

**UCLA**

**Hub for Health Intervention,  
Policy and Practice**

---

# The Associations Between HIV Stigma and Health-related Quality of Life and Patient-Reported Outcomes Among Black Sexual Minority Men Living With HIV

---

Chenglin Hong, MSW/MPH  
PhD student, Department of Social Welfare

# Background

- The advancement of ART has transformed the HIV epidemic
- 4<sup>th</sup> 90% target – beyond viral suppression of HIV
- The increasing use of patient-reported outcome (PRO) data to provide vital information

OPINION

Open Access

## Beyond viral suppression of HIV – the new quality of life frontier



Jeffrey V. Lazarus<sup>1,2\*</sup>, Kelly Safreed-Harmon<sup>2</sup>, Simon E. Barton<sup>3</sup>, Dominique Costagliola<sup>4</sup>, Nikos Dedes<sup>5</sup>, Julia del Amo Valero<sup>6</sup>, Jose M. Gatell<sup>7</sup>, Ricardo Baptista-Leite<sup>8,9</sup>, Luís Mendão<sup>5</sup>, Kholoud Porter<sup>10</sup>, Stefano Vella<sup>11</sup> and Jürgen Kurt Rockstroh<sup>12</sup>

## Achieving the fourth 90: healthy aging for people living with HIV

Tiffany G. Harris, Miriam Rabkin and Wafaa M. El-Sadr

*AIDS* 2018, **32**:1563–1569

**Keywords:** aging, chronic disease, comorbidity, frailty, HIV, multimorbidity, social support

THE LANCET  
HIV

SERIES | HIV OUTCOMES BEYOND VIRAL SUPPRESSION | VOLUME 7, ISSUE 1, E59–E68, JANUARY 01, 2020

### Patient-reported outcomes to enhance person-centred HIV care

Meaghan Kall, MHS Fabienne Marcellin, PhD • Prof Richard Harding, MD • Prof Jeffrey V Lazarus, PhD • Patrizia Carrieri, PhD

Published: November 24, 2019 • DOI: [https://doi.org/10.1016/S2352-3018\(19\)30345-5](https://doi.org/10.1016/S2352-3018(19)30345-5)

# Background

---

- HIV stigma persists among people living with HIV, healthcare providers, and the public
- HIV-related stigma and discrimination impact HIV-related treatment
- HIV-related stigma is strongly associated with self-assessed overall quality of life and well-being

**JIAS** | JOURNAL OF THE  
INTERNATIONAL AIDS SOCIETY [Open Access](#)



Global Action to Reduce HIV Stigma and Discrimination | [Open Access](#) |

## Impact of HIV-related stigma on treatment adherence: systematic review and meta-synthesis

Ingrid T Katz, Annemarie E Ryu, Afiachukwu G Onuegbu, Christina Psaros, Sheri D Weiser, David R Bangsberg, Alexander C Tsai

# Background

---

- Black sexual minority men are disproportionately impacted by the HIV epidemic in the U.S.
- The effect of HIV stigma might be pronounced among Black sexual minority men living with HIV due to the Intersectionality and multiple minority stressors
- Few studies that specifically assessed the impact of stigma on HRQoL.

THE LANCET  
HIV

SERIES | HIV OUTCOMES BEYOND VIRAL SUPPRESSION | VOLUME 7, ISSUE 2, E129-E140, FEBRUARY 01, 2020

## Stigma reduction interventions in people living with HIV to improve health-related quality of life

Galit Zeluf Andersson, PhD • Maria Reinius, PhD • Lars E Eriksson, PhD • Veronica Svedhem, PhD •

Farhad Mazi Esfahani, MSc • Keshab Deuba, PhD • et al. [Show all authors](#)

Published: November 24, 2019 • DOI: [https://doi.org/10.1016/S2352-3018\(19\)30343-1](https://doi.org/10.1016/S2352-3018(19)30343-1) •  Check for updates

# Objectives

---

- Document levels of HIV stigma using a validated instrument
- Assess patient-reported health outcomes
  - Mental health outcomes
  - Life satisfaction and quality of life
- Examine the associations between HIV stigma and health-related outcomes

# Methods

---

## LINX LA STUDY

---



- Baseline data from the LINX study (PI: Holloway)
- Mobile app intervention to address the social work and legal needs of Black sexual minority men living with HIV
- Measures
  - Berger HIV stigma scale
  - PHQ-9
  - GAD-7
  - The satisfaction with Life Scale
  - Cantril Ladder scale

# Results

---

(N=122)	N (%)
Age	37.2
Employed	36.8%
Income < \$12,000	28.7%
Receiving ART	94.3%
Virally suppressed	61.7%
On ART > 5 years	58.3%
Good adherence	71.3%

	N (%)
Depression (PHQ9 > 9)	46 (37.7%)
Anxiety (GAD7 > 9)	45 (36.8%)
Satisfaction with Life (SWLS > 25)	35 (28.7%)
Quality of life (Cantril's ladder scale)	
Thriving	61 (50.0%)
Struggling	45 (36.9%)
Suffering	16 (13.1%)

	Strongly agree or agree n (%)
<b>Personalized stigma</b>	
I have been hurt by how people reacted to learning I have HIV	56 (45.9%)
I have stopped socializing with some people because of their reactions to my having HIV	51 (41.8%)
I have lost friends by telling them I have HIV	35 (28.7%)
<b>Disclosure concerns</b>	
I am very careful who I tell that I have HIV	100 (81.9%)
I worry that people who know I have HIV will tell others	69 (56.5%)
<b>Negative self-image</b>	
I feel that I am not as good a person as others because I have HIV	21 (17.2%)
Having HIV makes me feel unclean	32 (26.3%)
Having HIV makes me feel that I'm a bad person	15 (12.3%)
<b>Public Attitude</b>	
Most people think that a person with HIV is disgusting	58 (47.5%)
Most people with HIV are rejected when others find out	65 (52.3%)

# Results

		1	1a	1b	1c	1d	2	3	4	5
1	HIV stigma	-								
1a	Personalized stigma	<b>0.85 **</b>	-							
1b	Disclosure concerns	<b>0.69 **</b>	0.46 **	-						
1c	Negative self-image	<b>0.78 **</b>	0.48 **	0.36 **	-					
1d	Public Attitude	<b>0.80 **</b>	0.57 **	0.52 **	0.53 **	-				
2	Social support	<b>-0.02 *</b>	-0.14 *	-0.21 *	-0.18	-0.21 *	-			
3	PHQ9	<b>0.44 **</b>	0.32 **	0.22 *	0.41 **	0.41 **	-0.25 **	-		
4	GAD7	<b>0.32 **</b>	0.25 **	0.20 *	0.26 **	0.32 **	0.74 **	-0.21 *	-	
5	SWLS	<b>-0.36 **</b>	-0.25 **	-0.20 *	-0.33 **	-0.37 **	-0.48 **	-0.36 **	0.20 *	-
6	Ladder Scale	<b>-0.29**</b>	-0.26 **	-0.12	-0.23 *	-0.29 **	-0.47 **	-0.43 **	-0.58**	0.33 **

\* $p < 0.05$ ; \*\* $p < 0.01$

# Results

---

	PHQ-9	GAD-7	SWLS	Ladder scale
	b (SE)	b (SE)	b (SE)	b (SE)
HIV stigma	<b>0.235</b> <b>(0.054)</b>	<b>0.188</b> <b>(0.061)</b>	<b>-0.236</b> <b>(0.069)</b>	<b>-0.053</b> <b>(0.021)</b>
Had been attacked or harassed in the past year	2.276 (1.188)	1.054 (1.346)	<b>-3.028</b> <b>(1.503)</b>	<b>-1.438</b> <b>(0.459)</b>
Receiving ART	-2.819 (2.287)	<b>-5.251</b> <b>(2.555)</b>	<b>4.960</b> <b>(2.901)</b>	<b>1.965</b> <b>(0.910)</b>

*Multivariable linear regression adjusting for sociodemographic characteristics and clinical indicators*

# Discussion

---

- Our results revealed high levels of HIV stigma and high rates of mental health burdens among Black sexual minority men living with HIV
- Findings underscore the critical associations between HIV stigma and patient-reported mental health outcomes and quality of life. Trauma informed care is critical to improve quality of life and satisfaction.
- Reducing stigma and improving good health-related quality of life is imperative to achieve the 4th 90 target among BSMM+.

# Limitations

---

- The Berger HIV stigma failed to assess different types of stigma
  - Enacted, Perceived, Internalized, Etc.
- Self-reported data, subject to recall bias
- Results were not generalizable to those who were not receiving HIV care
- Cross-sectional nature cannot present causality

# Acknowledgements

---

- I would like to acknowledge the contributions of our community advisory board (CAB) members, many of whom are Black LGBTQ individuals.
- I would also like to thank the community partners, including APLA Health and the AMAAD Institute for their assistance in coordinating the study.
- I would also like to thank UCLA staff and affiliates for their assistance in coordinating the study and assisting with outreach and engagement, including Robert Gamboa, Kelly Gluckman, Gerald Garth, Terry Smith, Maynard Hearn, Shellye Jones, Gregory Victorienne, Giselle Ruballos, Elizabeth S.C. Wu, Nina Young, Rosalia Alvarado, Sidra Rashid, Christian Paneda, Rae Jones, Sharon Lau, Tiffany Luu, Heliud Garcia, Arthur Sun, Paulette Orhii, and Jack Hjerpe.

# Thank you

---

