

Prevalence of Depression among HIV Positive Adults on Antiretroviral Therapy in O.R. Tambo, Eastern Cape, South Africa: A cross-sectional descriptive study

Abstract: Purpose of the study

Living with HIV/AIDS is associated with negative emotional and bodily symptoms; however, there is paucity of data on the prevalence and associated factors depression among this population. This study investigates the prevalence and factors contributing to depression among HIV-positive adults on antiretroviral therapy (ART) in O.R. Tambo Eastern Cape, South Africa.

Method: This cross-sectional descriptive study involved 334 adults receiving ART in the two Community Health Centers in OR Tambo District, Eastern Cape, South Africa. The Beck's Depression Inventory (BDI-II) was used to collect data, in addition to a semi-structured questionnaire on coping mechanism and challenges in seeking help with depressive symptoms. Multiple logistic regression analysis was used to assess the factors associated with depression among the HIV-positive adults.

Results: The prevalence of depression among the HIV-positive adults receiving ART was 44%, and the majority of the patient's depression fall within the borderline and moderate threshold. The prevalence of depression was significantly higher among females (71.0%; $p < 0.0003$) and

unemployed (73.0%; $p < 0.0014$) HIV-positive adults. Participants not benefiting from any form of social grant exhibited higher prevalence of depression (79%). Race ($p=0.590$), age ($p=0.338$) and married participants ($p=0.511$) show no statistical significant association between HIV-positive adults accessing ART and depression. Unadjusted logistic regression model show being female (OR = 1.99, 95% CI: 1.23-3.23; $p < 0.003$) and unemployed (OR = 1.73, 95% CI: 1.08-2.77; $p < 0.014$) were significantly associated with a likelihood of depression. Majority of the participants who could express their feelings of HIV disease and challenges in accessing ART felt more depressed (85%) compared to those who could not express their feelings.

Conclusion: The rate of depression among HIV/AIDS patients receiving ART is high. Early detection of depression and the challenges associated with accessing treatment and treating would help in improving the compliance to treatment as well as quality of life.

Biography

Dominic Targema Abaver has completed his PhD from University of Abuja in Parasitology. He is a Chief Superintendent of Immigration Nigerian Immigration service, a paramilitary organization in the Ministry of Interior. He has published number of papers on HIV/AIDS, Immunology and Parasitology in reputed journals, such as African Health Science, Pakistani Journal of Medical Sciences, and African Journal for Physical, Health Education, Recreation and Dance (AJPHERD). He is a Member of Nigerian Society of Parasitology and a Fellow, Institute of Cooperate Administration. Currently, he is a Contract Researcher at Walter Sisulu University, Eastern Cape, South Africa. His research interest includes epidemiology of HIV/AIDS and other opportunistic infections, preventive measures/techniques of HIV/AIDS, gender, age and sexual orientation as determinants for the impact of HIV/AIDS.