

# IMPACT OF KNOWLEDGE ABOUT HUMAN IMMUNODEFICIENCY VIRUS (HIV) TRANSMISSION ON THE QUALITY OF LIFE OF PEOPLE LIVING WITH HIV

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## Background and Importance

### Sexually Transmitted Infections

- Prejudices
- Misinformation about their transmission



Cause People Living with HIV (PLHIV) to continue suffering Social Stigma



### Impact

- Mental health
- Global health
- Adherence to ART
- Quality of life (QoL)

## Aim and Objectives



The aim of this study was to analyse the impact of knowledge about HIV transmission on the QoL of PLHIV to justify future interventions.

## Materials and Methods

### Multicenter (5 centers) study

- Observational, prospective and cross-sectional study
- Inclusion criteria: adult PLHIV on ART
- Exclusion criteria: Time since diagnosis < 3 months

### Knowledge of HIV transmission: *ad hoc* questionnaire

- 20 statements to be replied: true or false
- Results: % of correct answers. Optimal knowledge if  $\geq 80\%$

### Quality of life (QoL): WHOQOL-BREF questionnaire

- 26 questions, directly scored from 1 to 5;
  - Exception: questions 3, 4, 26 → inversely scored
- Results are directly proportional to the QoL
- This questionnaire is divided into components:
  - Self-Perception of QoL (SPQoL)
  - Self-Perception of Health (SPH)
  - Physical Health (PH)
  - Psychological (Ps)
  - Social Relationships (SR)
  - Environment (E)

## Results

### Descriptive statistics:

- N = 133
- Age: 20-81 years old ( $\bar{x}=46.8\pm 11.7$ )
- 115 men, 16 women and 2 non-binary people

### Knowledge evaluation

- Average of correct answers:  $87.1\pm 10.6\%$
- Optimal knowledge: 78.2% of the participants

Variable	QoL	SPQoL	SPH	PH	Ps	SR	E
Mean	3.54/5	3.7/5	3.6/5	3.5/5	3.6/5	3.3/5	3.6/5

### Suboptimal knowledge about HIV transmission

↓ QoL	$\Delta\bar{x} = 9.1$	CI95%: 3.4 - 14.9	p=0.002
↓ SPQoL	$\Delta\bar{x} = 0.6$	CI95%: 0.2 - 0.9	p=0.001
↓ PH	$\Delta\bar{x} = 2.4$	CI95%: 0.7 - 4.2	p=0.006
↓ SR	$\Delta\bar{x} = 1.3$	CI95%: 0.3 - 2.3	p=0.011
↓ E	$\Delta\bar{x} = 2.9$	CI95%: 1.1 - 4.6	p=0.002

## Conclusion and Relevance

Suboptimal knowledge about HIV transmission in PLHIV is associated with a lower QoL, including SPQoL, PH, SR and E.

The results of this study justify the need for health education interventions in this individuals

