



Psychological complaints in people with HIV

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Purpose of the study

Psychological complaints are common among people with HIV. This can have different consequences, for example for quality of life and whether HIV medicines are taken regularly. Certain habits can also be associated with psychological complaints, such as the use of drugs (cannabis, cocaine, etc.) and having multiple sexual partners (sexual risk behavior). Most studies of psychological complaints in people with HIV have been conducted in small groups, which is a disadvantage. Also, here is little research on how the various psychological complaints are related to each other.

For that reason, in the 2000HIV study we tried to answer the following 3 questions:

1. How often do psychological complaints occur in people with HIV?
2. How are psychological complaints and drug use among people with HIV interrelated?
3. How do psychological complaints in people with HIV influence quality of life, the correct intake of HIV medicines and possible sexual risk behavior?



depression
& anxiety



impulsivity



smoking, alcohol &
drug use

Psychological factors that we measured in the 2000HIV cohort

What did we find:

- Drug use in the 2000 HIV study is increased compared to the general Dutch population. A few examples: 28.7% of participants smoke, in 11.1% there is heavy alcohol use, 13.5% use cannabis, 5.9% use cocaine and 9.2% use ecstasy.
- Some of the participants had serious complaints of depression (6.1%) and increased impulsivity (8.4%).
- Quality of life was mainly influenced by complaints of depression.
- Complaints of anxiety and depression were strongly related. Drug use (particularly the use of XTC, GHB and poppers) was often accompanied by sexual risk behavior.
- Contrary to what is often assumed, there was no relationship between how regularly people took HIV medicines and whether they experienced psychological complaints or used drugs.

What is important:

- When drugs and sex go together, watch out for sexually transmitted diseases.
- Discuss depressive complaints in the consulting room, because it affects quality of life.
- Too many people with HIV smoke. Its adverse health effects are well known. The health effects of drugs such as cannabis, are still being investigated.

Do you have any questions about the study?
Reach out to us via the contact form on our
website www.2000hiv.com