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### Prevalence of and factors associated with depressive symptoms in individuals living with HIV/AIDS in Brazil

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Despite the important therapeutic advancements achieved in recent decades, which enabled management of HIV/AIDS infection as a chronic condition, improved survival and quality of life, people living with HIV/AIDS face various situations that may lead to psychological distress and mental disorders that pose important challenges to the health staff in managing the disease and providing integral care according to the needs of these individuals and families. This cross-sectional quantitative study was conducted in two services that specialize in providing care to individuals with HIV/AIDS, located in Ribeirão Preto, SP, Brazil. Data were obtained through individual interviews using an instrument addressing socio-demographic and clinical variables. The Beck Depression Inventory was used to assess depressive symptoms. Data were analyzed and processed using the Statistical Package for Social Sciences (SPSS) version 15.0. A multiple regression model was used in the multivariate analysis. A total of 331 people living with HIV/AIDS participated in the study: 167 (50.5%) men and 164 (49.5%) women. Ages ranged from 20 to 71 years old, with an average age of 39. Depressive symptoms were prevalent in 29.6% (BDI>16) and the factors associated with depression were sex, income, and immunological status. Women are 1.6 times more likely (CI 95% 1.0-2.8) than men to develop depressive symptoms. The odds ratio of individuals with low income (less than 3 times the minimum wage) indicates they were 3.2 times more likely (CI 95% 1.0-9.8) to have depressive symptoms than those with higher incomes. In regard to clinical aspects, individuals with 200 CD4 cells per mm<sup>3</sup> are 2.7 times (CI 95% 1.3-5.4) more likely to develop depression than individuals whose CD4 cells are above 500/mm<sup>3</sup>. Individual therapeutic projects should be developed by a multidisciplinary team to implement interventions to alleviate psychological distress, and to establish the early diagnosis and prevention of mental disorders, as well as appropriate care in order to promote the health and quality of life of these individuals.

#### Biography

Renata Karina Reis is a Graduate nurse from the Nursing School of Ribeirão Preto, University of São Paulo. She has completed her Master and PhD in Fundamental Nursing, School of Nursing of Ribeirão Preto, University of São Paulo with performing stage in the period of six months at University of Coimbra - Portugal. She has specialization in Nursing Infectologiae Activation Process of Change in Higher Education of Health Professionals. She has experience in Nursing in care, teaching and research with an emphasis in Nursing in Infectious Diseases and Emergency Department, acting on the following topics: counseling, adherence and quality of life of people living with HIV/AIDS; and Completeness of Care in Emergency Care and Emergency. She is currently a professor in the Department of General and Specialized Nursing, Nursing School of Ribeirão Preto-USP

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