

WORLD CONFERENCE ON STDs, STIs & HIV/AIDS

July 26-27, 2017 | Vancouver, Canada

Empowerment of HIV positive Patients in promoting coping strategies with stress and their health outcomes

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Introduction: HIV infection is the greatest health challenges in worldwide. The identity of AIDs disease is that, It causes the psychological and social distress including stress in the patients. So the aim of the study is to determine the effectiveness of interventional program based on transactional model to promote coping strategies and their health outcomes (stress reduction and improvement of quality of life) in HIV positive patients.

Methods: This current study was clinical trial. In the first phase the validation of standards questionnaire according to transactional model constructs were performed. Then 120 HIV- positive patients that had been referred to the Counseling of Behavioral Disease Center at the Imam Khomeini Hospital with inclusion criteria were selected. They were assigned by random allocation method in two groups including case and control whom related questionnaires (pretest). According the results of pretest, empowerment of interventional program including 6 session based on constructs of coping self-efficacy, problem and emotional – based coping efforts, religious coping, meaning based coping and social support was designed and performed for case

group.

Results: In this current study the mean age of participants was 34.74(SD=7.14). After 3 month intervention phase, interventional participants showed significant increase in problem-based coping, emotional-based coping , meaning-based coping and coping self-efficacy ($P<0.05$). compared with control group, interventional group did not show significant increase in religious coping ($P=0.063$).In addition, interventional group reported lower perceived stress levels than control group at the 3- month assessment ($P=0.001$). Following intervention HIV-infected people indicated a significant difference in dimensions of quality of life included mental health ($P=0.018$), role physical ($P=0.001$), role emotion ($P=0.049$), general health ($p=0.001$), vitality ($P=0.02$).

Conclusion: Development of tailored empowerment of intervention programs based on transaction model can improve adaptive coping strategies with stress and health outcomes (perceived stress, quality of life) among HIV-positive patients.

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