



*Trauma and HIV
Progression*


*Potential Roles for Mental Health
Intervention*

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Goals

- ⊕ Identify 3 common traumatic situations common to HIV+ women.
- ⊕ Identify 3 Psychiatric sequelae of trauma.
- ⊕ Identify 2 interventions for patients dealing with trauma.
- ⊕ Become familiar with the risks associated with trauma in HIV+ women.

The background is a solid green gradient, darker at the bottom and lighter at the top. Several thin, white, curved lines sweep across the frame from the bottom left towards the top right, creating a sense of movement and depth.

Being a female

Cost and Burden

Being female Cost and Burden

- ⊕ > 25 % of new HIV/AIDS Diagnoses.
- ⊕ Women of color are disproportionately affected.
- ⊕ 10,000/year diagnosed.
- ⊕ Women are less likely to receive Rx for the most effective treatment.

Trauma

- ⊕ Childhood physical and sexual abuse
- ⊕ Sexual Assault
- ⊕ Domestic Violence
- ⊕ HIV/AIDS Diagnosis

Psychiatric Sequelae

- ⊕ Major Depressive Disorder
- ⊕ PTSD
- ⊕ Anxiety

Childhood Sexual Abuse

- ⊕ Prevalence estimates range from 28%-36% for American Women
- ⊕ The risk for sexual assault in adult women is increased 2-4 times in those who experienced childhood sexual abuse

Adult Sexual Assault

⊕ 12% of 918 HIV+ women reported rape in the previous year ⁽¹⁾

⊕ 7% of 230 HIV+ women reported rape in the previous 90 days ⁽²⁾

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Domestic Violence

⊕ 20.5% of women in treatment for HIV reported Domestic Violence since initial diagnosis

Trauma=Psychiatric illness

- ⊕ Major Depressive Disorder
- ⊕ Anxiety Disorders
- ⊕ Post Traumatic Stress Disorder
- ⊕ Personality Disorder
- ⊕ Substance Abuse and Dependence

Consequence

- ⊕ HIV + Depressed women may be twice as likely to die in the coming year than non-depressed HIV+ Women (3)
- ⊕ Experience of Lifetime Trauma predicts faster all-cause and AIDS-related mortality (4)

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Identify

- ⊕ Do you feel depressed?
- ⊕ Do you enjoy things as much as you have in the past?
- ⊕ Have you stopped participating in or have you spent less time doing activities you like or need to do?
- ⊕ Have you ever thought of ending your life?

Identify

- ⊕ Have you ever experienced any kind of trauma in your life?
- ⊕ Do you recall any sexual or physical abuse as a child?
- ⊕ Has anyone taken advantage of you physically or sexually as an adult?

Identify

- ⊕ Do you always feel safe at home?
- ⊕ Is there anyone in your home now or in the past that has made you feel uncomfortable or unsafe?

Intervene

- ⊕ Know about the Domestic Violence and Sexual assault resources in you community.
- ⊕ Keep a list of shelters.
- ⊕ Provide phone numbers that are easily hidden and are without domestic violence identification.

Intervene

- ⊕ Refer to Psychology or Psychiatry if possible
- ⊕ Refer to Primary care

Intervene

- ⊕ Medications are helpful
- ⊕ Supportive Psychotherapy and Cognitive Behavioral Therapy

Medication

- ⊕ SSRI's --Citalopram 20mg daily and titrated up to 60mg is an excellent start
- ⊕ Trazodone for Sleep 50-400mg as needed
- ⊕ Beta Blockers may be of help for PTSD

Avoid

⊕ Debriefing