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.

© 2026 Smart + Strong All Rights Reserved.

http://beta.docker.poz.com/article/concerns-poorer-mental-health