

Coping Strategies for Depression & Stigma among HIV/AIDS Patients

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Abstract

This study was based on the fact that people living with HIV/AIDS are about twice as likely to experience mental health disorders as the general population. HIV/AIDS is a stigmatized disease. Discrimination, stigmatization, and depression are the expected outcomes of HIV/AIDS, affecting life in families, communities, workplaces, schools, and health care settings. There is a need to know the various aspects of psychological problems faced by HIV/AIDS patients due to stigma in the society, along with their medical needs.

The present study was undertaken by the investigator with twin objectives: for identifying relationship between depression and stigma in patients with HIV/AIDS on the one hand and to seek their relationship with selected factors on the other, with a view to develop self-instructional module for "*coping strategies for depression & stigma among HIV/AIDS patients*"

Keywords: Coping Strategies; Depression; Stigma; HIV/AIDS; Self Instructional Module.

"A correlational survey to identify, depression & stigma in patients with HIV/AIDS, with a view to develop self instruction module on "*coping strategies for depression & stigma among HIV/AIDS patients*" in selected hospital of Jharkhand" was conducted by Ms Anjali Sancha for partial fulfillment of the requirements for the degree of Master of Nursing at Rajkumari Amrit Kaur College of Nursing, University of Delhi during the year 2011-2012.

The *major objectives* of the study were: 1) To measure the level of depression in HIV/AIDS patients. 2) To measure the level of stigma in HIV/AIDS patients. 3) To find out the relation between depression and stigma among HIV/AIDS patients. 4) To find out the relationship of depression with selected factors like Gender, Age, Education, Type of family, Marital status, Economic status, Location (urban or rural), Duration of illness. 5) To find out the relationship of stigma with selected factors like Gender, Age, Education, Type of family, marital status, Economic status, Location (urban or rural), and Duration of illness. 6) To prepare a self

instructional module on "*coping strategies for depression & stigma among HIV/AIDS patients*. 7) To determine the utility and acceptability of self instruction module on "*coping strategies for depression & stigma among HIV/AIDS patients*."

The *conceptual framework* adopted for the study was based on Sister Callista Roy's adaptation model and Betty Neuman's Health care model. The research approach adopted for the study was "Descriptive survey" with "co-relational design" to achieve the objectives of the study. The sample comprised of 100 HIV/AIDS patients from ART centre RIMS, Ranchi were selected using purposive sampling technique.

The *tools* used for the data collection were structured questionnaire schedule, depression and stigma scale for HIV/AIDS patients. The content validity of the tool was ensured by obtaining opinion from seven experts from the fields nursing, psychiatry, psychology, medical surgical and field of HIV/AIDS. The tool was translated into Hindi and was validated by the language experts. Reliability was worked out by using Cronbach Alpha

Co efficient was found to be 0.94 for stigma scale and 0.90 for depression scale.

The data was collected from 11th Dec to 31st Dec, 2011. The data obtained were analysed using both inferential and descriptive statistics.

Result

The major findings of the study were that depression among HIV/AIDS patients is significantly correlated with stigma. The HIV/AIDS patients mainly suffer from stigma, i.e. disclosure related stigma. Most of the HIV/AIDS patients had moderate depression and moderate stigma.

There is a significant association between depression among the HIV/AIDS patients and the duration of illness. Stigma among the HIV/AIDS patients is also significantly associated with the duration of illness. Depression among the HIV/AIDS patients is significantly associated with their gender i.e. males are more depressed than females.

The structured opinionnaire revealed that the self instructional module on "coping strategies for depression and stigma among HIV/AIDS patients" was acceptable and useful for the caretakers.

On the basis of findings, the *recommendations* made for future research werethat study can be replicated on a larger sample of HIV/AIDS patients for making broad generalizations, an evaluative study can be carried out to evaluate the effectiveness of self-instructional module prepared for the HIV/AIDS patients, a similar study can be conducted to evaluate the utilization of guidance and counseling services by HIV/AIDS patients and the reason for their non-utilization and an explorative study can be done to identify the coping strategies among HIV/AIDS patients.

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