

## Mental Health Among HIV Positive and Normal Persons

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### ABSTRACT

Worldwide, the rates of psychological problems have been shown to have a dramatic increase, particularly among people living with chronic diseases. Besides the known clinical factors, it is important to address an individual's level of resilience as an included factor for mental health outcome for people living with HIV/AIDS. The present study aimed to know the mental health among HIV Positive and Normal Persons. It also aimed to check mental health with reference to types of persons and gender. The Mental Health Check List (MHCL) by Dr. Pramod Kumar 2016 was used. The sample constituted total 100 persons out of which 50 were from HIV Positive (25 male and 25 female) and 50 from Normal Persons (25 male and 25 female). The data was collected from Civil Hospital Asarwa ICTC Center of Ahmedabad District. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that 1. The Normal persons group is having extremely good mental health than HIV Positive, 2. The male group is having extremely good mental health than female group and 3. There is no significant difference in the interactive effect of mean score of the mental health among types of persons and gender.

**Keywords:** *Mental health, HIV Positive and Normal Persons, Male & Female.*

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Although the terms are often used interchangeably, poor mental health and mental illness are not the same. A person can experience poor mental health and not be diagnosed with a mental illness. Likewise, a person diagnosed with a mental illness can experience periods of physical, mental, and social well-being.

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## **Mental Health Among HIV Positive and Normal Persons**

Health is important for the development of the country. World Health Organization (WHO) defines health as “a state of physical, mental, social and spiritual well-being and not merely the absence of disease or infirmity”. WHO defines mental health as mental well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. In this positive sense, mental health is the foundation for individual well-being and the effective functioning of a community.

### ***Mental Health and HIV***

Mental health disorders play a critical role in HIV acquisition across populations, increasing the risk of HIV acquisition by 4–10-fold. In the United States, the prevalence of HIV is substantially higher among adults with serious mental illness (SMI; e.g. psychotic disorder, bipolar disorder, recurrent major depressive disorder, comorbid mood, and substance use disorder) – ranging from 2 to 6% – compared with the general population (0.5%). In Africa, where the HIV burden is even greater, the prevalence of HIV among adults with SMI ranges from 11 to 27%. Mental health problems can increase risk of HIV acquisition through both direct and indirect pathways. Although people with SMI tend to be less sexually active compared with the general population, sexually active adolescents and adults with SMI evidence higher risk sexual behavior, including inconsistent condom use, having multiple sexual partners, trading sex, and drinking alcohol before sex.

In the treatment and management of the HIV virus, adherence to antiretroviral therapy (ART) is critical. Because Anti Retro Viral (ARV) drugs should be used till the end of life, their continuing use and complications contribute to depression and other emotional disorders in those living with HIV/AIDS. However, in Sub-Saharan Africa, the average rate of adherence to ART is 72.9%.<sup>4,5</sup> Despite having the goal of a 90-90-90 strategy (ninety percent diagnosis, ninety percent treatment, and ninety percent viral suppression), study reports in Ethiopia indicated that ART adherence remained below 90%, particularly in the South. On the other hand, the absence of efficient ARV compliance led to disease progression due to increased viral load, which leads to emotional disorders such as depression. As a result, prevalent mental problems relate to disease severity, reduced quality of life, and contribute to unemployment and lower production. But from the other perspective, the escalating prevalence of mental problems among people living with HIV (PLWHIV) raises the likelihood of decreased health outcomes and productivity.

Solomon Yimer et al. (2021) had found that the HIV-positive adults with lower resilience levels and experiencing perceived stigma exhibited a significantly higher risk of mental disorders. Hence, improving personal resilience and working to mitigate perceived stigma play a great role in decreasing the risk of common mental disorders.

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### *Objective*

The objectives are:

- To know whether mental health is more among HIV Positive and Normal Persons.
- To know whether mental health is more among male and female.
- To know whether there is any difference the mental health among types of persons and gender.

## METHODOLOGY

### *Hypothesis*

- There will be no significant difference in the mean score of mental health among HIV Positive and Normal Persons.
- There is no significant difference in the mean score of mental health among male and female.
- There will be no significant difference in the interactive effect of mean score of the mental health among types of persons and gender.

### *Sample*

The sample of the present study constituted total 100 persons out of which 50 were from HIV Positive (25 male and 25 female) and 50 from Normal Persons (25 male and 25 female).

### *Research Design*

A total sample of 100 persons equally distributed between gender and area from Ahmedabad District Civil Hospital ICTC Center selected for the research study.

### *Showing the table of Sample Distribution*

| Gender | Types of Persons |                | Total |
|--------|------------------|----------------|-------|
|        | HIV Positive     | Normal Persons |       |
| Male   | 25               | 25             | 50    |
| Female | 25               | 25             | 50    |
| Total  | 50               | 50             | 100   |

### *Variable*

#### **Independent Variable**

- **Types of Persons:** HIV Positive and Normal Persons.
- **Gender:** Male and Female.

**Dependent Variable:** Mental Health Score.

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### Control Variable:

- The study was restricted to HIV Positive and Normal Persons from Ahmedabad District.
- The sample size selected for this study was limited to 100 HIV Positive and Normal Persons only.
- Researcher was trained for proper data collection before the execution of the actual data collection task.
- All the Instructions were given to the subjects accordingly to test manuals.

### Tools

Mental Health Check List (MHCL) prepared by Dr. Pramod Kumar 2016. .The tool consists of 11 items, in a 4-point rating and the scale has two domains I. physical II. Somatic domains have items. The mental health scale 3-response categories i.e. for ‘always’, ‘often’, and ‘sometimes’ respectively. The total score varies from 00 to 33 showing the highest (poorest) to the lowest (good) mental health status of the person. The test-retest reliability of 0.70 and the split-half reliability of 0.65.

### Procedure

The data collection by survey method in Ahmedabad District after the establishment of rapport, personal information and the ‘Mental Health Check List (MHCL)’ was administrated the data was collected, scored as per the manual and analyzed. The statistical method ‘F’ test was calculated and results were interpreted.

## Result and DISCUSSION

**Table: 1 The Table showing sum of variance mean ‘F’ value and level of significance of types of persons and gender.**

| Sum of Variance     | Df | Mean    | F-value | Sign. Level |
|---------------------|----|---------|---------|-------------|
| SS <sub>A</sub>     | 1  | 275.56  | 6.05    | 0.05        |
| SS <sub>B</sub>     | 1  | 184.96  | 4.06    | 0.05        |
| SS <sub>A*B</sub>   | 1  | 36.00   | 0.79    | N.S.        |
| SS <sub>Error</sub> | 96 | 45.54   | —       | —           |
| SS <sub>Total</sub> | 99 | 4868.04 | —       | —           |

\*0.05=3.94, \*\*0.01=6.90, N.S.= Not Significant

**Table: 2 The Table showing the Mean Score of mental health among HIV Positive and Normal Persons.**

|   | A (Types of Persons)          |                                 | ‘F’ value | Sign. |
|---|-------------------------------|---------------------------------|-----------|-------|
|   | A <sub>1</sub> (HIV Positive) | A <sub>2</sub> (Normal Persons) |           |       |
| M | 21.20                         | 24.52                           | 6.05      | 0.05  |
| N | 50                            | 50                              |           |       |

### Mental Health Among HIV Positive and Normal Persons

The above table no.2 shows the mean score of mental health among HIV Positive and Normal Persons. The mean score of HIV Positive group is 21.20 and Normal persons group is 24.52. The 'F' value is 6.05 is significant at 0.05 level. This means that the two-group interaction effect under study differ significantly in relation to mental health and types of persons. It should be remembered here that, according to scoring pattern, low score indicates extremely good mental health. Thus, from the result it could be said that, the Normal persons group is having extremely good mental health than HIV Positive. Therefore, the hypothesis no.1 that, "There will be no significant difference in the mean score of mental health among HIV Positive and Normal Persons" is rejected. The mean score of mental health of Normal persons is found to be greater than HIV Positive.

**Table: 3 The Table showing the Mean Score of mental health among male and female**

|   | B (Gender)            |                         | 'F' value | Sign. |
|---|-----------------------|-------------------------|-----------|-------|
|   | B <sub>1</sub> (Male) | B <sub>2</sub> (Female) |           |       |
| M | 24.22                 | 21.50                   | 4.06      | 0.05  |
| N | 50                    | 50                      |           |       |

The above table no.3 shows the mean score of mental health among male and female. The mean score of male groups is 24.22 and female group is 21.50. The 'F' value is 4.06 is significant at 0.05 level. This means that the two-group interaction effect under study differ significantly in relation to mental health and gender. It should be remembered here that, according to scoring pattern, low score indicates extremely good mental health. Thus, from the result it could be said that, the male group is having extremely good mental health than female group. Therefore, the hypothesis no.2 that, "There will be no significant difference between the mean score of the mental health among male and female" is rejected. The mean score of mental health of male group is found to be greater than female groups.

**Table: 4 The Table showing the interactive effect of the Mean Score of mental health among types of persons and gender.**

|   |   |                | A              |                | 'F' value | Sign. |
|---|---|----------------|----------------|----------------|-----------|-------|
|   |   |                | A <sub>1</sub> | A <sub>2</sub> |           |       |
| M | B | B <sub>1</sub> | 23.16          | 25.28          | 0.79      | N.S.  |
|   |   | B <sub>2</sub> | 19.24          | 23.76          |           |       |
| N |   |                | 50             | 50             |           |       |

The above table shows the interactive effect of the mental health among types of persons and gender. The result was found to be not-significant from table no.4 shows that 'F' value 0.79 is not-significant at 0.05 level. This means that the two-group interaction effect under study differ significantly in relation to mental health, types of persons and gender. The mean score is 23.16

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for the male HIV Positive group, the mean score is 19.24 for the female HIV Positive group, the mean score is 25.28 for the male normal persons group, and the mean score is 23.76 for the female normal persons group. The hypothesis no.3 that, “There will be no significant difference between interactive effect of the mean score of the mental health among types of persons and gender” is accepted.

## CONCLUSION

1. The Normal persons group is having extremely good mental health than HIV Positive.
2. The male group is having extremely good mental health than female group.
3. There is no significant difference in the interactive effect of mean score of the mental health among types of persons and gender.

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### ***Conflict of Interest***

The author(s) declared no conflict of interest with respect to the research, authorship, and publication of this article.

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