

Suicide among HIV/AIDS Patients is Widespread Worldwide

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Introduction

In fact, HIV-positive individuals are more likely to suffer from mental health issues. This systematic review and meta-analysis study was carried out in order to ascertain the magnitude of suicides committed by HIV/AIDS patients worldwide and the factors that are associated with them. To begin, we registered the study protocol in PROSPRO. From January 2000 to April 2022, the publications were searched in the four main databases. We applied inclusion and exclusion criteria after removing duplicate and inappropriate studies. Sixty studies were ultimately included for analysis. For the analysis, comprehensive meta-analysis software was used. In order to effectively promote female patients in younger age groups who live alone and are deprived of social support, health planners and policymakers should develop suicide-prevention strategies. This would effectively promote their self-efficacy in successful disease management. In order to effectively design integrated programs for the management of HIV/AIDS patients, it is also recommended to incorporate mental health services into antiretroviral therapy.

Description

Mental health disorders are associated with an increased risk of HIV disease progression and failure to adhere to medical treatment, emphasizing the necessity of prioritizing mental health screenings in this population. Several studies found that most patients living with HIV/AIDS encounter higher rates of depression, stress, anxiety, and frustration, particularly when they are hospitalized due to their disease. Such mental disorders make infected people's life difficult and can lead to social rejection. Additionally, there has been a nearly 15% increase in mental disorders and substance use among young people with In a similar vein, a cohort study of HIV-positive youth in inner cities found that 21.6 percent had suicidal thoughts. 15.5 percent of HIV-infected adolescents in Northern Thailand reported having suicidal thoughts [1,2].

The majority of mental health conditions can be treated, and progress can be made for a relatively low cost. As a result, HIV medical care and psychosocial support programs could help infected people have fewer mental health issues. In a similar vein, HIV/AIDS patients cited treatment failure, substance abuse, a history of mental illness, a lack of social support, severe anxiety, depression comorbidity, chronic pain, and exhaustion as the most significant risk factors for suicidal ideation. In addition, a case-control study of HIV/AIDS patients in Nigeria confirmed that living alone, having co-morbidities, being female, and being unemployed were all significant risk factors for suicidal ideation. In the literature, risk factors for suicidal ideation included depression, a lack of social support, and a perception of HIV-related stigma as factors that influence

suicidal ideation. Since the devastating effects of suicidal behavior aren't just for HIV-infected people; they also cause serious mental and emotional suffering for family members and impose significant costs on health systems, health care and psychiatric institutions need to pay attention to this global public health issue From the initial search of various electronic databases and additional ones, 574 articles were retrieved. There were a total of 327 articles that needed to be reviewed further after the duplicates were removed. Two independent researchers independently reviewed the titles and abstracts of 125 articles to ensure the relevance of the data. After that, a thorough review of the articles' full texts was conducted to ensure that the specified eligibility criteria were met. As a result, studies with data on the prevalence of suicide among cancer patients or its determinants were taken into consideration for additional review. Additionally, conference abstracts and included articles' references were examined for inclusion as additional references. Finally, 60 studies were included in this study after inclusion/exclusion criteria were applied [3-5].

Conclusion

There is a lack of pooled evidence regarding the rate of suicidal behavior among infected individuals, despite the issue's significance and the worldwide high prevalence of HIV/AIDS. When it comes to finding a scientific solution to the problem, policymakers face significant obstacles due to a lack of necessary information. As a result, the purpose of the current systematic review and meta-analysis study was to ascertain the magnitude of suicides committed by HIV/AIDS patients worldwide and the factors that are associated with them.

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