



STRESS, DEPRESSION AND MENTAL HEALTH

Care & Support
Implications for Adherence
to
Antiretroviral Therapy.



OBJECTIVES



- Justification of theme
- Overview of HIV treatment goals
- Stress
- Depression
- Mental health
- Propositions for improved clinical care of PLWHA



JUSTIFICATION OF THEME



- HIV/AIDS is a chronic health condition usually requiring a long period of clinical care
- HIV/AIDS, like every other disease condition, is a negative life event and a stressor
- Its characterization as a disease condition without a cure, and one that surely results in death, generates fear reactions and inflicts severe emotional torture on those infected and their significant others
- It is a health condition whose mode of acquisition is significantly ascribed to decadent morality and is therefore stigma-prone



JUSTIFICATION OF THEME



- The help seeking process is tedious, expensive, and disrupting
- The disease condition is sometimes complicated by neuro-psychiatric symptoms
- Taking the HIV test stirs frightening emotions in people who opt-in for the test
- Disclosure of own status to significant others is a difficult, stress-provoking process



GENERAL GOALS OF HIV/AIDS INTERVENTION



- To find a lasting cure for the disease condition in the long run
- To disrupt disease progression through effective clinical care and medication
- To provide quality psychological and social support to PLWHA and PABA.



GENERAL GOALS OF HIV/AIDS INTERVENTION



- To prevent infection and spread of HIV through efficient behavior-change communication strategies
- To improve social attitudes towards the health condition through public enlightenment and functional health education strategies



GENERAL GOALS OF HIV/AIDS INTERVENTION



- To influence the formulation and enforcement of public policies and legislation for equal opportunities and against discrimination against PLWHA
- To promote mental health by cultivating the will-power for survival of PLWHA and PABA through counseling and other palliative care measures



CONCEPTUAL OVERVIEW: STRESS



Lay definitions

- * A condition of threat to the individual
- * Moments of tension which characterize a life situation or the execution of an action
- * Pressure experienced to fulfill an obligation
- * A crisis period arising from demands to make choices



STRESS cont...



- A condition in which the body responds in a generalized or non-specific manner to demands placed on it (Hans Selye, 1956)
- A situation whereby the challenges we face require us to make some adjustments to life
- A circumstance whereby the demands placed on the individual affect him in one or all of the following ways:
 - Disorganizes behavior
 - Disrupts lifestyle and or
 - Causes ill-health



CONCEPTUAL OVERVIEW

STRESS cont...



Sources of Stress

Events which cause stress are called *stressors*. There are 5 categories:

- physical environment
- natural/man-made disasters
- major life events
- hassles (daily provocations)
- personality factors



CONCEPTUAL OVERVIEW

STRESS cont...



Facts

1. Stress can be internal or external
2. We harbor different levels of stress
3. We all react differently to stress
4. Stress has absolute and perceived qualities—the perceived qualities determines its potential impact



CONCEPTUAL OVERVIEW

2—DEPRESSION



Depression encapsulates all emotional reactions to HIV/AIDS. It starts as emotional *shock*, then *denial*, *anger*, *anxiety* and culminates in *depression*, whose severity is determined by the quality of **VCT**, **social support** around the patient, access to quality **clinical care** and **general disposition** to life.



DEPRESSION cont...



Lay Definitions

- Feeling sad and unhappy
- Feeling of being overwhelmed by life circumstances
- A state of loss of physical energy and mental power



DEPRESSION cont...



Technical

A state of emotional disturbance characterized by low mood, diminished physical activity, lack of drive, general loss of interest, frustration, lack of confidence and self reproach.

Depression usually emanates from overwhelming stress, faulty adjustment capacities, and unpredictable, recurrent, and intensive stressful experience



DEPRESSION cont...



Features

1. Stress is recognized by rapid HR and elevated BP alone. With depression, the following features are shared: weakness, tiredness, visual/auditory difficulty, heavy breathing, tremor, headaches, loss of appetite, constipation, reduced sexual drive, sleep disturbance.
2. Abnormal moods may also present: agitation, grief, hopelessness, irritability, worthlessness, loss of feelings, anxiety, self reproach



DEPRESSION cont...



- Abnormality in speech and thought, e.g. slow speech, poverty of thought, agitated speech, poor attention and concentration, pessimism, memory impairment, delusions
- Behavioral signs: avoidance behavior, impaired work performance, neglect of self and social responsibility, accident proneness



CONCEPTUAL OVERVIEW

3-MENTAL HEALTH



- The goal of every treatment is to mobilize the emotional and psychological resources of patients to build strong will, strengthen personality, and restore harmony between the patient and his/her environment.
- Health providers should regard every treatment approach as a patient empowering venture through the educational process, counseling, and the facilitation of learning.
- The ultimate outcome should be capacity building for decision making, problem solving, and coping .



MENTAL HEALTH cont...



Definitions

Behavior that is typical of a group of people

Behavior that conforms to norms of society

Behavior that is adaptive to environmental demands

The capacity to resolve personal crises and problems with minimal assistance from others.

The Federal Ministry of Health defines mental health as the total balance between an individual with his person, his body system and environment.



MENTAL HEALTH cont...



Mental ill-health is, therefore, the breakdown in the stated balance. It is characterized by abnormalities in the person's thoughts, intellect, emotions, beliefs, attitudes, sensorium, and behavior.

Every physically ill patient requires sound mental health to recover from his illness or to record relatively satisfactory outcome of physical affliction.



PROPOSITIONS FOR IMPROVED CLINICAL CARE OF PLWHA



Caregivers should:

- Mobilize psychological and social resources of clients to maintain good health and improved quality of life
- Cultivate a provider-patient relationship that builds confidence, establishes trust, and inspires hope



PROPOSITIONS FOR IMPROVED CLINICAL CARE OF PLWHA



- Establish and promote communication media that provide insight and motivate clients towards adherence
- Encourage referral linkages between service providers
- Ensure sensitivity to patients' needs and expectations.



PROPOSITIONS FOR IMPROVED CLINICAL CARE OF PLWHA



- Encourage PLWHA to join functional support groups
- Promote skill acquisition and economic empowerment activities through specialized government and non-governmental agencies to improve living standards, boost income and increase capacity of PLWHA to care for themselves



PROPOSITIONS FOR IMPROVED CLINICAL CARE OF PLWHA



- Organize periodic stress and self-management sessions to enable PLWHA and PABA to deal with the challenges of the health condition and improve decision making and problem-solving capacities
- Identify with PLWHA by participating constructively in support group programs as opportunities avail themselves

