

# Stigma, Mental Health, and Treatment Adherence of People with HIV

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## Learning Objectives

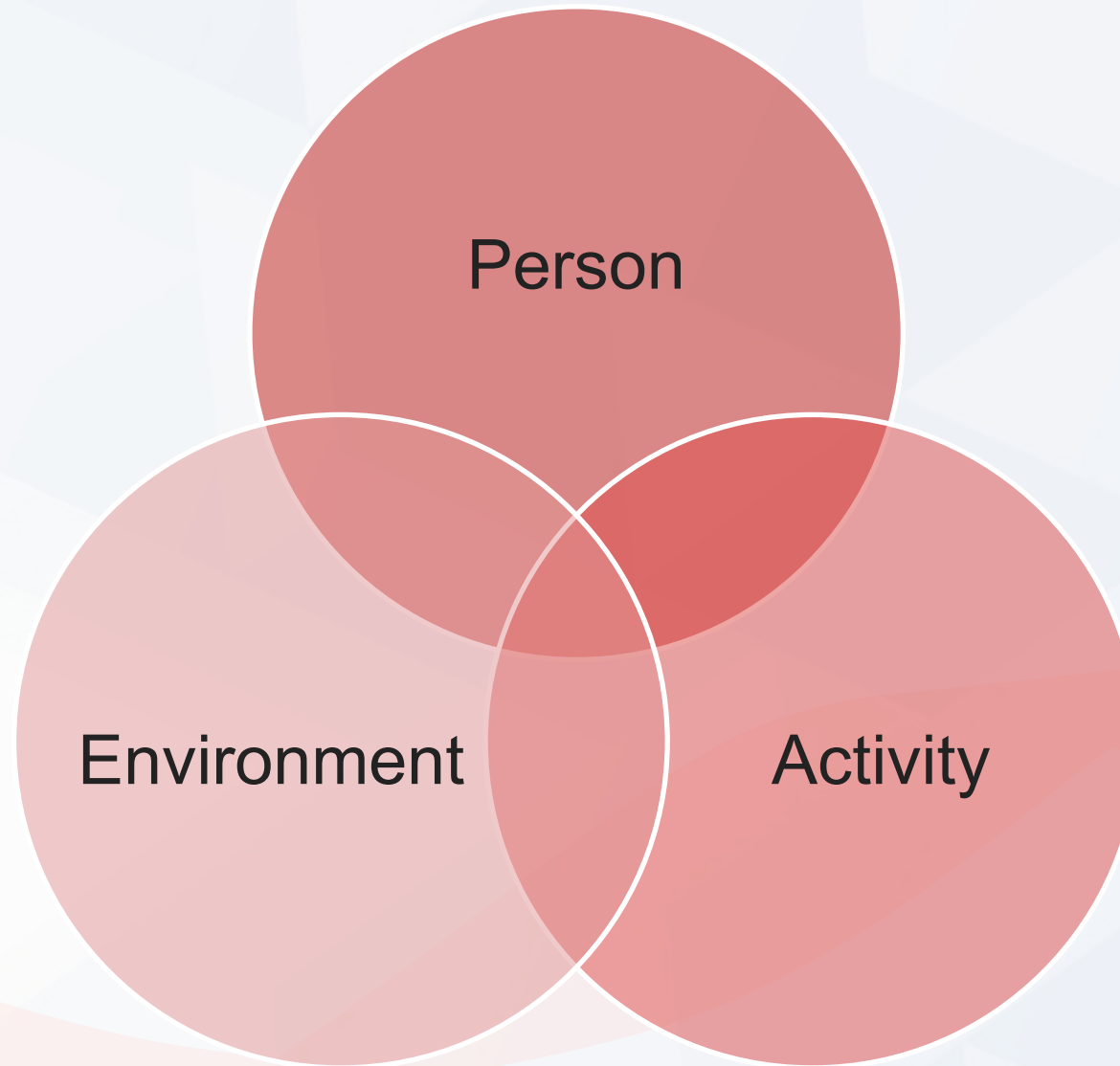
By the end of this session, each participant will be able to:

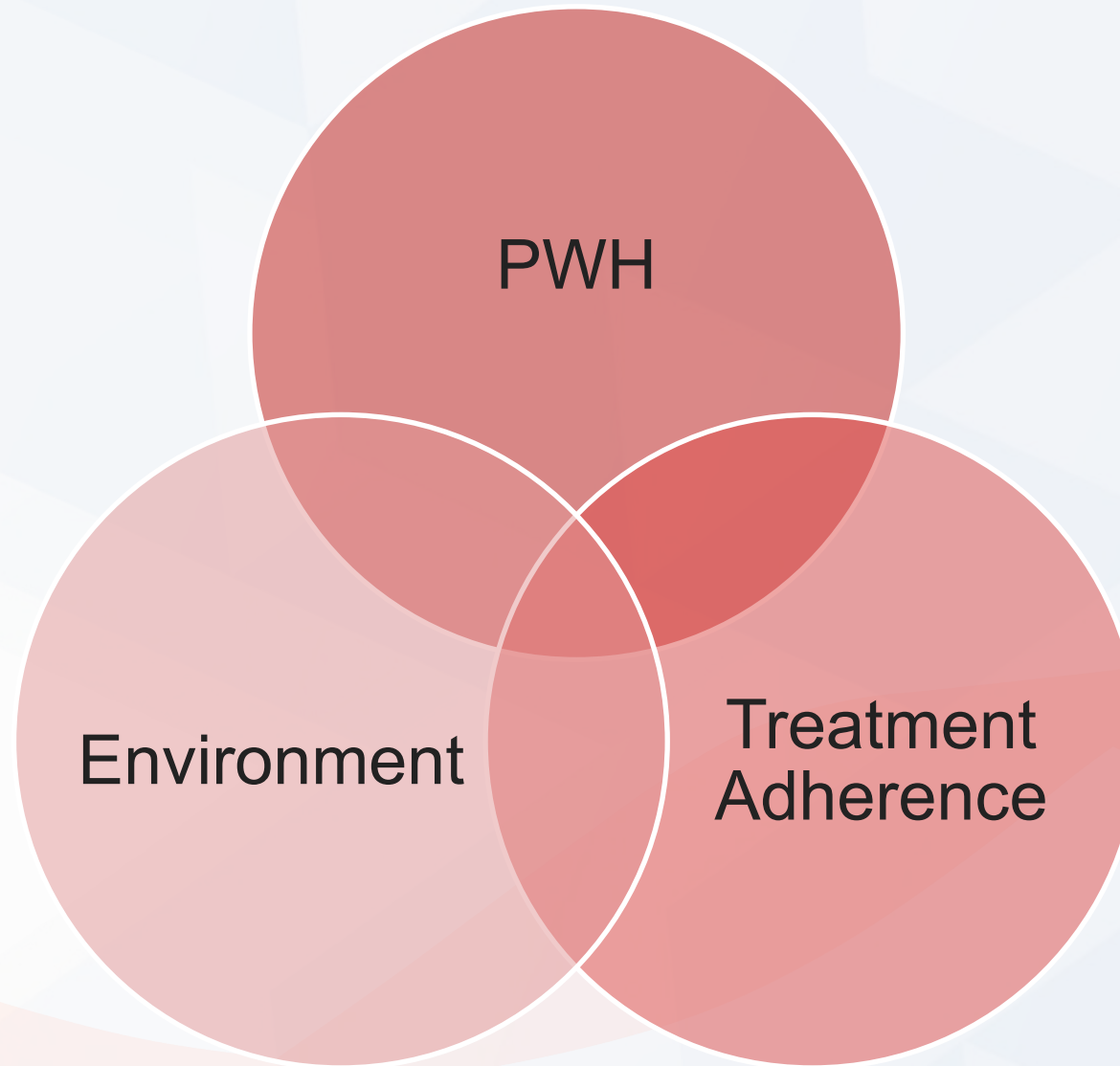
- Explain how stigma affects HIV treatment adherence.
- Describe the relationship between mental health and HIV treatment adherence.
- List three interventions for HIV treatment adherence.
- Name an example of a behavioral approach for addressing stigma and mental health of PWH.

# Disclosures

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- *“Funding for this presentation was made possible by cooperative agreement U1OHA30535 from the Health Resources and Services Administration HIV/AIDS Bureau. The views expressed do not necessarily reflect the official policies of the Department of Health and Human Services nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government. Any trade/brand names for products mentioned during this presentation are for training and identification purposes only.”*

# What are barriers to starting HIV treatment?





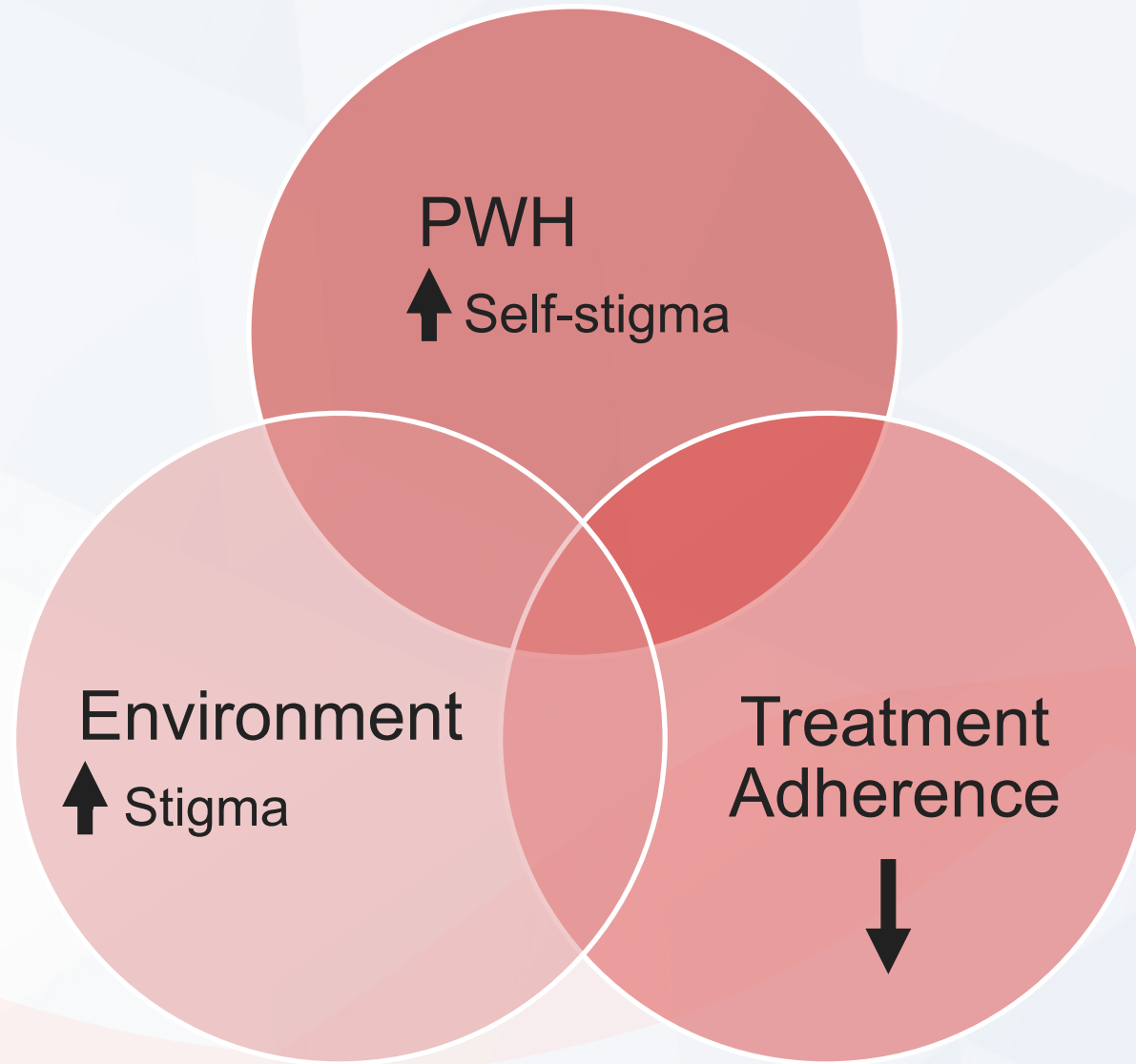
## Treatment Adherence

- Treatment adherence is complex.
  - Starting treatment
    - Taking medication as prescribed
    - Keeping medical appointments
- In US, average ART treatment adherence is 74%.
  - 60% of PWH had suboptimal adherence (<90%).
  - 42% of PWH had poor adherence (<80%).

# Stigma

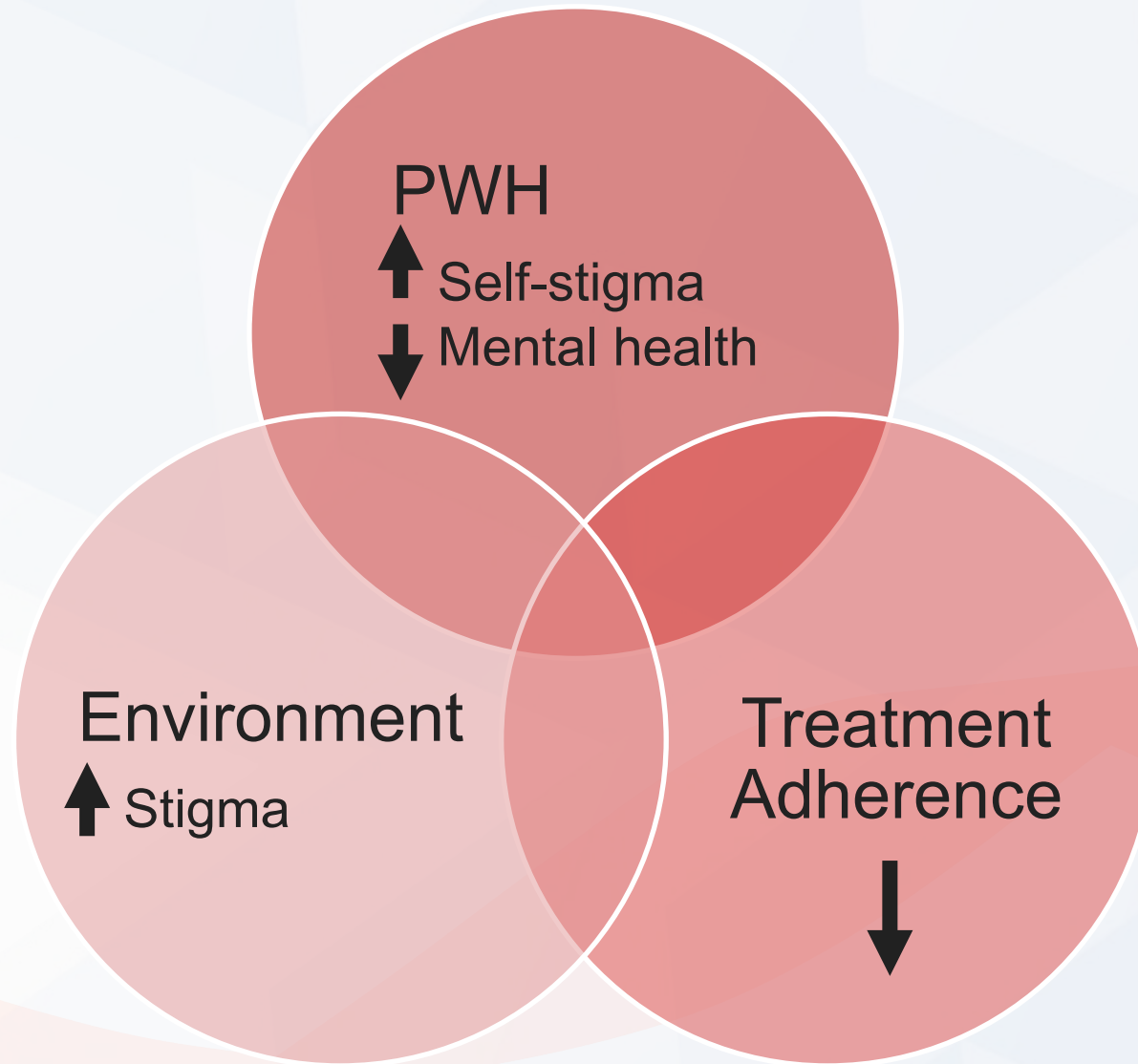
- Stigma
- Discrimination
- Self-stigma





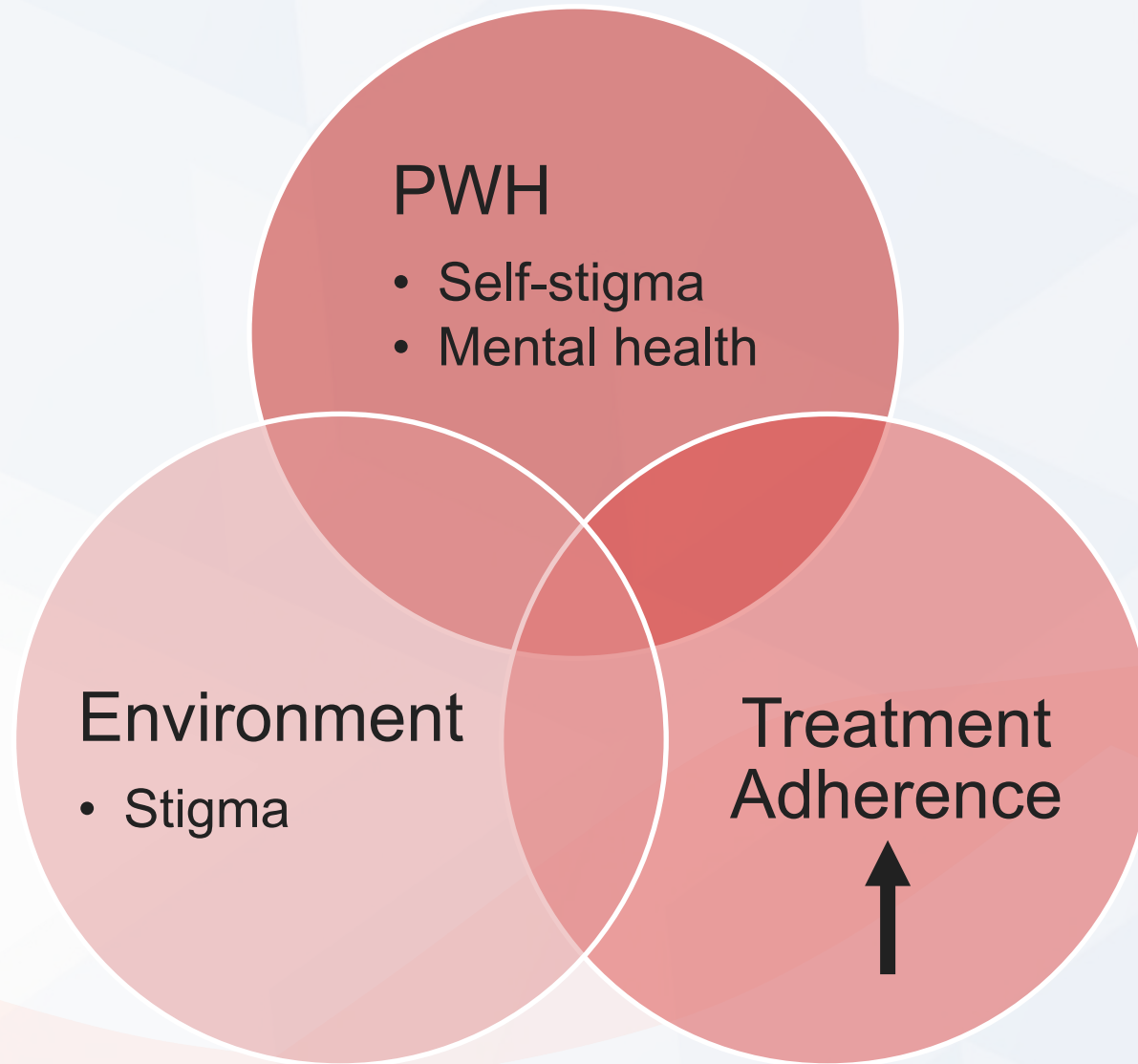
## Mental Health

- PWH have greater mental health risks.
- ~50% of PWH have diagnosed mental health disorders.
  - Depression
  - Anxiety
  - Substance misuse



**Share an example of how stigma or mental health has impacted treatment adherence.**

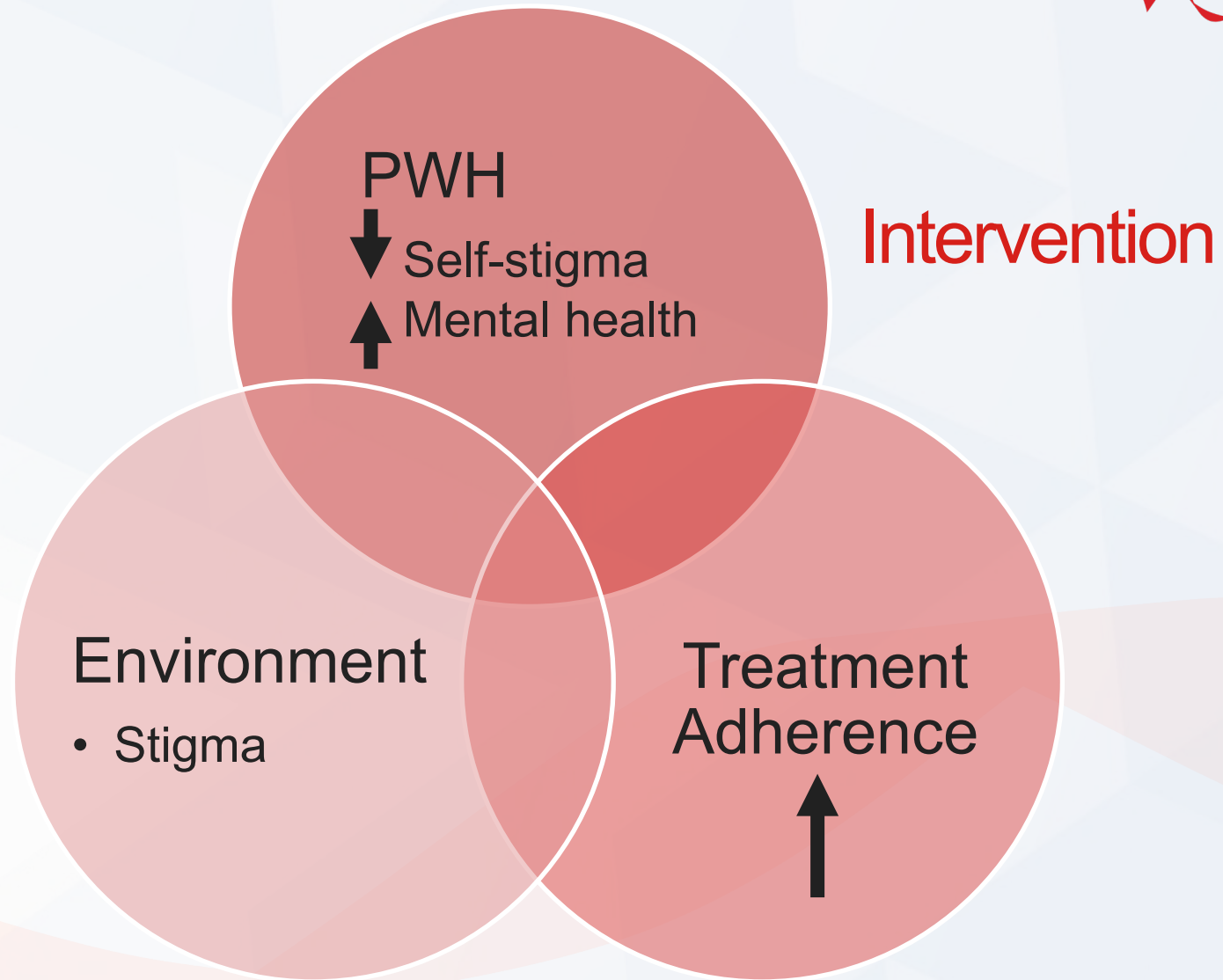
# Interventions



**Intervention**

## Interventions for Treatment Adherence

- Appointment reminders
- Medication management smartphone apps
- Safe ways to protect privacy



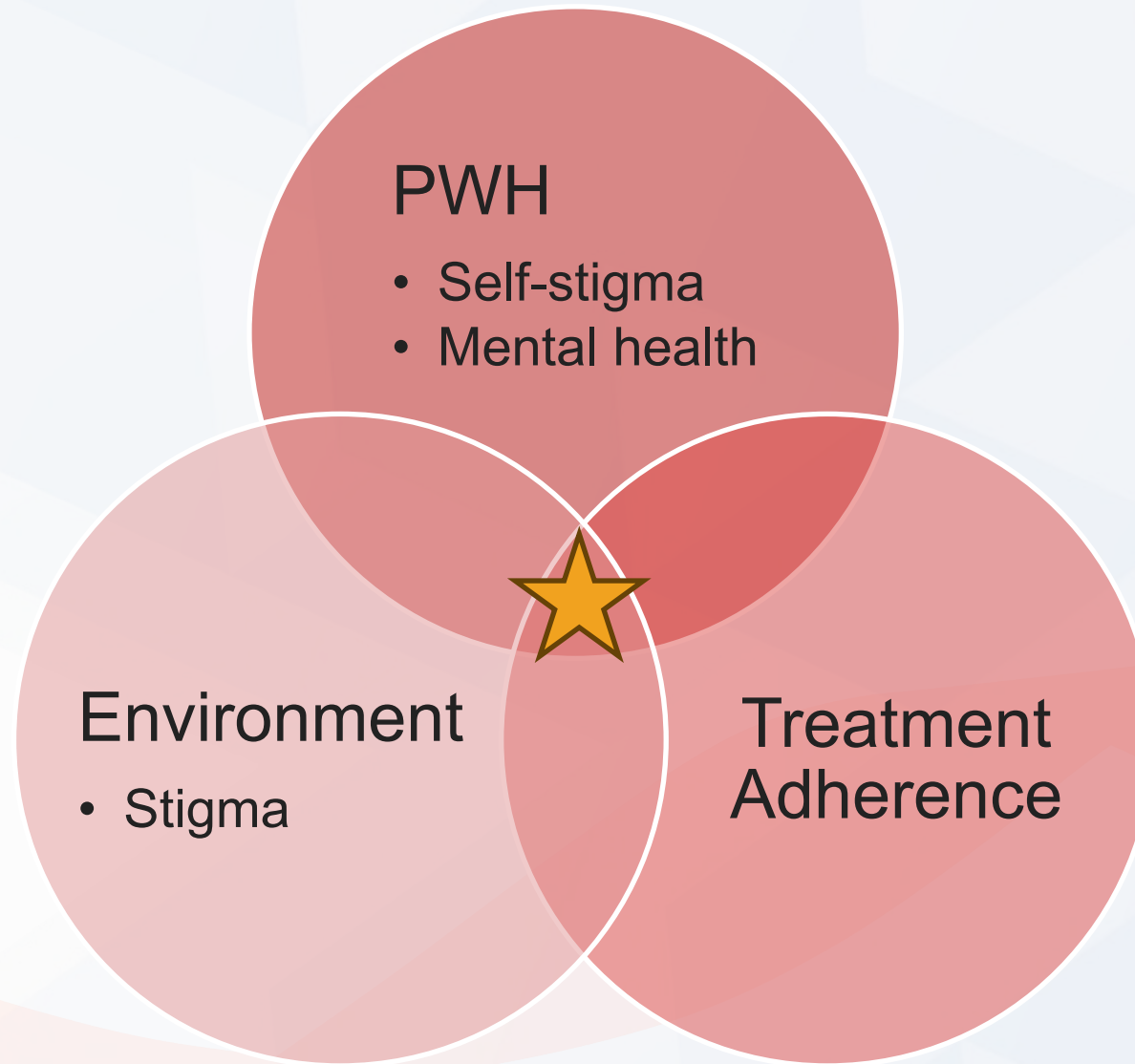


## Interventions for Stigma and Mental Health

- Integration of mental health screening and care into all HIV testing and treatment settings
- Behavioral interventions addressing HIV stigma
  - Acceptance and commitment therapy
  - Compassion-focused therapy
  - Behavioral self-regulation theory
  - Coping skill development
  - Family therapy

# How do you address HIV stigma?

# Summary



# Questions or comments?

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- **National Coordinating Resource Center** – serves as the central web –based repository for AETC Program training and capacity building resources; its website includes a free virtual library with training and technical assistance materials, a program directory, and a calendar of trainings and other events. Learn more: <https://aidsetc.org/>
- **National Clinical Consultation Center** – provides free, peer-to-peer, expert advice for health professionals on HIV prevention, care, and treatment and related topics. Learn more: <https://nccc/ucsf.edu>
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