

DEPRESSIVE DISORDERS AND SUICIDAL THOUGHTS AMONG DRUG ADDICTS WITH HIV INFECTION

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Abstract

The major objective of the study is the evaluation of psychological comorbidities in the outpatients receiving care for suicide thought, drug abuse, depression, and HIV. Methods: This Cross-sectional study was conducted with a consecutive sample of patients, male and female in the age range of 25 to 55 years, referred to the center of outpatient addiction treatment of Tehran in 2016. According to the defined criteria, 203 HIV positive patients have been selected for an interview and asked to fill up the questionnaires of depression and suicide. Results: In this study out of 3500 drug abused patients, 203 HIV positive patients have been selected with history of depression and suicide thought .among, majority of our sample population had formal education in high school level (50.2%), unemployed (50.2%), with the mean age (39.35), Suicide idea (27.1%), depression (29.1%), the major depressive episode (70.9%), alcohol/drug abuse (18.0%), lifetime smoking (96.6%), and injection drug use in their life (77.8). Conclusion: A present study findings, a significant relationship between depression, positive HIV and suicidal thought among drug abuse. The future may have looked different, the patients began to envisage their future with less hope.

Keywords: *Depressive Disorder, Drug Abuse, Suicide Thought, Positive HIV*

HIV/AIDS is a common health care issue and currently, more than 34 million people living with HIV/AIDS globally (Kim, Onofrey & Church, 2013). HIV / AIDS, depression and suicide are linked. Depression increases the risk of HIV / AIDS and interfere with its treatment due to lack of insight into the disease and decision-making problems and, conversely, some mental disorders, as a result, It occurs directly from an HIV infection that may be due to illness, opportunistic infections, or side effects of the drug (World Health Organization, 2008). Despite the advances in treatment that make HIV / AIDS a treatable chronic condition, it continues to pose a known risk to suicidal thoughts and attempts to complete suicide (Lawrence, Willig, & Crane, 2010).

Suicide can be defined as intentional self-inflicted death (Kaplan & Sadock's (2009). According to WHO (World Health Organization), a person commits suicide in every 40 seconds somewhere in the world and every 3 seconds, a person attempts to die (World Health Organization, 2000). The range of suicidal ideation varies greatly from fleeting to detailed planning, self-harm and unsuccessful attempts, which may be deliberately constructed to fail or be discovered or may be fully intended to result in death (Gelder, Gath & Mayou, 1984). Suicidal ideation is more common than suicide attempts or completed suicide (Marzuk, 1991).

The rates of suicide in Asian countries such as Iran are moderate (Ziaaddini, Navadeh, & Saedi, 2009). The prevalence of suicidal ideation was reported to be 10 to 12.7% in the general population of Iran (Malakouti, Nojomi, Bolhari, Hakimshoostari, Poshtmashhadi, & De Leo, 2009; Ziaaddini, Navadeh, & Saedi, 2009). Internal stigma and discrimination are higher in Iran in comparison with other countries. The reasons for these differences are due to the culture and acceptance of the Iranians. Internal stigma and discrimination are related to suicidal ideation in HIV- positive individuals (SeyedAlinaghi, Paydary, Kazerooni, Hosseini, Sedaghat, & Fard, 2013). This study try's to scrutinize the factors associated with the suicidal thought among Iranian HIV patients.

Base on this previously discussed research, two competing hypotheses exist to, H1: Positive HIV/AIDS will be positively related to suicidal thoughts among drug user.H2: Depression and positive HIV will emerge as predictors of suicidal thought among drugusers.

Methodology

This cross-sectional study was conducted on 3500 patients male and female age from 25 to 55. During the study period, 3500 patients were seen, 203 patients with HIV positive have been selected for an interview and ask to fill up the questionnaire of depression and suicide. They had Suicidal ideation last 6 weeks after HIV diagnosis had come to counseling centers for HIV and addiction treatment. They were supposed to complete the questionnaires of Beck Depression Inventory (Beck, Steer & Garbin, 1988) were used to detect depression, and Positive and Negative Suicide Ideation (PANSI) (Osman, Gutierrez, Jiandani, Kopper, Barrios, Linden, 2003) was used to diagnose suicidal ideation.

Results

Before the analysis, the collected data are encoded and entered into the statistical population of the social sciences (SPSS) version 21 (IBM.2012). Descriptive statistics (frequency distribution, percentage, mean, mean, state, and standard deviation) were first used to examine the data and present the results of the prevalence and social-demographic data. Logistic regression analysis was conducted to determine the relationship between depression, suicide, drug abuse and demographic and health factors.

Most of the interviewed patients in this study (77.8%) of the respondents were male, Mean age was (39.35) years. (53.2%) of the participants were self-employed, (62.1%) of the respondents were married, (50.2%) of the participant had a high school, and (83.3 %) of the respondents were Muslim. Among patients unemployed at the time of the interview was (50.2%), was retired due to their underlying disease was (13.8%). Among patients with HIV infection, went to therapy (88.2%) at the time of the interview. (Table 1)

Table 1 Socio-demographic Characteristic of Drug Abuse with Positive HIV Patients, Tehran, 216 (n=203)

Variable	Category	Frequency (n)	Percentage (%)
Age in year	25-30	45	22.2
	31-35	37	18.2
	36-40	30	14.7
	41-45	35	17.3
	46-50	21	10.4
	51+	35	17.2
sex	Male	158	77.8
	Female	45	22.2
Marital Status	Were Married	126	62.1
	Were Single	36	17.7
	were Divorced	27	13.3
	Were Widowed	7	3.4
	Were Separated	7	3.4
Religion	Muslim	169	83.3
	Others	34	16.7
Education Status	Had university or pre-university	39	19.2
	Had high school	102	50.2
	Had only complete primary school	49	24.1
	Were without any formal education	13	6.4
Unemployment (current)	at the time of the interview	102	50.2
Occupation	Public sector	26	12.8
	Self-employed	108	53.2
	Unemployed	41	20.2
	Retired	28	13.8

Factors related to substance abuse and suicide risk

Most of the interviewed patients in this study One hundred fifty -eight (77.8%) of the respondents had a history of injection drug use in their life, one hundred ninety-six (96.6%) of them had lifetime smoking, one hundred sixty-nine (82.4%) of the frequent injection drugs, one hundred seventy-five (86.2%) of the participants were frequently smoking, alcohol abuse / dependence (18.0%), and other substance (not alcohol) abuse/dependence (9.3%). (Table 2)

Table 2 Substance use of HIV positive Respondents, Tehran, 2016, (n=203)

Variable	Categories	Frequency (n)	Percentage (%)
Lifetime injection drug use	Yes	158	77.8
	No	45	22.0
Lifetime smoking	Yes	196	96.6
	No	7	3.4
Frequently injection drug use	Yes	169	82.4
	No	34	16.6
Frequently smoking	Yes	175	86.2
	No	28	13.8
Drug abuse/dependence (using alcohol)		37	18.0
other substance (not alcohol) abuse /dependence		19	9.3

Psychiatric Disorders

Within 6 weeks after they knew HIV diagnosis. The most frequent were suicide idea (27.1%), depression (29.1%), the major depressive episode (70.9%), suicide attempt in the last one month from the total participants (3.5%), Lifetime suicidal attempt more than two times in their lifetime was (4%) from the total participants, Intentional (self- inflicted) injury (72.4) was yes, (27.6) was no. (Table 3)

Table 3 Psychiatric and Suicidal Ideation and Attempt among Respondents Attending Tehran, 2015, (n=203)

Variable	categories	Frequency (n)	Percentage (%)
Major depressive episode (current) (last 10 months)		144	70.9
Depression (last 10 months)		59	29.1
Suicide ideation	Male	45	22.2
	Female	10	4.9
Duration suicide ideation	< 6 months	17	8.3
	> 6 months	102	50.2
Suicide attempt in the Last one-month	male	5	2.5
	Female	2	1.0
Lifetime suicide attempt	Male	3	1.5
	Female	5	2.5
Duration suicide attempt	<6 months	5	2.5
	>6months	9	4.4
Intentional (self-inflicted) injury	Yes	147	72.4
	NO	56	27.6

Discussion

The present study initially purposes to investigate the relationship between depression, positive HIV and suicide thought among drug abusers. The results supported the hypothesis, H1: which expected a positive relationship between positive HIV and suicidal thoughts among drug user. And H2: which expected that depression and positive HIV will emerge as predictors of suicidal thought among drug user. So, the depression and positive HIV can be considered as the predictors of suicidal thought among drug user.

Psychological Techniques

HIV / AIDS it was considered a chronic disease, it was first identified in the early 1980s. Those who do not respond to new treatment may experience is destroy despair. But some psychological techniques can include:

1. *Cognitive-Behavioral Therapy*: In CBT, therapists focus on the effects of existing inferior thoughts on current behaviors and future performance.
2. *Indirect Support Therapy*: Non-therapeutic treatment is defined as unstructured treatment without specific psychological methods, except for those common to all approaches, such as helping people to prescribe their emotions and creating empathy.
3. *Psychological treatment*: The main goal is to (short-term) treats psychotherapy, to promote understanding, awareness, and understanding of patients about recurring (intra-spiritual and in-person) conflicts.

Conclusions and Recommendations

In this study confirm those of earlier studies that many HIV positive persons have high levels of depressive symptomatology, also the fact that those with suicidal ideation reported increased levels of such symptoms. A cognitive theory of depression (Beck's) can be used to link this relationship, cognitive symptoms of depression tend to precede the effective and mood components of the disorder, which in turn are triggered by negative automatic thoughts in suicidal behavior. Symptoms of depression in some patients can make suicidal ideation. Drug abuse is a primary mediator that links depression and suicidal ideation, and the more hopeless the individual feels about the future, the more depressed they are likely to become. The most of the drug abuse with HIV positive patients in this study felt that the future seemed dark to them, irrespective may they had suicidal ideation or not.

Limited

There are few limitations, the main limitation of this study is the small size of the sample, which is done in six centers. Furthermore, like all cross-sectional studies, it is difficult to establish a causal relationship between dependent and independent variables. In the Further research should take more general measures to recognize the frequency and additional variables, included such as the history of previous suicidal behavior, a family history of suicidal behavior, a pre-existing history of mood/or other psychiatric disorders, related socio-demographic factors, duration and amount of suicidal thoughts in PLW (People Living with HIV) subjects. As well as, the relationship between positivity HIV, drug abuse, depression and a final suicidal attempt can be considered.

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