



Concerns: Poorer Mental Health

The longer people in a British study had been living with diagnosed HIV, the more likely they were to have depression and anxiety.

November 12, 2018 By [Benjamin Ryan](#)

People living with HIV have higher rates of depression and anxiety compared with their peers who do not have the virus. Drawing from two British studies, researchers assembled a cohort of 3,250 HIV-positive adults and a matched control group of HIV-negative individuals. Twenty-seven percent of those with HIV had depressive symptoms, compared with 11 percent of those without the virus. A respective 22 percent and 10 percent of those with and without HIV had anxiety symptoms, and a respective 35 percent and 16 percent had overall depression, defined as current treatment for depression or a history of a depressive disorder. After adjusting the data to account for various factors, the researchers found that having HIV, compared with not having the virus, was associated with a respective 3.3-fold, 2.7-fold and 2.6-fold greater risk of having depressive symptoms, anxiety symptoms and overall depression.

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