Prevalence of diagnosed depression and anxiety in adults living with HIV in England and Wales compared to the general population

Carole Kelly1,2, Meaghan Kall1, Megan Auzenbergs1,3 and Valerie Delpech1
1 National Infection Service, Public Health England 2 School of Health and Social Work, University of Hertfordshire 3 Watipa

BACKGROUND
Although HIV is now considered a manageable condition, a diagnosis can be difficult due to stigma. Additionally, HIV disproportionately affects vulnerable populations such as migrants and gay men who have higher rates of poor mental health.

METHODS
- Positive Voices is a cross-sectional, probability survey of people living with HIV and receiving care in England & Wales recruited via 73 HIV clinics between January – September 2017. Participants were randomly sampled from the national HIV surveillance database (HARS). 4,416 people responded (51% response rate).
- Participants were asked to report any lifetime diagnoses of depression and anxiety. Prevalence estimates are presented, and compared to self-reported lifetime diagnosis data from the 2014 Health Survey for England general population survey.

RESULTS
Self-reported prevalence of ever diagnosed with depression and anxiety (n=4,416) with comparison to the general population

- Prevalence of ever diagnosed with depression was 33% among people living with HIV versus 19% in the general population (p<0.0001).
- Prevalence of diagnosed anxiety was 26% compared to 15%, (p<0.0001).

- Men had higher rates of both depression (35% vs 28%; p<0.0001) and anxiety (28% vs 19%; p<0.0001) compared to women.
- Transgender/non-binary people reported the highest rates of depression (36%) and anxiety (29%).
- Men who have sex with men had two-fold higher rates of depression (41%) and anxiety (32%) compared to the general population.
- Men and women who acquired HIV through heterosexual contact had similar rates of depression (24%) and anxiety (17%) to the general population.
- People with a history of injecting drug use reported the highest rates of both conditions: 53% had depression and 43% had anxiety.

DISCUSSION
Although people living with HIV are healthier and living longer, a high proportion have been diagnosed with depression and anxiety. Prevalence rates of these conditions remained high today (using Euroqol EQ-5D-5L) and warrants further exploration. The findings highlight the need for a holistic care approach for persons living with HIV.

ACKNOWLEDGEMENTS
Many thanks to all of the Positive Voices survey participants & staff at 73 recruiting HIV clinics

Positive Voices steering and advisory committee members: Dr Richard Gilson (UCL), Dr Anthony Nardone (PHN), Dr Maryam Shahnasena (UCL), Prof Helen Ward (Imperial College), Prof Graham Hart (UCL), Prof Jane Anderson (PHN), Yusef Azad (NAT), Prof Jonathan Ellford (City University), Dr Ann Sullivan (C&W), Dr Cath Mercer (UCL), Dr Alan McOwen (C&W), Prof Jackie Cassell (Brighton and Sussex Medical School), Julie Musonda (UK-CAB), Jane Bruton (NHIVNA), Meaghan Kall (PHN) and Valerie Delpech (PHN)