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

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Background

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

OPINION

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



Jeffrey V. Lazarus^{1,2*}, Kelly Safreed-Harmon², Simon E. Barton³, Dominique Costagliola⁴, Nikos Dedes⁵, Julia del Amo Valero⁶, Jose M. Gatell⁷, Ricardo Baptista-Leite^{8,9}, Luís Mendão⁵, Kholoud Porter¹⁰, Stefano Vella¹¹ and Jürgen Kurt Rockstroh¹²

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

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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

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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

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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.


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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 (%)
Personalized stigma	
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%)
Disclosure concerns	
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%)
Negative self-image	
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%)
Public Attitude	
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	0.85 **	-							
1b	Disclosure concerns	0.69 **	0.46 **	-						
1c	Negative self-image	0.78 **	0.48 **	0.36 **	-					
1d	Public Attitude	0.80 **	0.57 **	0.52 **	0.53 **	-				
2	Social support	-0.02 *	-0.14 *	-0.21 *	-0.18	-0.21 *	-			
3	PHQ9	0.44 **	0.32 **	0.22 *	0.41 **	0.41 **	-0.25 **	-		
4	GAD7	0.32 **	0.25 **	0.20 *	0.26 **	0.32 **	0.74 **	-0.21 *	-	
5	SWLS	-0.36 **	-0.25 **	-0.20 *	-0.33 **	-0.37 **	-0.48 **	-0.36 **	0.20 *	-
6	Ladder Scale	-0.29**	-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	0.235 (0.054)	0.188 (0.061)	-0.236 (0.069)	-0.053 (0.021)
Had been attacked or harassed in the past year	2.276 (1.188)	1.054 (1.346)	-3.028 (1.503)	-1.438 (0.459)
Receiving ART	-2.819 (2.287)	-5.251 (2.555)	4.960 (2.901)	1.965 (0.910)

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

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Thank you

