Depression Affects More HIV-Positive Women Than Men

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A new study has revealed that 18 percent of women living with HIV experience depression, compared with 14 percent of men.

Study author Carmen Bayón, MD, of Hospital de la Paz in Madrid shared what drives the disparity. “HIV is associated with multiple losses, such as loss of friends, primary support networks and physical [health],” she said. Given that women are typically more dependent than men on their immediate support networks for happiness, losing them may have a greater impact on women.

Bayón lists tactics such as prescription meds, talk therapy, support groups and mindfulness-based stress reduction for women living with HIV and depression.

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