

**DEPRESSION, ANXIETY & QUALITY of LIFE (QoL)  
AMONG HIV and AIDS PATIENTS ATTENDING a  
PUBLIC HEALTH CLINIC in SOUTH AFRICA (SA)**



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## INTRODUCTION

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- HIV/AIDS: perceived to be two of the most burdensome diseases in SA & sub-Saharan African region
- SA: 11% of population is infected (estimated at 5.6 million). 20% are adults between 20-64 yrs



## INTRODUCTION cont.

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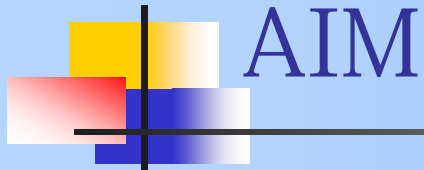
- HIV/AIDS: gendered/feminization of the disease
- HIV/AIDS/TB co-infection rate is high: added burden
- There are social, psychological & financial consequences for infected & affected



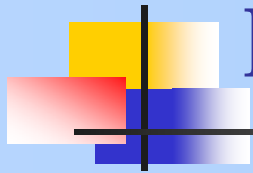
## INTRODUCTION cont.

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- Given this scenario innovative strategies are needed: (1) to reduce the burden of disease (2) to prevent the spread of the disease & (3) to maintain the quality of life of the infected



- To ascertain baseline measures of depression, anxiety & QoL as mental health indicators of HIV positive individuals receiving health care within the public health sector in a disadvantaged area in the Western Cape Province in SA



## METHOD

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- Quantitative research design & cross-sectional
- Purposive sample was recruited from a single public health clinic
- 70 male & female adult participants
- male to female ratio of 3:7



## METHOD cont.

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- Mean age: 31 yrs (SD=8.7)
- Participants were on anti-retroviral (ARVs) treatment or being prepared for it
- Self-report questionnaires administered in language of choice: Xhosa or English



## METHOD cont.

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- Questionnaires: (1) Beck Depression Inventory (BDI II), (2) Hospital Anxiety & Depression Scale (HADS) & (3) Quality of Life Satisfaction and Enjoyment Questionnaire (Q-LES-Q)

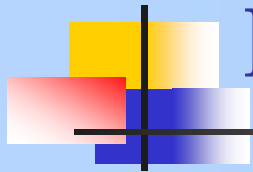




## RESULTS

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- *P* of depression: 36.8%
- *P* of anxiety: 28.6%
- Q-LES-Q sub-scales measures:
  - General (overall QoL): 58.4%
  - Feelings: 52.7%,



## RESULTS cont.

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School/coursework: 59.4%

Social relations: 59.4%

- Q-LES-Q sub-scale measures below average:

Physical: 48.6%    House-duties: 45.8%

Work: 10.3%



# CONCLUSION

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- Young adults (especially females) were found to be the most vulnerable to HIV infection
- *P* of depression & anxiety: extremely high compared to national & international rates in the general population



## CONCLUSION cont.

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- General QoL found to be average whilst physical & work domains were not satisfactory
- This study: highlights the importance of assessing the mental health aspects of HIV/AIDS



## CONCLUSION cont.

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- Most important recommendation to the relevant health authority: develop a *HOLISTIC* health management plan for HIV infected patients
- Plan to include biological, pharmacological & psychological/social treatment components