

CHIPTS HIV Next Generation Conference 2020

# MENTAL HEALTH AND ADDICTION TREATMENT SERVICES FOR MSM IN CHINA: A MIXED METHOD STUDY

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# BACKGROUND

- MSM are disproportionately impacted by mental illnesses and substance use disorders.
- The interplay of mental health and addiction issues fuel the HIV epidemic and jeopardize HIV prevention efforts among MSM.
- Mental health/addiction treatment and care are often lacking and suboptimal

# AIMS

- **Quantitative study:**
  - Examine the presence of mental health and substance use issues
  - Document service reception and service gap
  - Identify the factors associated with service fulfilment
- **Qualitative study**
  - Understand preferences in mental health/addiction service utilization
  - Identify the barriers to service seeking

# STUDY SITE

## Guangdong Province

- The most populous province in China with a large number of domestic migrants
- Tolerant social atmosphere towards MSM
- A concentrated HIV epidemic among MSM: approximately one third were infected through male homosexual transmission



# QUANTITATIVE STUDY

**Design:** cross-sectional study

**Data collection:** self-administered online survey

**Platforms:** Guangzhou Tongzhi (gztz.org), Lingnan Partner (<https://www.x-data.top/Lingnan/portal/index.html>) and associated WeChat groups (approximately 84,000 MSM members)

**Eligibility:** 1) At least 18 years old; 2) Being male at birth; 3) Having had sex with men during lifetime; and 4) Currently residing in Guangdong Province

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## 从今天起,你就是拿过UCLA红包的男人了

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★ 阅读推荐

十年来,同志在追求什么样的爱情 十年路途十年心 有过激情,有过热情,也有过天真 承诺 有人找到了自己的伴侣, 隐于市 有人和伴侣接受了开放 关系 有人结婚了有了自己的 家庭 多数人分分合合 还在爱情的 旅途中寻寻觅觅 十年,数着 很长,过着很短 十年后,爱情 是什么样的 我们想要的爱情又 是什么样的

动手指头几分钟 就能领取红 包!!! 动手指 头几分钟就能领取红包!!! 来 体:为了了解男性人群对尖锐湿疣 疫苗的相关态度和行为情况,我 们拟对男性人群展开此项调查, 以为开展后期的尖锐湿疣疫苗相 关研究提供理论依据。本次调 查,我们需要了解您的一般情况 及对尖锐湿疣疫苗相关态度和 为情况,全程采用匿名形式。本 查不会对您的健康和隐私造成 害,同时我们保证对调查中所 可能涉及到您个人隐私的问题, 给予严格保密。用手机扫描下 面二维码就可以领取红包!!!

活动: 与爱同行

十年来,同志在追求什么样的爱情 十年路途十年心 有过激情,有过热情,也有过天真 承诺 有人找到了自己的伴侣, 隐于市 有人和伴侣接受了开放 关系 有人结婚了有了自己的 家庭 多数人分分合合 还在爱情的 旅途中寻寻觅觅 十年,数着 很长,过着很短 十年后,爱情 是什么样的 我们想要的爱情又 是什么样的

谈起性和健康你会想到什么呢? 我们现在的SEX

HEALTH图片大赛"正火热举行 中国

把你的想法注入到照片、图画、 设计(图片或文字)与我们分享吧 本次大赛将会给大赛前三名颁发 奖励(第一名的奖励是iphone6- 台,第二、三名将会有惊喜奖 品!)

想了解更多请点击  
<http://www.sesghlobal.org/sex-health>

《被阅读的艾滋病患者》8月初的一天,深圳连降暴雨,但南山区的一家咖啡馆内 是人头攒动。来自香港的张锦 仔(以下简称Ken仔)和他的小 伙子们,正在发表演讲。倘若 不是Ken仔自谦,或许不会有人 知道,这个精力充沛的演讲者 是个艾滋病人,并在18年前因 此而濒临死亡。

★ 栏目更新

2018-09-03  
从今天起,你就是拿过 UCLA红包的男人了

2015-12-17  
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后文会解释背景信息,前面就不废话了

亲们来活动活动手指 帮忙做个问卷 还是那句话 无以为报 唯有利是

提醒:为顺利领取红包,请从微信进入

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开卷领取 (点击即可填写问卷参与)

以下为背景说明

大致背景

该问卷是广东省疾病预防控制中心和美国加州大学洛杉矶分校社区健康中心合作开展了一项关于圈内人群健康综合服务的研究。

作为研究的一部分,我们邀请您参加一个网络问卷调查。我们不会收集您的姓名,住址或者任何其他个人身份信息,并且在完成问卷的过程中,您可以选择跳过不愿意回答的问题。

该问卷的目的是通过了解圈内人群中成瘾物质使用以及心理健康相关问题的筛查、转介和治疗服务的提供与使用情况,找到方法提高针对男同胞群的成瘾治疗和心理健康相关的医疗服务质量。

截止时间 填够即止

## MEASURES

- Demographic and background characteristics
- Mental health symptoms and substance use (severe enough to interfere with their regular life in the past year)
- Service reception for each presenting symptom
- Preferred health facility for mental health and addiction services

## ANALYSIS

- Descriptive analysis of service fulfilment (*having received healthcare services for all experienced symptoms during the past year*)
- Logistic regression: to identify factors associated with health service fulfillment

# PARTICIPANT PROFILE

## 520 MSM

- Average age = 28.2 (SD=5.8) years
- 53.1% (n=276) had undergraduate or higher education attainment
- 66.0% (n=343) had a full-time job
- Median annual income = 100,000 Chinese yuan (approximately 15,000 USD)
- 60.2% (n=313) were local residents with Guangdong *hukou*
- 46.7% (n=243) lived alone, and 22.7% (n=118) lived with a male sex partner
- 31.2% (n=162, 31.2%) had not disclosed their sexual orientation to the public

# PSYCHIATRIC SYMPTOMS AND SERVICE RECEPTION

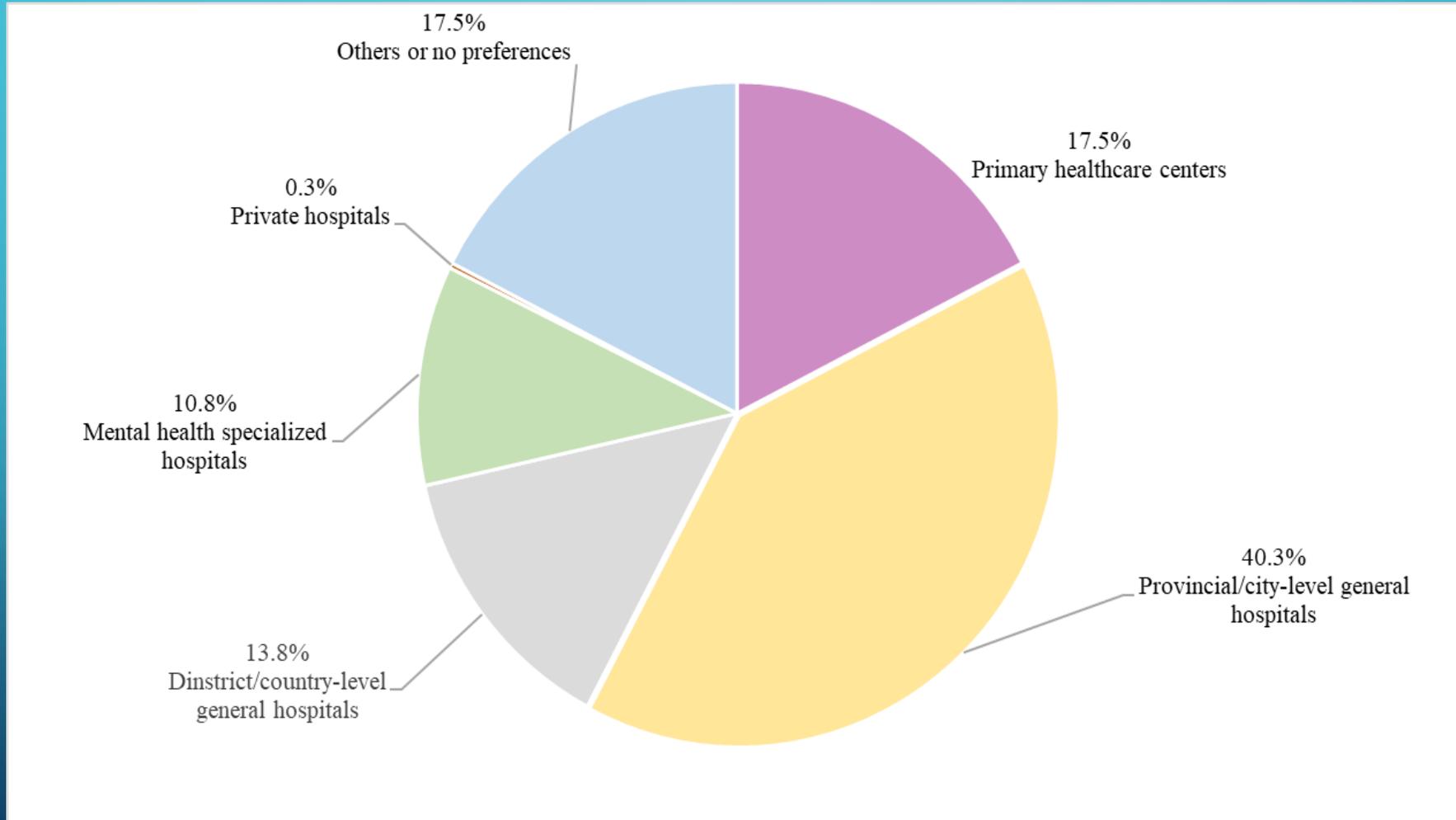
	Having experienced symptoms		Having received corresponding health services	
	n	%	n	%
<b>Depressive symptoms</b>	144	27.7	71	49.3
<b>Anxiety</b>	213	41.0	97	45.5
<b>Sleeping disorders</b>	212	40.8	114	53.8
<b>Substance dependence</b>	79	15.2	47	59.5
<b>Memory loss</b>	189	36.4	78	41.3
<b>Other mental health issues</b>	44	8.5	23	52.3
<b>Any mental health issues</b>	<b>403</b>	<b>77.5</b>		
<b>Number of mental health issues (mean; SD)</b>	1.7	(1.3)		

# SERVICE FULFILMENT

Among the 403 who experienced any mental/substance use symptom in the past year, 169 (41.9%) had fulfilled medical treatment for all experienced symptoms

	Odds ratio	P-value
Age	0.96	0.0469
Having a Bachelor's degree or higher	0.49	0.0016
Having a fulltime job	0.79	0.3448
Annual income more than 10,000 USD	2.55	0.0007
Being a local residence	1.62	0.0540
Cohabiting with spouse/partner/family	2.02	0.0034
Not having disclosed MSM status	0.50	0.0058
Experienced stigma in healthcare	1.02	0.6705

# PREFERRED HEALTH FACILITIES



# QUALITATIVE STUDY

**In-depth interview:** 30 MSM

**Recruitment:** 1) Online recruitment of those who reported psychiatric symptoms during the online survey; and 2) Peer referral

**Eligibility:** 1) At least 18 years old; 2) Being male at birth; 3) Having had sex with men during lifetime; 4) Currently residing in Guangdong Province; and 5) Self-reported psychiatric symptoms/substance use

# FINDINGS

## Barriers to service seeking

- Misconception of mental illness and mental health treatment
- Unaware of the location of services
- Mistrust of service providers' expertise
- Financial burden
- Stigma/confidentiality

# DISCUSSION

- There is an urgent need to provide mental illness/substance use prevention, identification, and curative service for MSM in China
- Education to increase the awareness of mental health
- New technology to promote self-screening and confidential counseling
- Involvement of the primary care systems and families

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  - *Lingnan Partners* LGBT Center

