



# Changing Minds – Together we can



This meeting has been organised and  
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Working together  
to improve HIV care.

**Polling question: The HIV service I work in has the capacity and staff to provide mental health support for people living with HIV**

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree
- f. Don't know



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## Polling question: The HIV service I work in routinely assesses for mental health problems

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree
- f. Don't know



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## Polling question: The HIV service I work in routinely assesses for sleep problems

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree
- f. Don't know



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**Polling question: I feel confident in the assessment, management and referral of mental health and sleep problems in people living with HIV**

- a. Strongly agree
- b. Agree
- c. Neither agree nor disagree
- d. Disagree
- e. Strongly disagree
- f. Don't know



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# Prevalence of mental health issues

- Historically, mental health issues within HIV population are acknowledged (e.g. WHO, 2009)
  - Largely related to the unique aspects related to HIV (mentioned earlier)

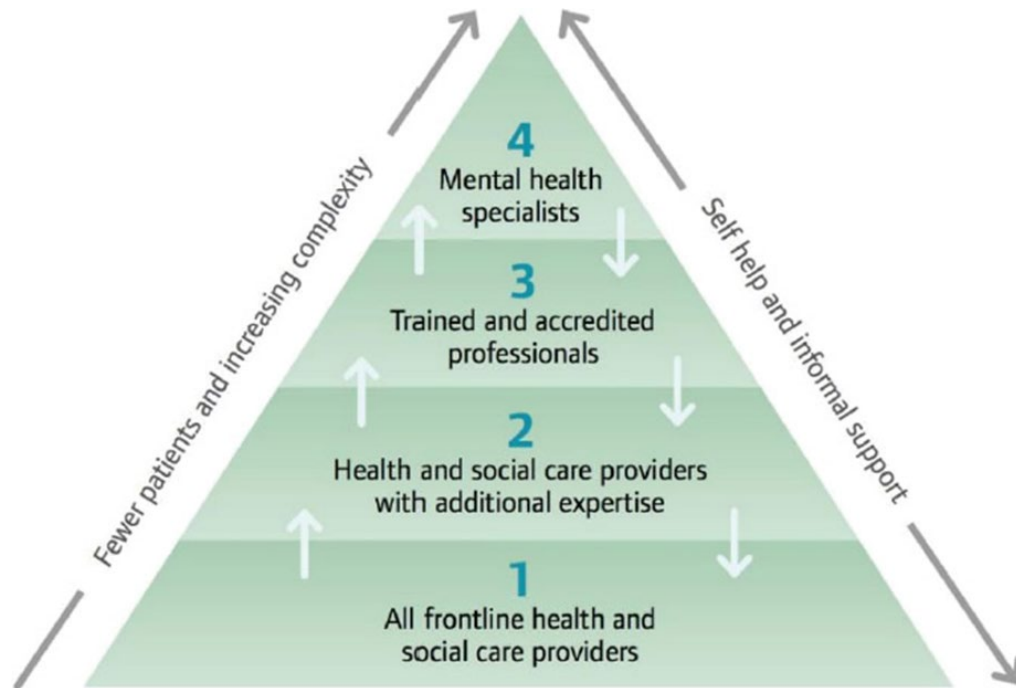
## Mental health and sleep difficulties within the HIV vs the general population - UK (Chaponda et al., 2017)

Difficulty	HIV population (%)	General population (%)
Depression	17 – 47	2 – 5
Anxiety	22 – 49	4 – 5
Depression or anxiety	50 – 58	27
Suicidal ideation	31	1
Sleep problems	61	10

- Trauma prevalence:
  - 28% (global) Tang et al 2020
  - 32.67% (global) Ayano et al 2020

WHO (2009). HIV/AIDS and mental health. [https://apps.who.int/iris/bitstream/handle/10665/2107/B124\\_6-en.pdf?sequence=1&isAllowed=y](https://apps.who.int/iris/bitstream/handle/10665/2107/B124_6-en.pdf?sequence=1&isAllowed=y) | Chaponda, M., Aldhouse, N, Kroes, M, Wild, L., Robinson, C., & Smith, A. (2017). Systematic review of the prevalence of psychiatric illness and sleep disturbance as co-morbidities of HIV infection in the UK. International journal of STD & AIDS, 29, 704-713.

# The stepped care model



British Psychological Society, British HIV Association & Medical Foundation & Sexual Health (2011). Standards of psychological support for adults living with HIV

# Why does it matter?

- The potential benefits of good quality sleep...

Live longer	Cognitive ability	Overall health	Lowers weight/BMI	Lowers risk of diabetes	Ward off colds & flu	Greater creativity	Feel happier (or less anxious & depressed)	Lowers risk of heart attacks and/or stroke
								

- “If this was a drug, you’d want it!”

Expert opinion based on the presenter having read *Why we Sleep* by Mathew Walker

NHS. Why lack of sleep is bad for your health. Available at: <https://www.nhs.uk/live-well/sleep-and-tiredness/why-lack-of-sleep-is-bad-for-your-health/> Last accessed February 2021

Gadie A, et al. BMJ Open 2017;7:e014920. doi:10.1136/bmjopen-2016-014920



## Resources

- Find Your Four
- BHIVA/BPS standards
- Mental Health First Aid
- MIND
- Headspace
- Mental Health Matters
- Samaritans
- Tackle your feelings
- The Sleep Charity
- The Sleep Foundation
- The Wellness Thermometer
- Peer Support Workers
- Gilead HIV Standards Support team have a mental health presentation series and can also provide support in audits and service evaluation



# Questions or thoughts for the panel?



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- e. Strongly disagree
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Please complete the short survey, upon completion you can download a certificate of attendance. Thank you

<https://su.vc/nhivnasymposium>





Thank you



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