

## PSYCHIC DISORDERS IN HIV: A LITERATURE REVIEW

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## INTRODUCTION

The Human Immunodeficiency Virus (HIV) is a retrovirus that attacks the immune system and can evolve into Acquired Immunodeficiency Syndrome (AIDS), making the individual more susceptible to infections. There is a high prevalence of psychiatric illnesses in patients with HIV, among the main factors are unfavorable socioeconomic conditions and marginalization of patients with the diagnosis. This way, they present losses in the understanding of self-care, presenting behaviors, with greater chances of developing the disease in a severe form, in addition to compromising adherence to treatment and other disease prevention measures, such as healthy lifestyle habits. Furthermore, individuals who were already more prone to mental disorders, when acquiring HIV, through direct viral action on the carrier's brain, may trigger various psychological problems, the main ones being behavioral disorders, major depression and favoring alcoholism. /smoking in addition to becoming a drug addict.

## OBJECTIVES

The study aims to analyze the prevalence of psychiatric illnesses in patients with HIV and AIDS, highlighting the reason for being by listing the profile of most commonly observed psychological disorders, in addition, realizing the need for an integrated response and treatment for such disorders.

## METHODOLOGY

This is a literature review, through a data search carried out in VHL, SciELO and PubMed. The following descriptors were selected in health (DeCS): "HIV seropositivity", "Mental disorders" and "Depression". We used

4 articles in English and Portuguese, selected between the years 2001 and 2023, where they describe the characteristics of psychological disorders, showing their prevalence in people with HIV.

## RESULTS AND DISCUSSION

Among the main psychiatric conditions related to HIV, we highlight Substance Use Disorder, which presents rates of recreational drug consumption above 50%, observed among men who have sex with men (MSM) and Disorder Major Depressive, with a prevalence between 30% and 61%, compared to the general population (4-40%). The analysis of the studies reveals the influence of sociodemographic, environmental, structural aspects, individual biology and social stigmas on the development of these diseases and compromising the patient's general condition. Furthermore, the main outcome for these patients with HIV is the interference with the follow-up of treatment, HIV status, as well as linking with the health care network and remaining on Antiretroviral Therapy (ART) until reaching viral suppression. It was observed that patients with depressive symptoms, compared to those without symptoms, have lower rates of regular use of ART and consequently inefficient virological control (42%)

## CONCLUSION

It was observed that the population living with HIV has a high prevalence of psychiatric disorders due to social aspects, the individual and viral toxicity. Therefore, studies have highlighted the high rate of individuals with Substance Use Disorder and Major Depressive Disorder when compared to the general population. Therefore, there is a need for public health measures with more humanized and multidisciplinary care for patients with HIV.

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