

# Prevalence of and factors associated with mental health conditions amongst people living with HIV in one of the most deprived localities in England: A cross-sectional study

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## Background

Mental health conditions (MHC) are often unrecognised and MHC can result in detrimental physical health outcomes and poor quality of life. This can be compounded by the impact of deprivation (1). People living with HIV (PLWH) are more likely to be affected by MHC which if untreated, may result in both clinical and psychosocial adversities (2).

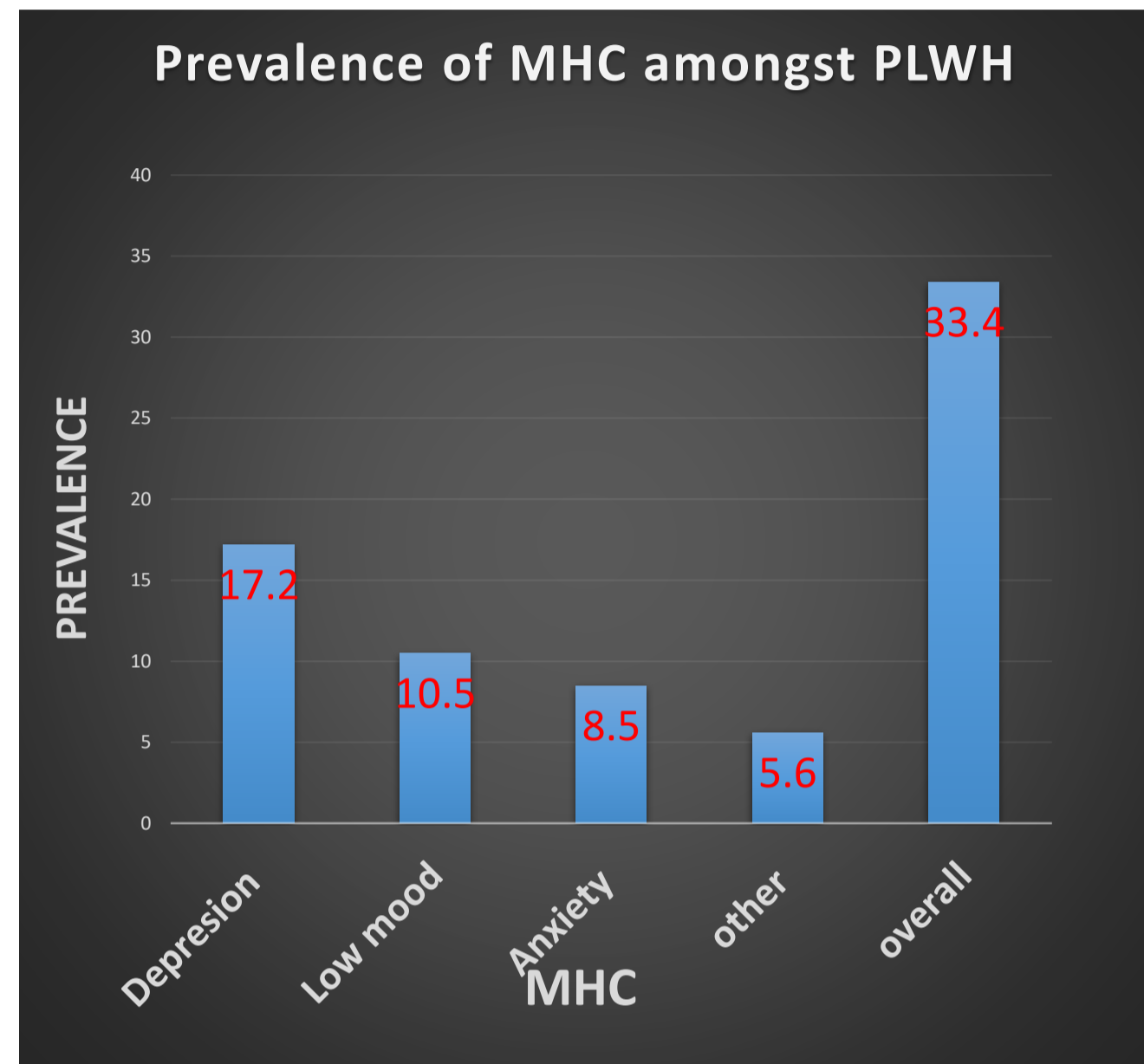
## Aim

To ascertain the prevalence of and factors associated with MHC in the HIV cohort of Stoke-on-Trent, which is the 13<sup>th</sup> most deprived locality in England, in addition to being an area of HIV prevalence.

## Methods

A cross-sectional descriptive study using electronic records of 302 PLWH who attended the service between October 2018 and January 2019. MHC was defined as: having a recorded diagnosis of a MHC, taking medication for a MHC, and/or recorded symptoms and signs (including stress, low mood and anxiety) suggestive of a MHC requiring further management. Binary logistic regression analysis was performed to determine the factors associated with MHC.

## Results



## Factors associated with MHC

Factor	Odds ratios (95% CI)	P value
Younger age (20-49)	1.43 (0.82 – 2.47)	0.206
White ethnicity	3.14 (1.56 – 6.32)	0.001
Female gender	3.15 (1.61 – 6.15)	0.001
Detectable viral load	2.74 (0.96 – 7.81)	0.059
Alcohol and smoking*	1.75 (0.91 – 3.35)	0.093
Recreational drug misuse*	16.18 (1.90 – 137.92)	0.011

\*Compared with people who did not have recorded alcohol, smoking or recreational drug misuse.

## Discussion

One third (33.4%) of our cohort had one or more MHC. This could be an underestimate due to information bias with regard to use of secondary data and stigma attached MHC. Those of white ethnicity were more likely to have a MHC. However, this could be paradoxical as it was also reported that nondisclosure rates are higher amongst black Africans and Asians. There is complex interplay between socio-economic deprivation, mental health, substance misuse and HIV. Ensuring a holistic approach to HIV care including the prompt recognition of MHC is a priority.

## References

1. Scottish drugs forum - Drugs and poverty: A literature review. Accessed on 4.08.2019

<http://www.dldocs.stir.ac.uk/documents/drugpovertylitrev.pdf>

2. Ng'ang'a PW, Mathai M, Obondo A, Mutavi T, & Kumar M. Undetected psychiatric morbidity among HIV/AIDS patients attending Comprehensive Care Clinic (CCC) in Nairobi Kenya: towards an integrated mental health care. *Annals of General Psychiatry* 2018, 17(1)