

References

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Correspondence: Irina Lut
 stigmasurvey@fpa.org.uk

Mental health and HIV: answers to the self-assessment quiz

1. The correct answer is **b**
2. Answers **a**, **b** and **e** are correct
3. Answers **b**, **c** and **e** are correct
4. Answers **b** and **d** are correct
5. The **sympathetic** nervous system causes release of the 'stress hormone' **adrenalin** from the **adrenal** glands as a result of perceived threat. This hormone causes an increase in the **heart** and **respiratory rate** as well as gastrointestinal effects such as **nausea/vomiting** and **diarrhoea**
6. Answer **d** is correct. EDMR stands for **Eye movement desensitisation and reprocessing**.
7. Any from the list contained in Box 6 in the article, including: reduced treatment adherence, loss of patient engagement, increased use of alcohol and drug use, clinical decline, increased hospital admissions, high-risk sexual behaviour and increased risk of onwards HIV transmission
8. Answers **b**, **c** and **d** are correct
9. Your answer could include: psychoactive substance use including alcohol, age-related or other neurological disease, e.g. Alzheimer's or Parkinson's diseases, CVD, hypoxia, drug side effects, cytomegalovirus infection, IRIS, hepatitis C, depression and others
10. Answers **b** and **d** are correct. Note that all PLWH should be screened for the presence of *both* mental health problems *and* cognitive difficulties within 3 months of their diagnosis