

The Relationship Between Quality of Life, Psychological Distress and Coping Strategies of Persons Living with HIV/AIDS in Cairo, Egypt

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Abstract : Background: HIV patients have many social problems like depression, which adversely affects their quality of life. HIV infection is linked to psychological distress such as anxiety. In terms of coping styles, avoidant emotion-focused strategies such as fatalism, wishful thinking and self-blame are associated with higher levels of psychological distress in persons with HIV. In Cairo, Egypt current services are not adapted to provide advice and psychological support to people living with HIV to help them develop problem-solving skills to cope with the stress of living with HIV. Yet, no studies have examined the relationship between quality of life, psychological distress and coping strategies of persons living with HIV/AIDS in Egypt. Therefore, the purpose of this study was to examine the relationship between quality of life, psychological distress and coping strategies of persons living with HIV/AIDS in Cairo, Egypt. Methods: This study used a quantitative methodology with a cross-sectional correlational design. The data was collected using: Quality of Life Enjoyment and Satisfaction Questionnaire (Q-LES-Q), Depression, Anxiety and Stress Scale (DASS) and Cope Inventory. The sample consisted of 202 participants who accessed the National AIDS Program (NAP). The data was analysed using the Statistical Program for Social Science V23 (SPSS). Results: The results show that psychological distress and certain coping styles such as substance abuse and behavioural disengagement negatively predict the quality of life of patients with HIV/AIDS. Positive predictors included coping styles such as active coping, self-distraction, venting, positive reframing, humor, acceptance, and religion. Conclusions: It would probably be best to reduce psychological distress and increase coping styles in order to improve the quality of life of patients with HIV/AIDS.

Keywords : HIV/AIDS, quality of life, psychological distress, coping strategies

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