+ people are able to report their self-management priorities, areas of challenges, and potential facilitators.
- Perceived enablers were mainly focused on improving psychological capability (establishing better habits) and physical opportunity (time management, financial plans, and seeking treatment).
- The question is what could be done to improve chances of living a healthy lifestyle for HIV+ population?
- Enabling HIV population to translate these self-management ideas into practice is of paramount importance.

**Self-management is an empowering idea, but more importantly,
it is a practiced skill and does not happen in isolation.**

This study was with:

- Stable HIV+ older adults in Canada, mainly men, living with HIV for ≥ 20 yrs.
- Goals and related barriers and enablers are exclusive to participants' psychosocial and environmental context.
- Despite commonality, results might not be fully representative of older adults living elsewhere.

