

**SHAPING ATTITUDES
CHALLENGING INJUSTICE
CHANGING LIVES**



Annual Regional Sexual Health Conference: 17 November 2010

Psychological support for people living with HIV






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Overview

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-  **NAT: who we are**
-  **Background**
-  **Focus groups and expert seminar**
-  **Report and next steps**
-  **Questions**

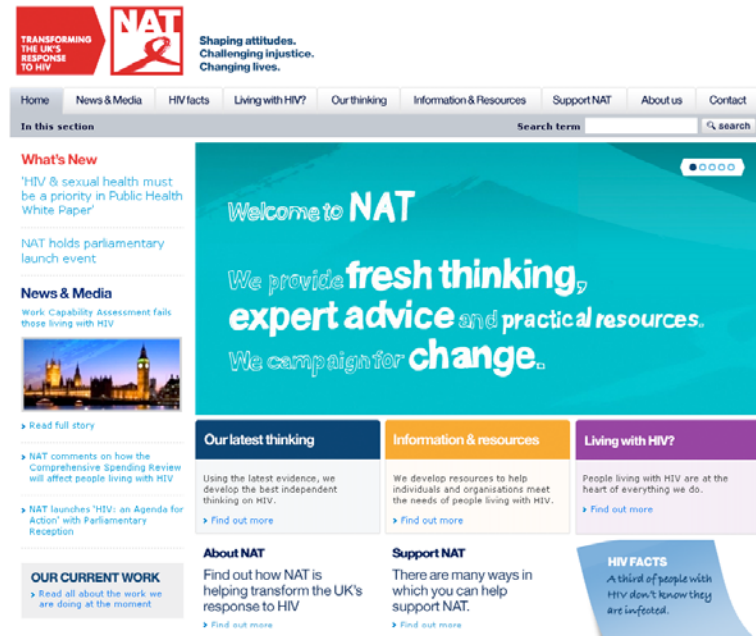
Who we are



NAT (National AIDS Trust). We develop policy and campaign for change to stop the spread of HIV and improve the lives of people living with HIV.



Find out more at www.nat.org.uk



Background

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Sigma Research (2008)

- 72% had problems managing depression or anxiety in previous year
- 32% of these had not received any help to address their depression or anxiety
- Similar figures for problems with self-confidence and self-esteem, and an even higher percentage had not received any help

Background



NAT project 2009-10

- three focus groups with people living with HIV looking at psychological need and experience of support services
- expert seminar looking at psychological support for people living with HIV
- report from the project produced with a series of recommendations

Focus groups

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General themes: needs relating to...

- Managing HIV: diagnosis, disclosure, starting treatment, side effects, illness
- Psychological implications of HIV diagnosis: anxiety, depression, stigma, low self-esteem, suicide, alcohol
- Relationships: managing relationships, disclosure, isolation, bereavement, safer sex
- Other: migration, pressure to be fine, older people

Focus groups

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General themes: forms of support meeting these needs...

- HIV support organisations/peer support
- HIV clinicians
- NHS psychological services
- Counsellors
- Informal forms of support

Focus groups

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Particular issues for women

- Migration and seeking asylum
- Poverty
- Family and relationships

Expert seminar

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Conclusions of the seminar

- Higher prevalence of psychological need
- Impact of double stigma
- Meeting psychological need is an important objective
- Impact of mental health on physical health
- Public health benefits

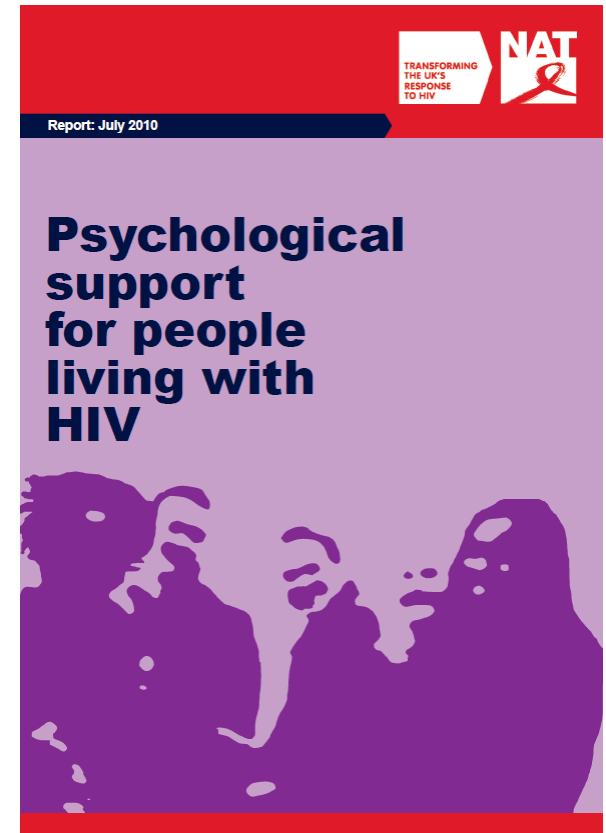
Report

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Recommendations

- Research: more research and better evaluation
- Screening: screening tools, audit
- Services: HIV literate, range of interventions
- Standards: improve existing standards, draft specific ones



Report

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Next steps

- Working group to develop standards for psychological support for people living with HIV



Questions

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Questions and discussion

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