References


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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