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## Psychological capital, food insecurity and quality of life in persons living with HIV/AIDS

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The availability of antiretroviral drugs has resulted in increased life expectancy among persons living with HIV/AIDS. However, there are important psychosocial issues that confront them on daily basis. For example, the inability to get sufficient and nutritious food is leading most PLWHA to their early grave. Obtaining sufficient food supply and meeting the special nutrition needs may help to improve the health and quality of life of PLWHA. However, the stigmatization association with HIV/AIDS demotivates a lot of people to work effectively in securing

enough food to maintain their quality of life. There is little evidence on issues about food insecurity and quality of life among PLWHA and therefore, this study assessed psychological capital as a determinant of food insecurity among PLWHA in Ghana and identify the relationship between food insecurity and quality of life. The study also assessed whether the relationship between food insecurity and quality of life will be moderated by social support and medication compliance. Using a cross-sectional survey design, a total of 236 PLWHA were sampled to complete questionnaires on demographic characteristics, psychological capital, food insecurity and quality of life. Data were analyzed using regression analysis and ANOVA. Findings of the study revealed that all the components of psychological

capital (resilience, hope, optimism, and self-efficacy) negatively predicted food insecurity. Educational status and educational achievement significantly predicted food insecurity. Age had no significant influence on food insecurity. Social support and medication compliance were found to moderate the relationship between food insecurity and the quality of life of PLWHA. The results imply that to improve the quality of life of PLWHA and increase their lifespan, there is the need to ensure an adequate and nutritious diet among PLWHA. Recommendations are made to boost the psychological capital of PLWHA. Moreover, there is the need to support PLWHA and for them to comply with medication as a means of reducing the negative impact of food insecurity on quality of life.

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