

A STUDY TO ASSESS THE LEVEL OF DEPRESSION IN PATIENTS WITH HIV INFECTION BY USING MODIFIED BECK DEPRESSION INVENTORY AT NAMAKKAL

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Abstract—AIDS is the most significant threat to the human race in the modern era. In 2013, the world registered 2.3 million new HIV infections, and while in some countries the number of people living with HIV is actually increasing, this can be taken as a good sign. The aim of this study was to assess the level of depression among HIV Patients. Sampling technique that was used for the selection of the sample in this case was convenience sampling based on inclusion and exclusion criteria with the sample size was 50. The research instruments are questionnaire method. Collected data were statistically analyzed through descriptive statistics and inferential statistics and also findings could be useful for the Patients to know their level of depression and they can take up necessary and sufficient practices to reduce their level of depression.

Keywords: level of depression, HIV/AIDS Depression.

I. INTRODUCTION

Human immunodeficiency virus has presented itself in the medical community with tremendous challenges. Early in the epidemic studies, when etiology was unknown and those infected and affected appeared to be constrained to marginalized groups, research demonstrated that, similar to the general public, medical professionals held negative stereotypes and beliefs about individuals with HIV disease.

HIV is like an evil genie that goes around the body pulling the lids off all the millions of baskets. The lids are the t-cells, the crucial players in the body's immune system. HIV finds a way into these cells and forces them to produce thousands more microscopic viruses.

HIV disease has become a leading killer of young adults. What started as a disease in heterosexual men and women, intravenous drug users, children and haemophiliacs. The HIV virus is transmitted through direct exposure through infected blood, blood derivatives and other body fluids.

AIDS is the most significant threat to the human race in the modern era. AIDS has the potential of killing more people worldwide than those who died in the both world wars. In 2013, the world registered 2.3 million new HIV infections, and while in some countries the number of people living with HIV is actually increasing, this can be taken as a good sign, as it means that those who are HIV-positive are accessing treatment and thus living longer.

New HIV infections have fallen by 38% since 2001 and the number of AIDS deaths has fallen from 2.3 million in 2005 to 1.5 million in 2013. While this is significant

progress, there are still an alarming number of people, 35 million, living with HIV. Every day more than 5,700 people contract HIV—nearly 240 every hour

According to the World Health Organization (WHO), Exit Disclaimer there were approximately 35 million people worldwide living with HIV/AIDS in 2013. Of these, 3.2 million were children (<15 years old).

A UNAIDS report Exit Disclaimer shows that 19 million of the 35 million people living with HIV today do not know that they have the virus.

II. METHODOLOGY:

A descriptive research design was chosen for this study to assess the level of depression in patients with HIV disease by using Beck Depression Inventory. All the male HIV patients between the age group of 20 to 50 years were selected for the study. The sample size was 50. Purposive Convenient sampling technique were used to select the samples, those who are satisfied the inclusion criteria. The instrument used for this study consists of two parts, Part I: Demographic Data, Part II. Beck Depression Inventory for the level of Depression. Demographic data includes age, sex, locality, housing, educational status, occupation, income, marital status, HIV status of the spouse, family type, number of children, duration of illness, recent hospitalization and associated illness. Beck Depression Inventory has got 21 items based on 21 symptoms of depression. The rating scale ranges from 0-3 which is used to assess the level of depression. The score were rated 0 as not depressed, 1 as mildly depressed, 2 as moderately depressed and 3 as severely depressed. To describe demographic variables and assess the level of depression were showed through number and percentage for categorical variables; Mean and standard deviation (SD) were used for continuous variables. To find out the association between the demographic variables and level of depression chi-square test was used.

III. RESULTS AND DISCUSSION

Out of 50 HIV disease patients none of the patients were not depressed that is, all the HIV patients had some level of depression. Six (12%) of the HIV patients were mildly depressed, eight (16%) were moderately depressed and thirty six (72%) of them were severely depressed. Among 50 HIV patients, the overall depression mean score was 39.56 with a standard deviation of 11.36 and the overall

depression range score which show minimum score as 13 and maximum score as 50. The study results showed that there was no significant association between the demographic variables and level of depression except in the marital status ($p < 0.05$), family type ($p < 0.01$) and recent hospitalization ($p < 0.04$).

IV. CONCLUSION

The HIV patients who are mildly depressed “will feel little discourage about their future”, but those who are severely depressed “feel that their future of them is hopeless and things cannot be improved”. The study shows that, patients with HIV disease who are depressed experience the emotional pain and suffering common to depression, including depressed mood and decreased motivation, lowered self-esteem, guilt, increased isolation, lowered energy level, sleep disturbance, change in appetite, somatic complaints, increased sense of hopelessness, increased risk for suicide and increased social stigma.

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