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Prevalence, risk and protective factors for common mental disorders among young people living with HIV compared to their uninfected peers from the Kenyan Coast

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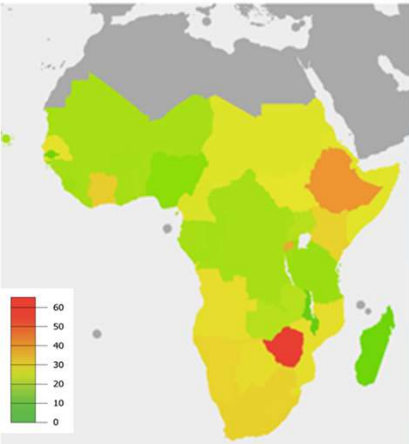


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Common Mental Disorders (CMDs) & Youths with HIV in Africa



Prevalence of depressive symptoms in adults with HIV, SSA




- CMDs, particularly depression and anxiety, appear highly frequent among adults living with HIV in sub-Saharan Africa.
- Data on the burden of these CMDs among youths living with HIV in sub-Saharan Africa remain scarce.

Source: Lofgren et al, 2019, Review



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Study Objectives & Methodology

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Objectives

- 1 To estimate prevalence of CMDs
- 2 HIV status as a predictor of CMDs
- 3 Correlates of CMDs in youths with HIV

Study design, setting & participants

- Cross-sectional study
- 2 Counties at the Kenyan coast – Kilifi & Mombasa
- 18 -24 year old living with HIV (n=406) & without (n=406)

Analytic approach

- Logistic regression modelling

Study design, setting & participants

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Results

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Overall sample characteristics

- Mean participant age was 20.9 (SD=2.1) years.
- Most participants had secondary level of education (43.6%).

Prevalence of CMDs among young people 18 – 24 years from Kenyan Coast, n=812

All, $p < 0.001$

Metric	HIV+	HIV-
Depression (%)	29	12
Anxiety (%)	19	8
CMD comorbidity (%)	16	5

HIV status and CMDs

- Being HIV positive was significantly associated with higher odds of CMD comorbidity and depressive, but not anxiety symptoms.

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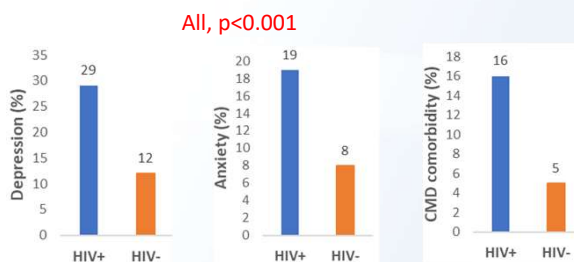


Table of correlates

Risk indicators aOR (95% CI)	Protective indicators aOR (95% CI)
Depressive symptoms:	
Negative life events: 2.53 (1.50, 4.26)	Higher social support: 0.96 (0.93, 0.98)
Perceived HIV-related stigma: 1.04 (1.01, 1.08)	Better quality of life: 0.96 (0.95, 0.98)
Anxiety symptoms:	
Low ART adherence: 2.97 (1.27, 6.95)	Higher social support: 0.95 (0.92, 0.98)
Perceived HIV-related stigma: 1.09 (1.04, 1.14)	Better quality of life: 0.96 (0.94, 0.97)
CMD comorbidity:	
Low ART adherence: 2.49 (1.02, 6.06)	Higher social support: 0.94 (0.91, 0.97)
Perceived HIV-related stigma: 1.07 (1.02, 1.12)	Better quality of life: 0.96 (0.94, 0.98)

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Summary

- The prevalence of CMDs is significantly higher among youths with HIV compared to their uninfected peers in this setting.
- Need to further understand drivers of the high depressive symptoms among HIV uninfected youths.
- Continued HIV de-stigmatization campaigns and programmes that seek to improve ART adherence among HIV-infected youths are recommended to improving their mental health.
- Interventions that target to strengthen the social support and improve the quality of life of youths living with HIV may be beneficial to their mental health.

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Thank you!!

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