

PREVALENCE OF DEPRESSION, ANXIETY AND STRESS AMONG HIV PATIENTS IN Kuantan, Pahang

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INTRODUCTION

Depression, anxiety and stress has been found to be present among people who are living with Human Immunodeficiency Virus (PLHIV)^{1,2,3}. Unfortunately, it is often missed during clinic visits. This could be a challenge to the primary care physician in managing patients in terms of their compliance to their long-term medications.

METHODOLOGY

This is a cross-sectional study which was carried out in two primary health centres in Kuantan. A total of 42 patients with HIV were recruited via convenience sampling. Those who fulfilled the inclusion and exclusion criteria completed a validated set of Malay version DASS-21 questionnaire. Data was analyzed using IBM SPSS Statistics.

RESULTS AND DISCUSSION

Sociodemographic data

The population of PLHIV patients in Kuantan are majority male, Malay, married, with secondary school level education, is in employment, in the low income group and with good HIV control.

Table 1: Socio-demographic characteristics and related medical records of the respondents (N=42)

Variables	N	%
Age (years)	40.62 (11.00)*	
Gender	30	71.4
Marital status	20	47.6
Living arrangement	36	85.7
Religion	40	95.2
Ethnicity	40	95.2
Highest education level	21	50.0
Employment	29	69.1
Monthly household income	21	50.0
CD4 count	24	57.1
Viral load	24	57.1
Undetectable		
Comorbidities	28	66.7
Number of medications	29	69.0

*mean (SD)

Prevalance of DASS (Depression, Anxiety, Stress Scale) of the respondents

Table 2: Prevalance of Depression, anxiety and stress

	n	%
Depression	14	33.3
Anxiety	11	28.5
Stress	8	21.4

Relationship of sociodemographic factors with depression, anxiety and stress level.

This study found that being single has a significant asosiasi with both depression and stress.

Table 3: Relationship of socio-demographic characteristics of the respondents with depression and stress level

Variables		Depression Level				Chi-square (df)	P-value
		Yes		No			
		n	%	N	%		
Marital status	Married	7	35.0	13	65.0	9.624 (2)*	0.008
	Single	7	53.8	6	46.2		
	Widower	0	0	9	100.0		
Variables		Stress Level				Chi-square (df)	P-value
		Yes		No			
		n	%	N	%		
Marital status	Married	2	10.0	18	90.0	9.953 (2)*	0.007
	Single	6	46.2	7	53.8		
	Widower	0	0	9	21.4		

*Yates correction

Relationship of respondent’s selected medical data with depression, anxiety and stress level.

This study also showed that a low CD4 count of less than ≤ 350 was significantly associated with PLHIV’s anxiety level.

Table 4: Relationship of respondents related medical data with anxiety level

Variables		Anxiety Level				Chi-square (df)	P-value
		Yes		No			
		n	%	N	%		
CD4 count	≤ 350	9	50.0	9	50.0	3.902 (1)*	0.048
	> 350	4	16.7	20	83.3		

*Yates correction

CONCLUSION

- The prevalence of depression, anxiety and stress among the PLHIV in Kuantan was found to be low which is similar with studies done in other parts of Malaysia² and Asia³.
- Despite the low prevalence, it was also found that a small percentage was in the extremely severe level of either depression, anxiety and/or stress that warrants early intervention and referral.
- Therefore, it is recommended that screening should be routinely carried out especially among the PLHIV who are single and/or with low CD4 count.

References

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