IMPACT OF KNOWLEDGE ABOUT HUMAN IMMUNODEFICIENCY VIRUS (HIV) TRANSMISSION ON THE QUALITY OF LIFE OF PEOPLE LIVING WITH HIV

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Background and Importance

Sexually Transmitted Infections
- Prejudices
- Misinformation about their transmission

Cause People Living with HIV (PLHIV) to continue suffering Social Stigma
- Mental health
- Global health
- Adherence to ART
- Quality of life (QoL)

Aim and Objectives

The aim of this study was to analyse the impact of knowledge about HIV transmission on the QoL of PLHIV to justify future interventions.

Materials and Methods

Multicenter (5 centers) study
- Observational, prospective and cross-sectional study
- Inclusion criteria: adult PLHIV on ART
- Exclusion criteria: Time since diagnosis < 3 months

Knowledge of HIV transmission: ad hoc questionnaire
- 20 statements to be replied: true or false
- Results: % of correct answers. Optimal knowledge if ≥ 80%

Quality of life (QoL): WHOQOL-BREF questionnaire
- 26 questions, directly scored from 1 to 5;
  - Exception: questions 3, 4, 26 → inversely scored
- Results are directly proportional to the QoL
- This questionnaire is divided into components:
  - Self-Perception of QoL (SPQoL)
  - Self-Perception of Health (SPH)
  - Social Relationships (SR)
  - Physical Health (PH)
  - Psychological (Ps)
  - Environment (E)

Results

Descriptive statistics:
- N = 133
- Age: 20-81 years old (x̄=46.8±11.7)
- 115 men, 16 women and 2 non-binary people

Knowledge evaluation
- Average of correct answers: 87.1±10.6%
- Optimal knowledge: 78.2% of the participants

<table>
<thead>
<tr>
<th>Variable</th>
<th>QoL</th>
<th>SPQoL</th>
<th>SPH</th>
<th>PH</th>
<th>Ps</th>
<th>SR</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean</td>
<td>3.54/5</td>
<td>3.7/5</td>
<td>3.6/5</td>
<td>3.5/5</td>
<td>3.6/5</td>
<td>3.3/5</td>
<td>3.6/5</td>
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</tbody>
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Suboptimal knowledge about HIV transmission

<table>
<thead>
<tr>
<th>↓ QoL</th>
<th>Δx̄ = 9.1 CI95%: 3.4 - 14.9 p=0.002</th>
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</thead>
<tbody>
<tr>
<td>↓ SPQoL</td>
<td>Δx̄ = 0.6 CI95%: 0.2 - 0.9 p=0.001</td>
</tr>
<tr>
<td>↓ PH</td>
<td>Δx̄ = 2.4 CI95%: 0.7 - 4.2 p=0.006</td>
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<tr>
<td>↓ SR</td>
<td>Δx̄ = 1.3 CI95%: 0.3 - 2.3 p=0.011</td>
</tr>
<tr>
<td>↓ E</td>
<td>Δx̄ = 2.9 CI95%: 1.1 - 4.6 p=0.002</td>
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Conclusion and Relevance

Suboptimal knowledge about HIV transmission in PLHIV is associated with a lower QoL, including SPQoL, PH, SR and E.

The results of this study justify the need for health education interventions in this individuals

Health Education Interventions → Knowledge of HIV transmission → Quality of Life

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