

# Depression and Psychosocial Stressors in Older HIV Patients

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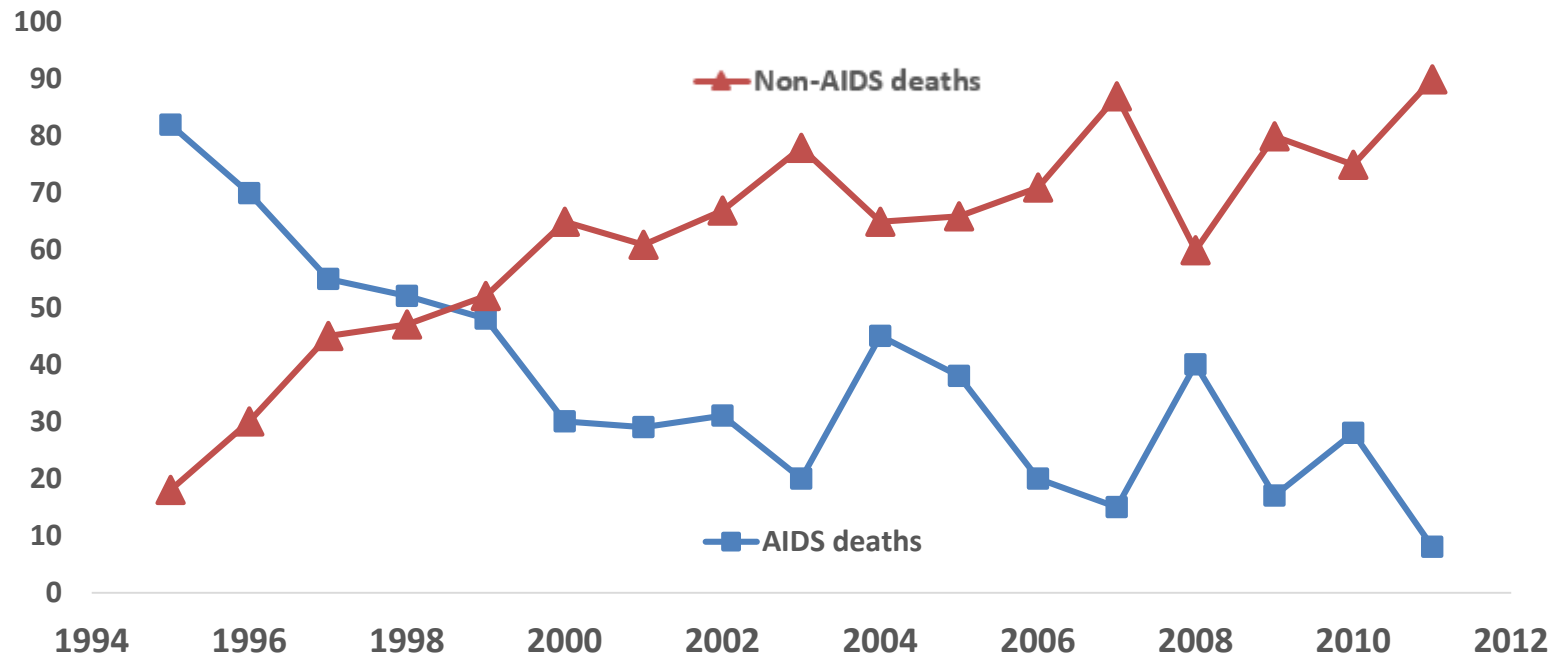
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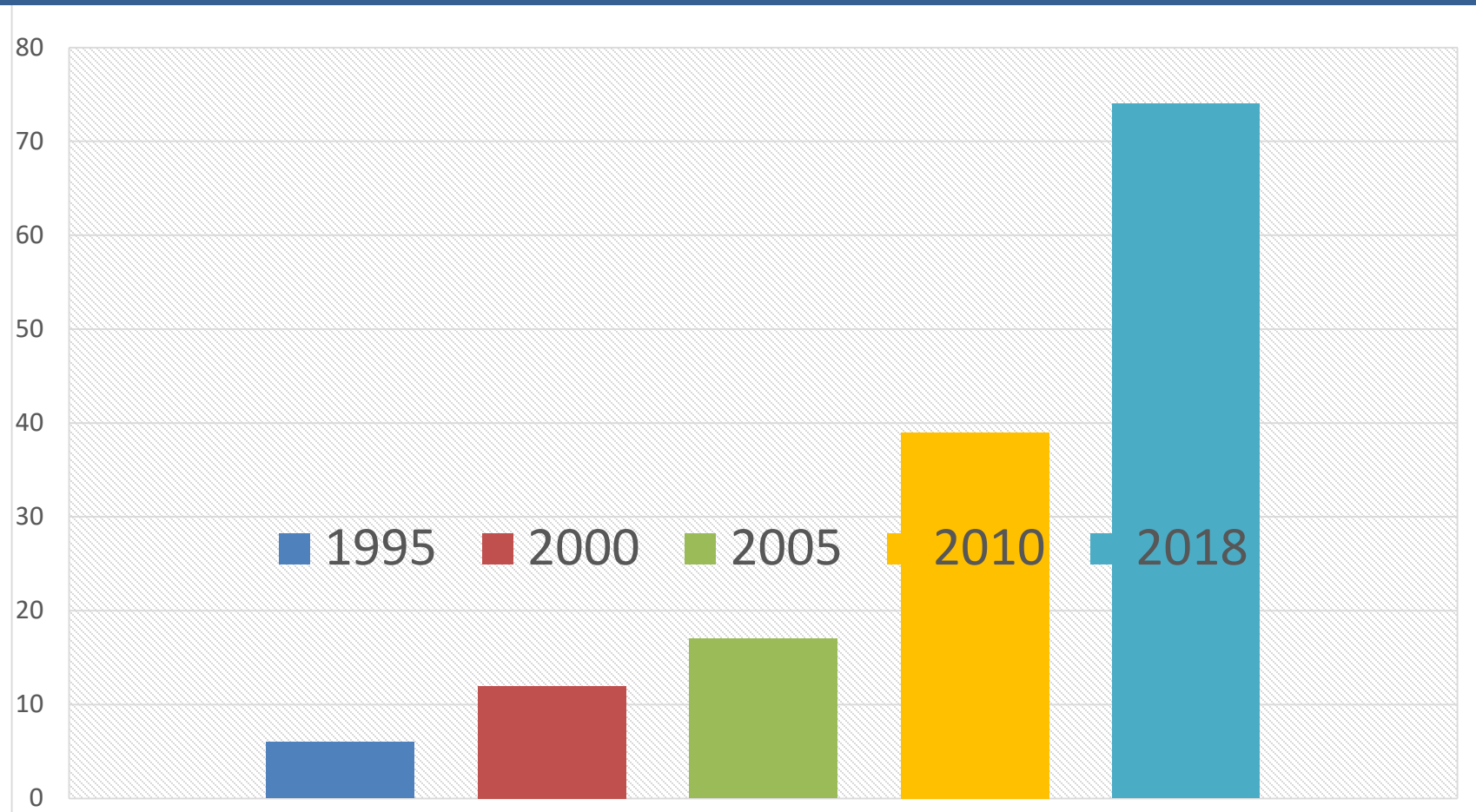


# Comorbidities

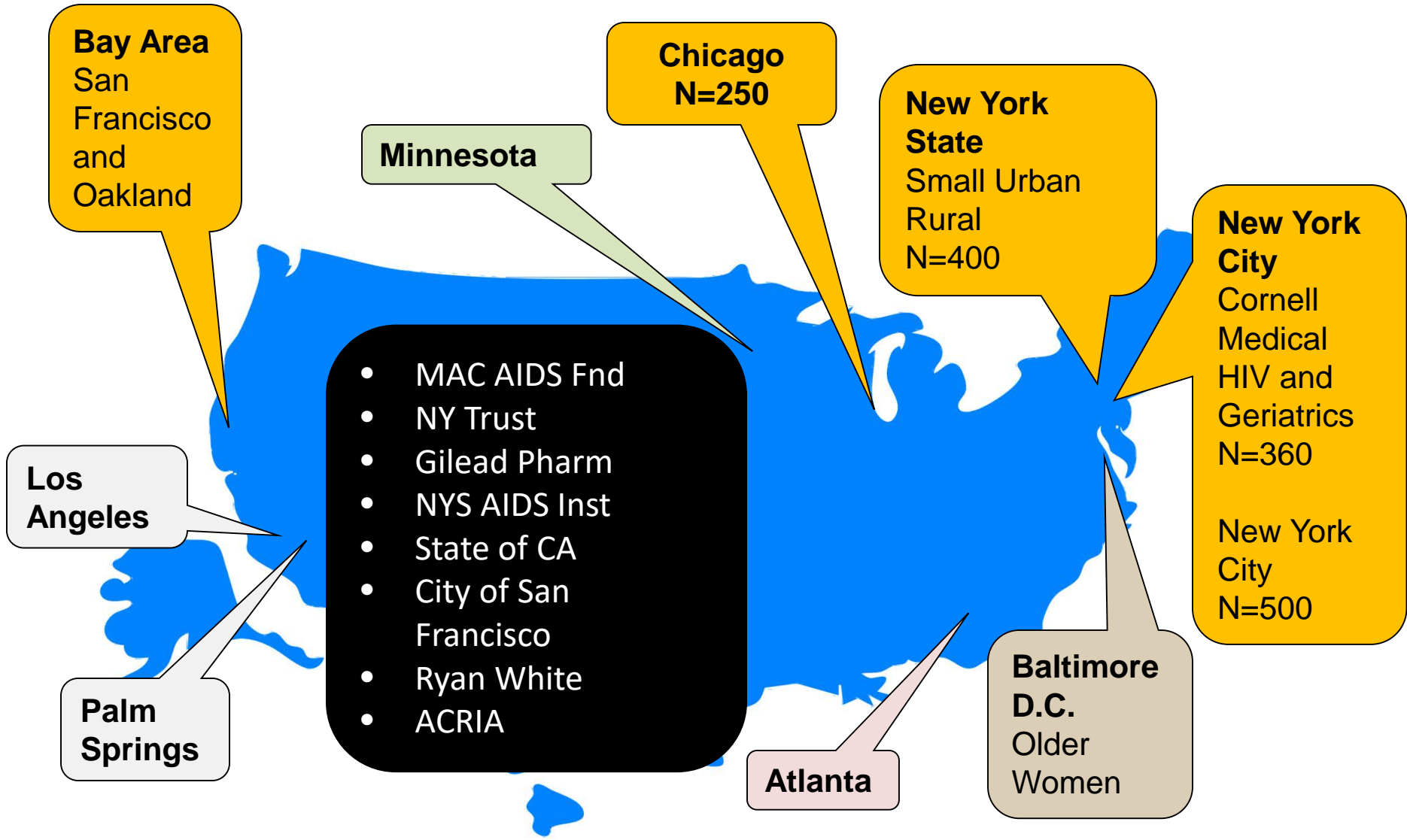
- ▶ Good news: fewer people are dying of AIDS!
- ▶ Not-so-good-news: deaths from non-AIDS conditions continue.
- ▶ Most older adults with HIV also have other health conditions:
  - ▶ Hepatitis
  - ▶ Diabetes
  - ▶ High blood pressure
  - ▶ Non-AIDS cancers
  - ▶ Heart disease



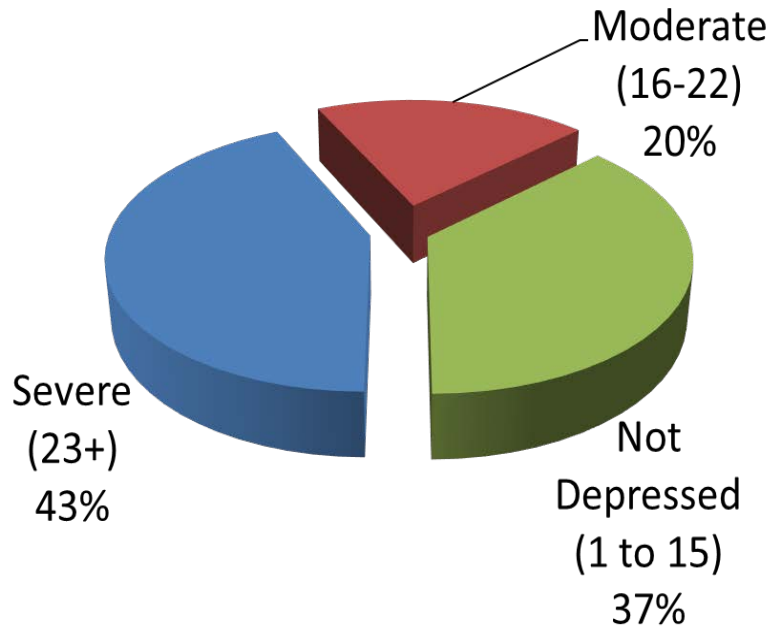
# Depression+HIV PUB MED Sesarch



# Older Adults Dominate HIV Epidemic: Needs Defined by Multi-site ROAH 2.0



## ROAH: CES-D Symptoms of Depression



**Over 2/3 of the study group had moderate to severe depression**

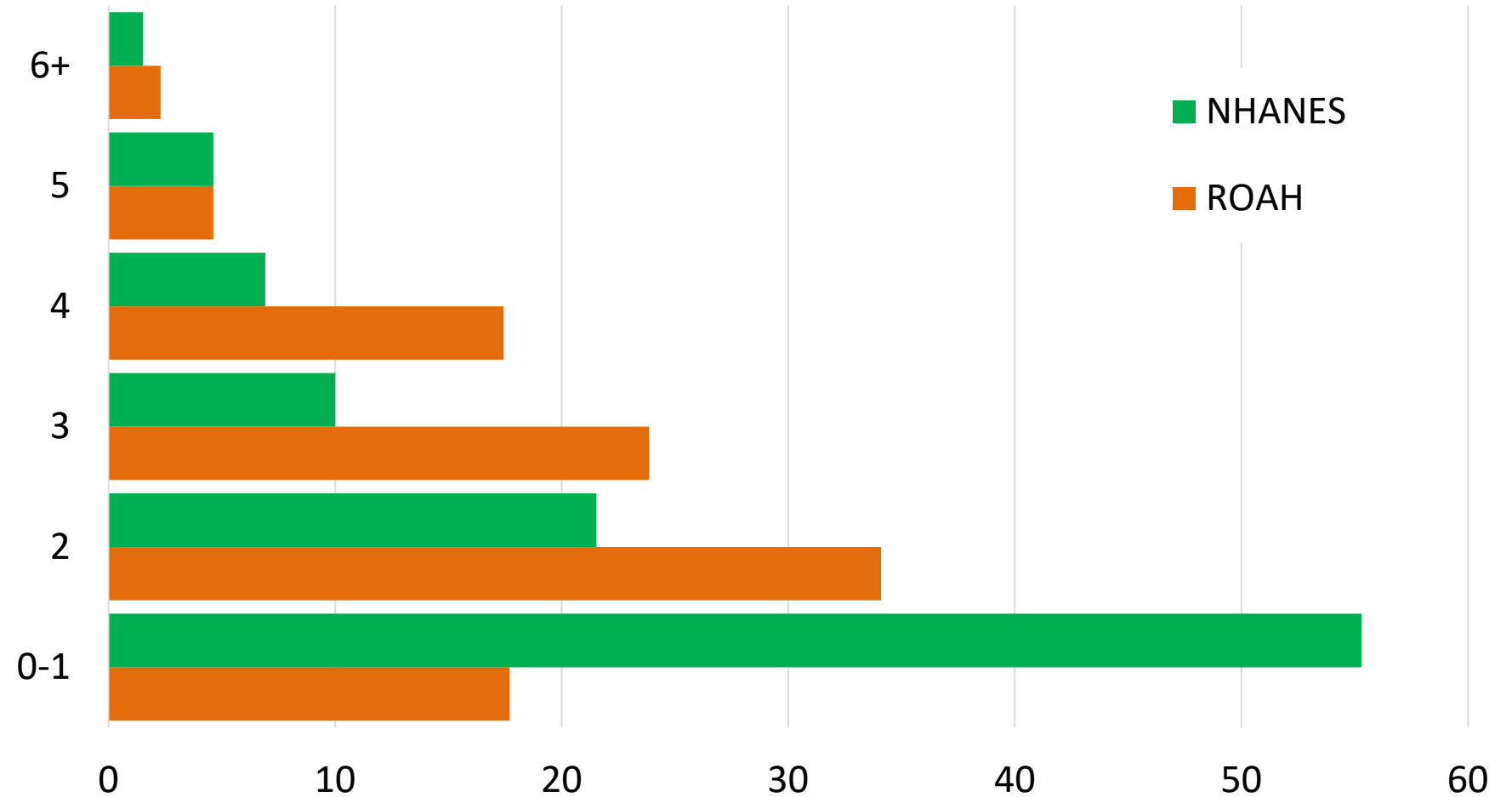
**Depression Causes Non-Adherence to ALL Medication including HIV Meds**

**Although in Medical Care Their Depression Remains Unmanaged**

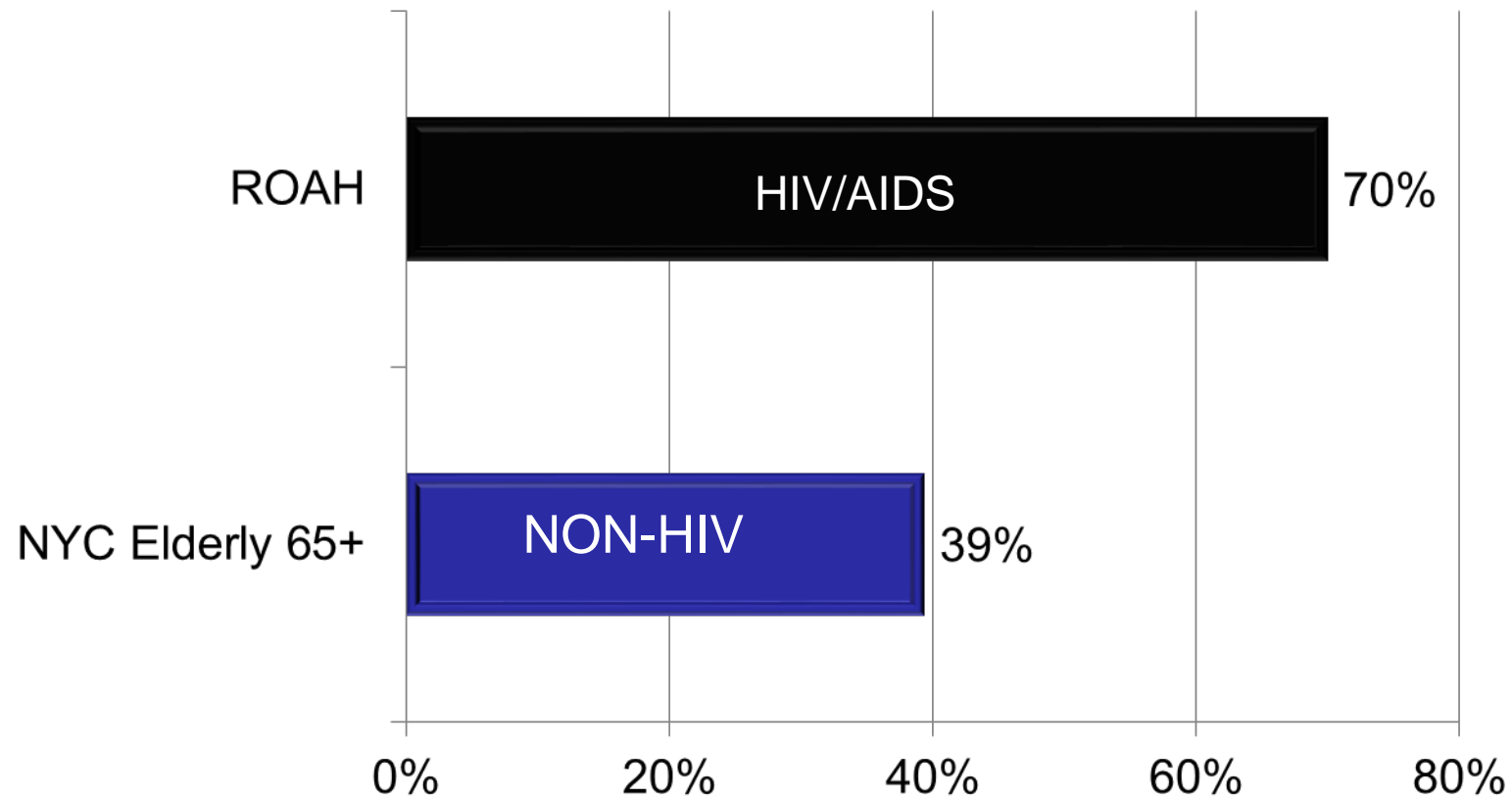
# Number of Comorbidities in ROAH

**NHANES**  
National Health  
and Nutrition  
Examination  
Survey

**ROAH**  
Research on  
Older Adults  
with HIV



# Proportion Living Alone: ROAH vs. Community-Dwelling NYC Elderly



<sup>1</sup> Brennan, M., Karpiak, S. E., Shippy, R. A., & Cantor, M. H. (2009). *Older adults with HIV: An in-depth examination of an emerging population*. New York: Nova Science Publishers.

## ROAH: Co-occurrence of Substance Use and Behavioral Health Issues

<b>Recovery Status</b>	<b>%</b>
■ Ever enrolled in 12-step	62
■ Currently in recovery	54
■ No substance use in past 3 months	48
■ In recovery for more than 1 year	44



A photograph of the Golden Gate Bridge in San Francisco, showing a large orange tower and suspension cables against a clear blue sky. The bridge spans across a body of water, with a cityscape visible in the distance.

# HIV & Aging in San Francisco

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Findings from the

## Research on Older Adults with HIV 2.0

San Francisco Study

Autumn 2018

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acria

The ACRIA Center on  
HIV and Aging at GMHC

*“It’s not easy being 50-plus and with HIV and being an African American transgender in society today. ... It’s hard and I have nobody to guide me through this journey at my age, you know; I don’t have nobody to do that.”*

*“I have nine brothers, and no support from anyone. I am alone. I take it all myself, everything.*

*[The San Francisco AIDS]*

*Foundation is my family. ....*

*Sometimes when I am not due I come and say, ‘Hi,’ and I go home happy.”*

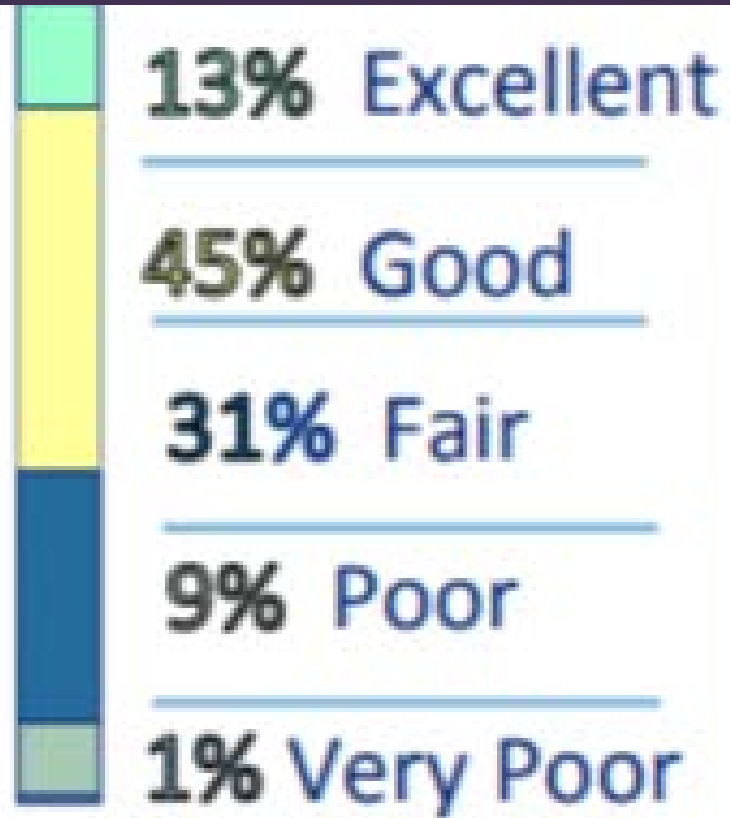
*“From what I've seen,  
that's the biggest issue  
facing people with HIV:  
the fear of ending up on  
the street.”*

*“There are things that are  
**WORSE** than AIDS, like  
loneliness.”*

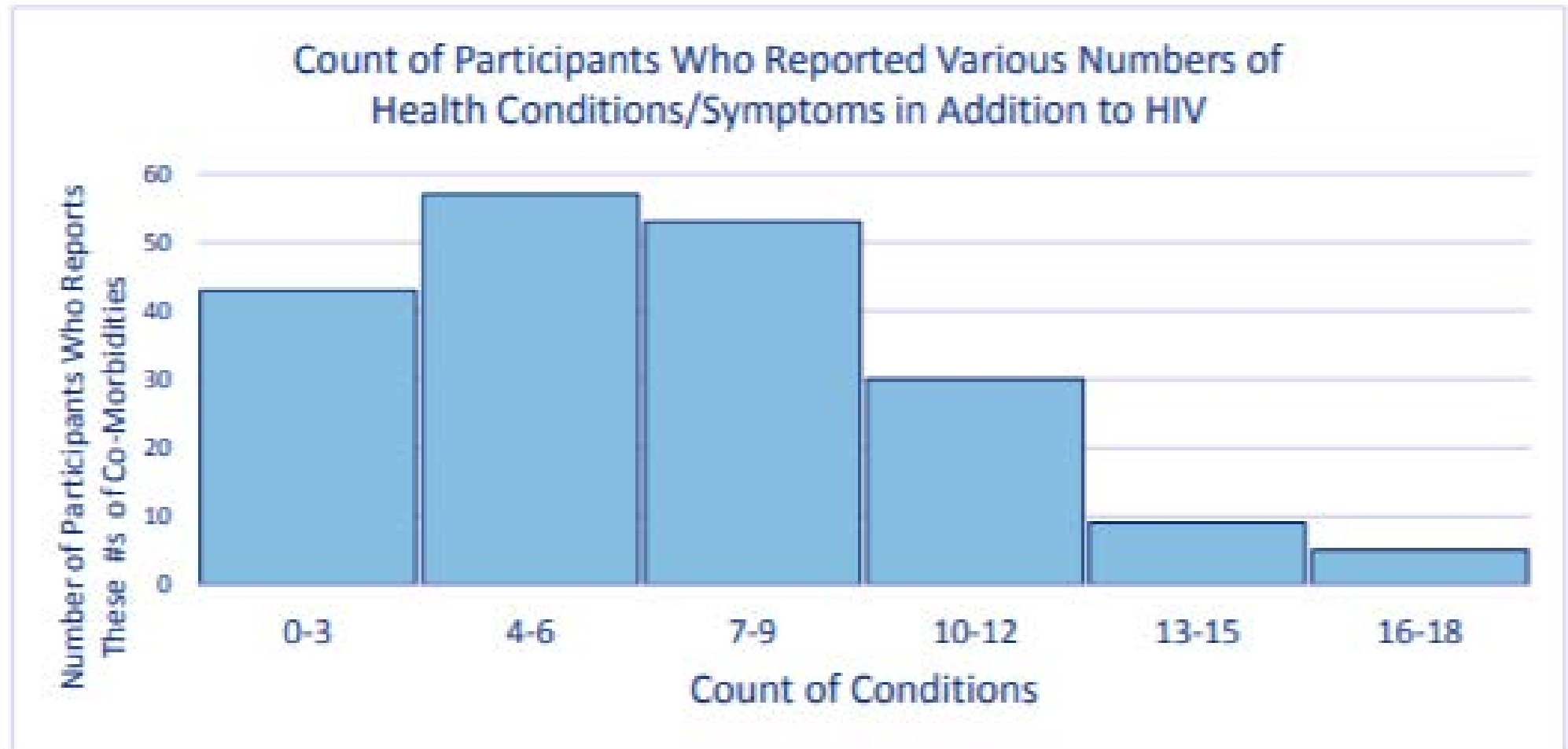
# ROAH 2.0 Characteristics San Francisco

ROAH 2.0 Participants		HIV+ Older Adults in SF	
Age		Age	
	<i>Percent</i>		<i>Percent</i>
50-59	54%	50-59	56%
60-69	36%	60-69	34%
70+	8%	70+	9%
Not reported	2%		

# Physical Health



# Co-Morbid Conditions





# Substance Use

Among Participants:

**69%**

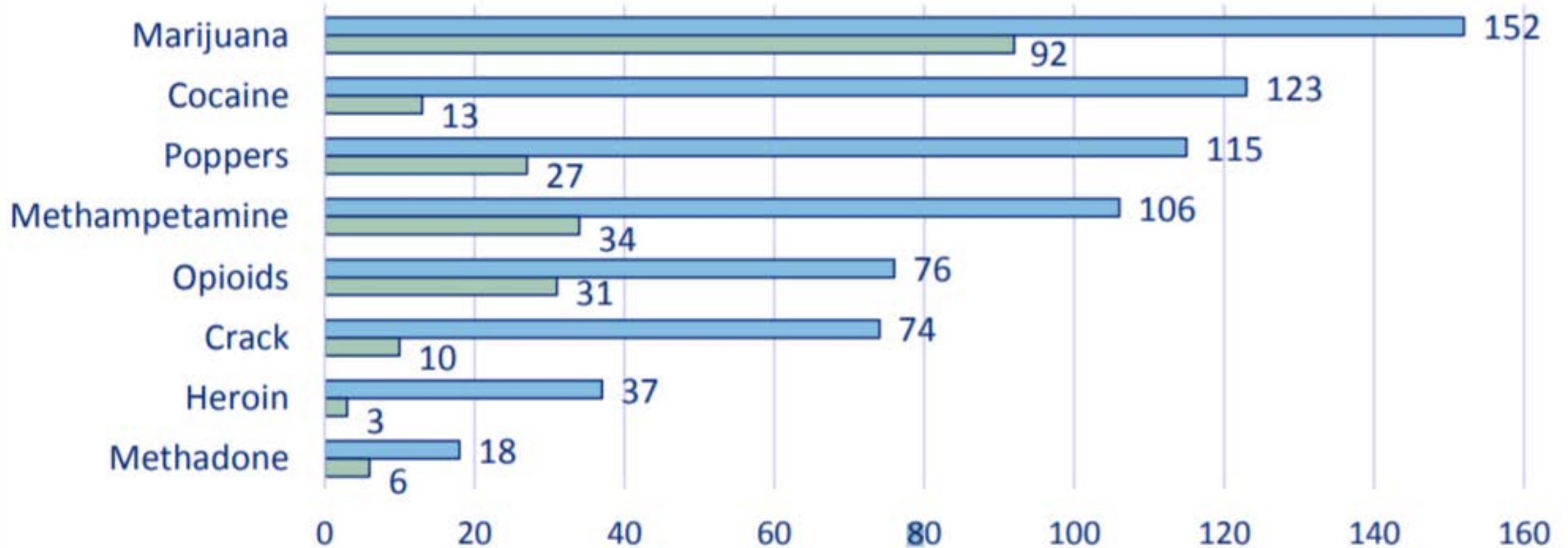
**Currently drink  
alcohol**

**22%**

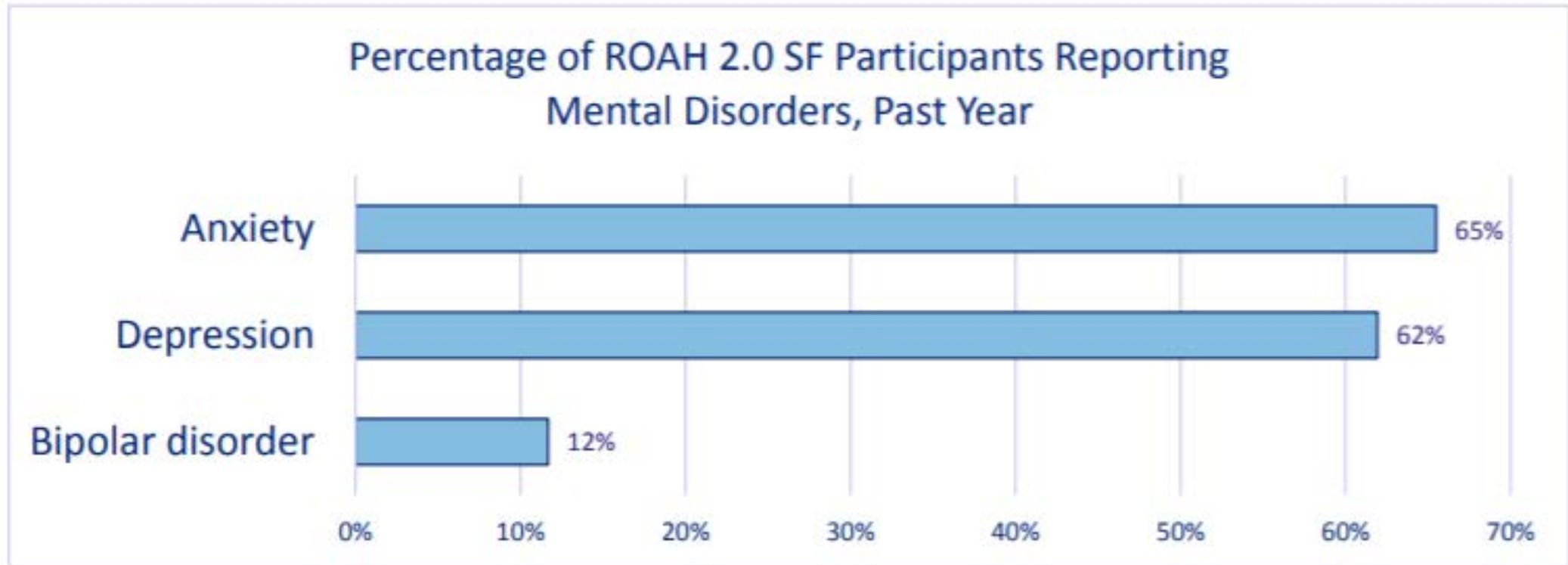
**Currently use  
tobacco**

# Substance Use

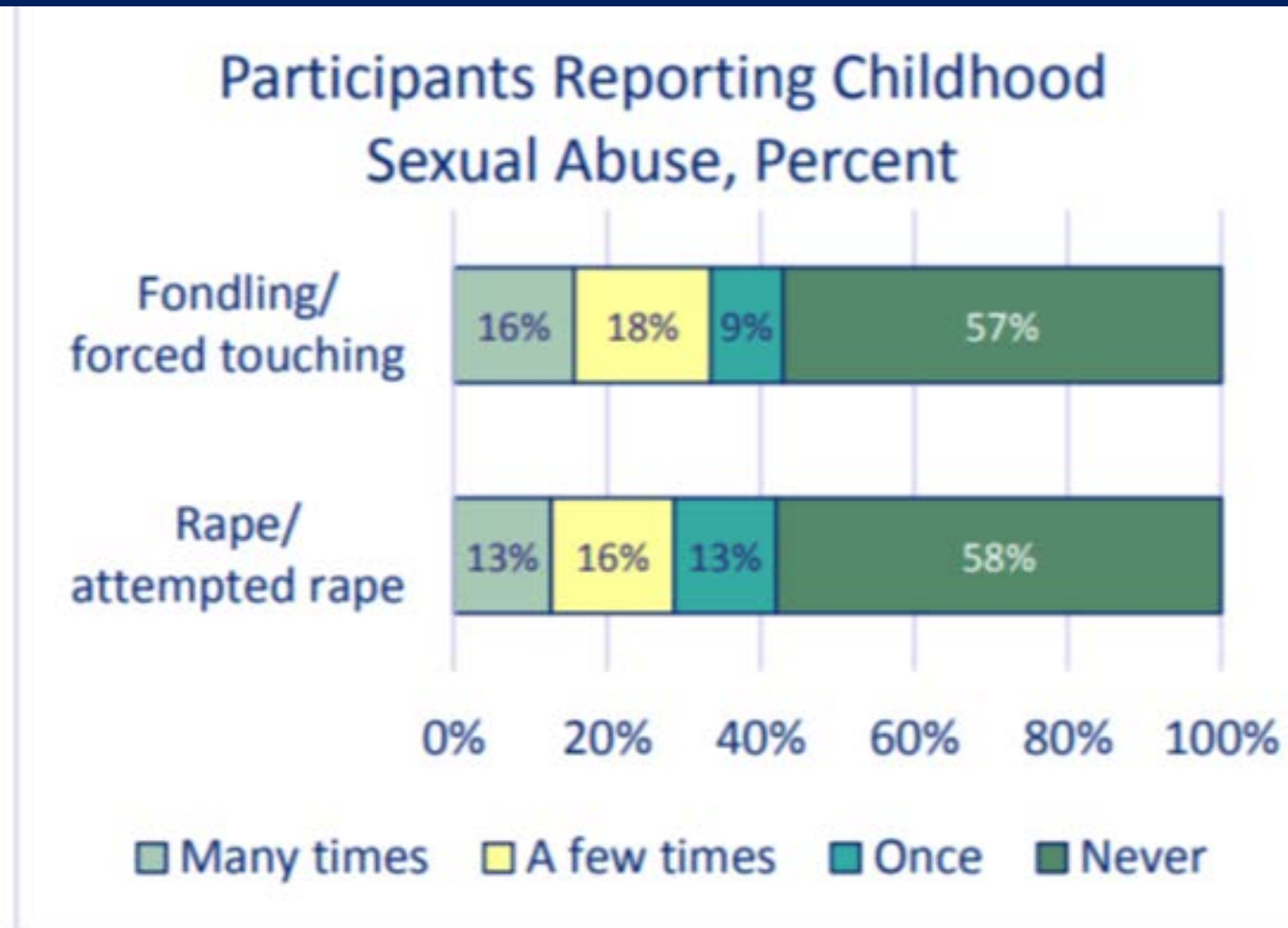
Counts of ROAH 2.0 SF Participants Reporting Substance Use, Lifetime and Past 3 months



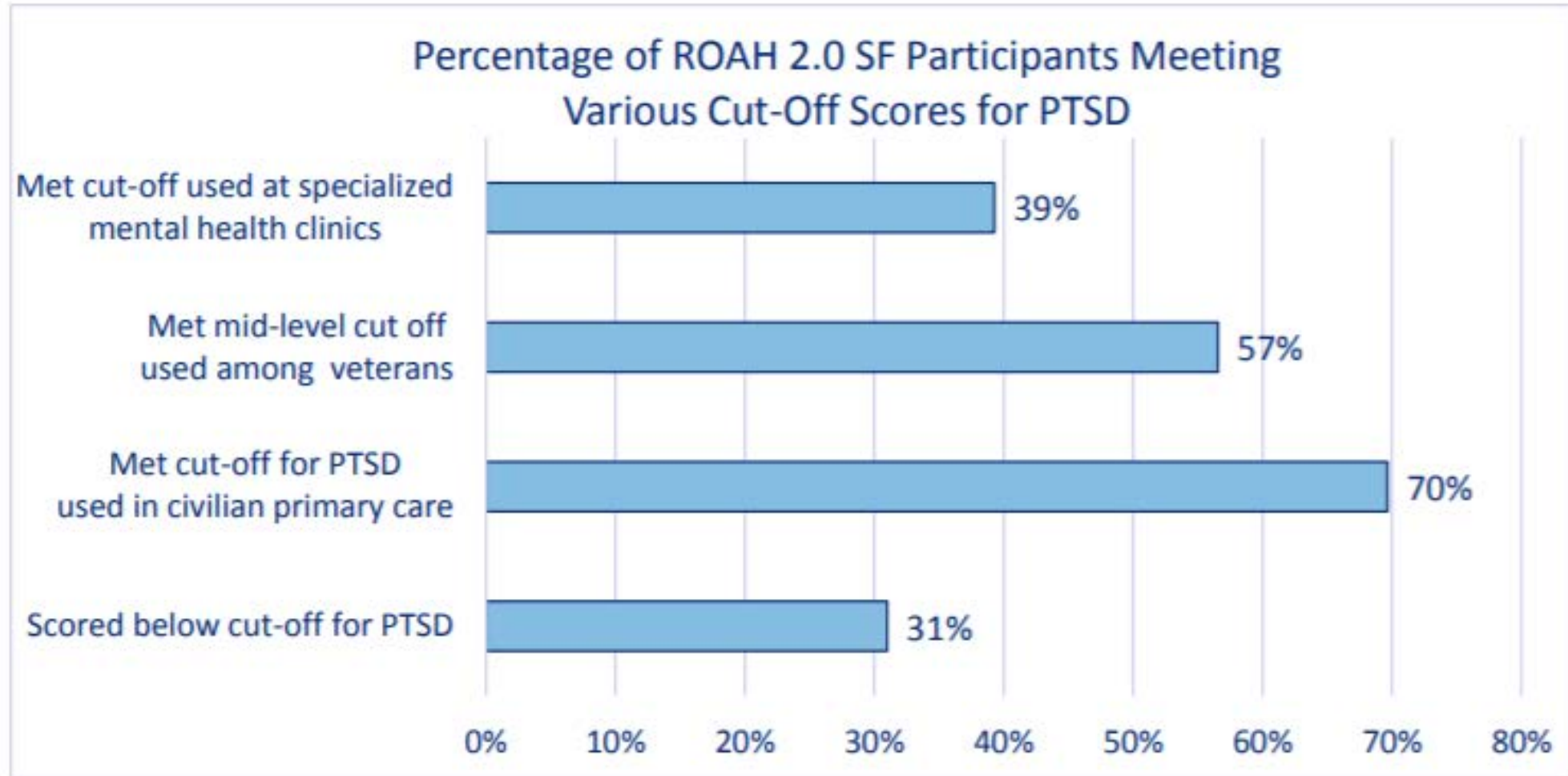
# Self Report Mental Disorders



# Sexual Abuse



# PTSD



# I'M STILL HERE

An AIDS  
Survivorship  
Program



## **We are assessing**

### **PRE**

- **QoL**
- **Depression**
- **Social Supports**
- **and GOALS**

### **POST**

- **1-3 month follow-up**

Mental Health = Good Health

UNDERSTANDING: MENTAL HEALTH

TRAUMA TOLERANCE & RESILIENCE



# Not a normal part of aging! Or HIV!

**Depression is not a normal part of  
HIV. Depression is not an  
Inevitable Outcome**



[www.nimh.nih.gov](http://www.nimh.nih.gov)

# Survivor Syndrome

- Dr. William G. Niederland, 1961
- Worked with 2,000 survivors of Holocaust camps, natural disasters, and automobile accidents.
- Symptoms included insomnia, nightmares, personality changes, depression, memory disturbances, anxiety, and guilt.



# AIDS Survivor Syndrome

- Psychological state resulting from living through the AIDS epidemic
- Especially for people diagnosed in the '80s and '90s, when AIDS was considered a death sentence.
- Varies in intensity
- Affects each Long - Term survivor differently
- Can change over time

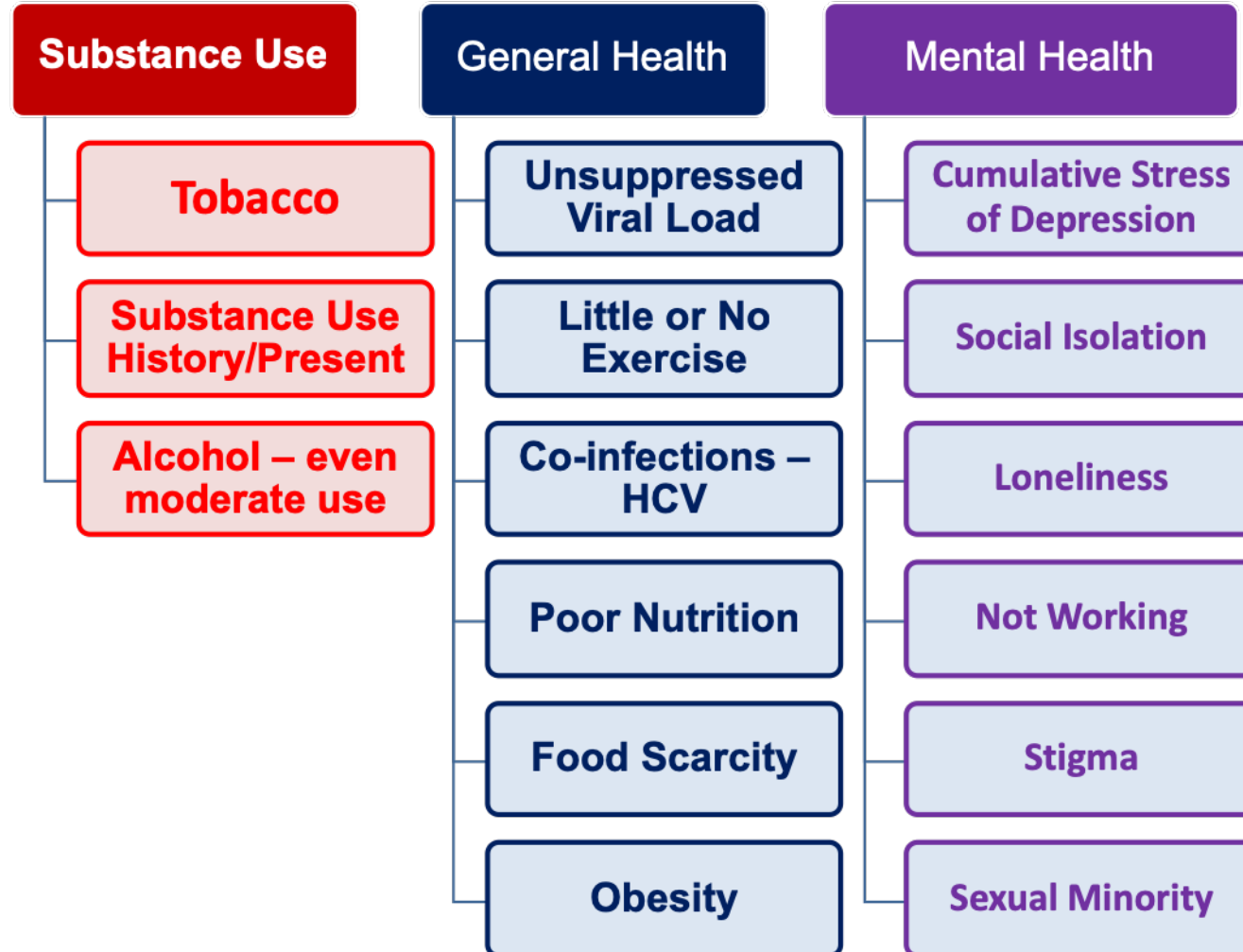
*Adapted from Tez Anderson, Let's KICKASS*

# Risk, not Certainty

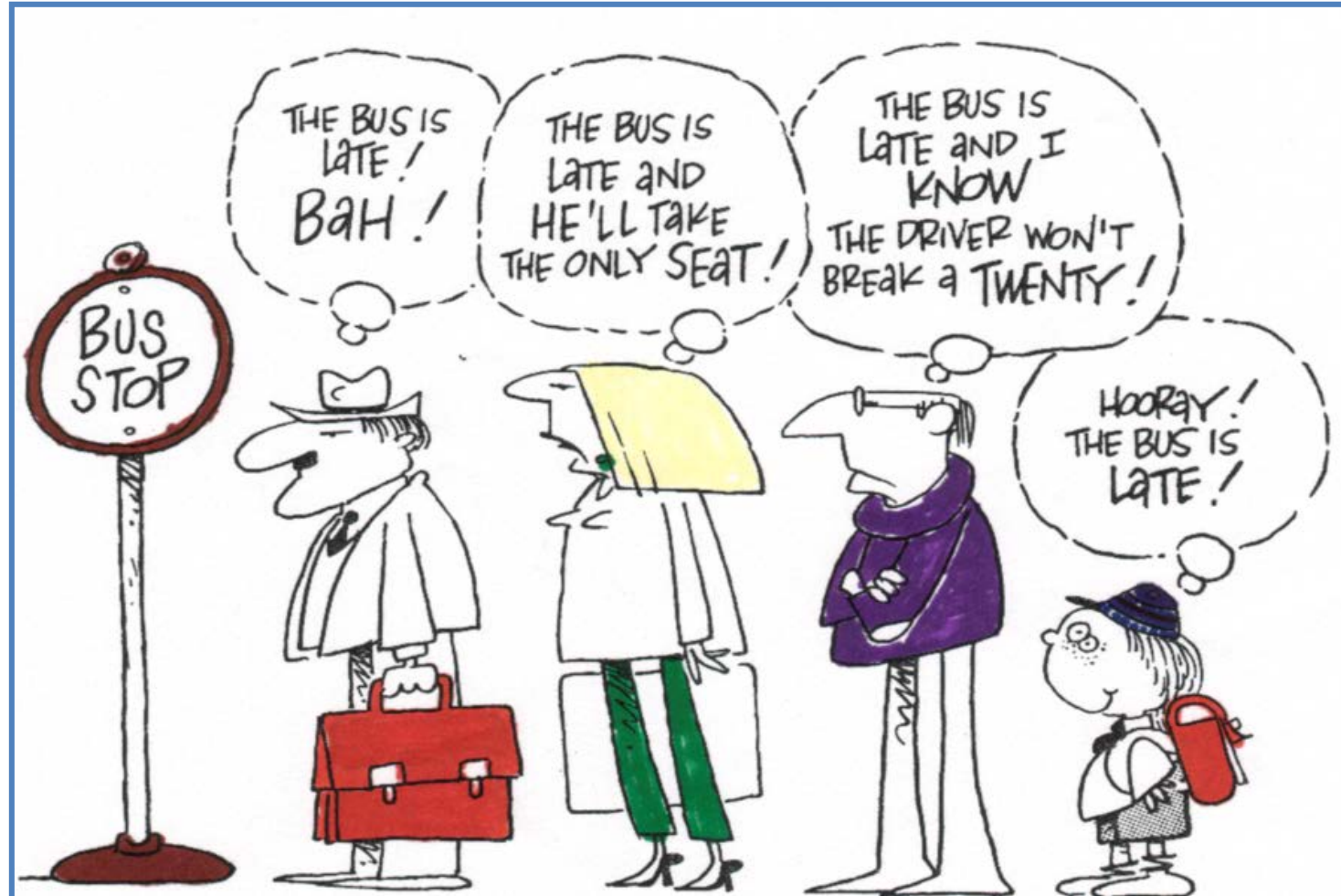
- The topics in this module are about what may happen, not what will happen.
- Older adults with HIV may have greater risks, but much can be done to minimize those risks.
  - Treatment for HIV and for other conditions gets better every year.
  - Healthy aging with HIV is absolutely possible!



# Risks for Comorbidities



# The way we think can influence how we feel



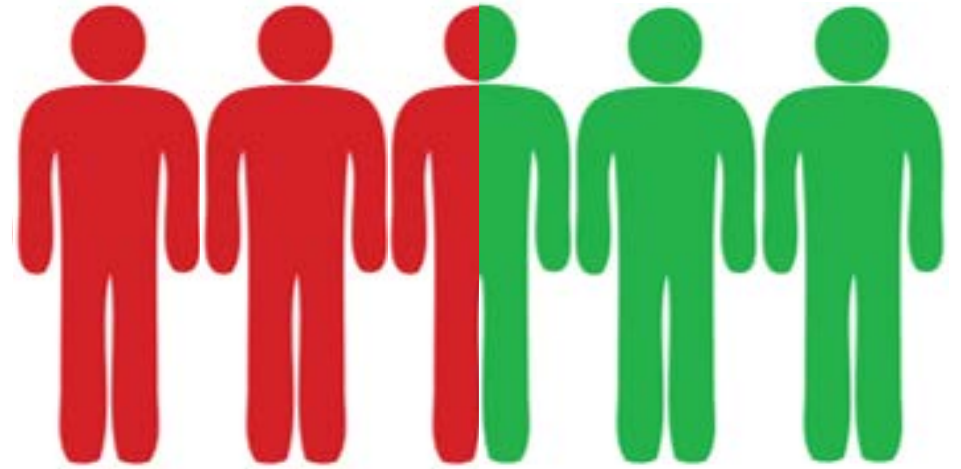


Managing does not mean to repress or suppress



# Depression in Older Adults

- Sadness may not be a main symptom
- May be Less likely to talk about it
- Tired, trouble sleeping, Irritability
- Confusion or attention problems that can look like dementia
- Medical conditions such heart disease can cause depressive symptoms
- Medications with side effects can be a cause or contribute to depression



**Depression** affects nearly **50%** of Americans living with HIV.



# Isolation & Loneliness

- ▶ Multiple losses
- ▶ Grief
- ▶ Loss of social supports
- ▶ Loss of friends and partners
- ▶ Loss of jobs
- ▶ Loss of health even though alive
- ▶ Family rejection & estrangement
- ▶ Stigma(s)



# Adverse Childhood Experience (ACE)

- ▶ One of largest studies conducted to assess associations between childhood maltreatment & later-life health/well-being
- ▶ More than 17,000 individuals were studied
- ▶ Findings suggest ACE are major risk factors for leading causes of illness, death & poor quality of life in the United States



Felitti, Vincent et al. 1998. The Adverse Childhood Experiences (ACE) Study: Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults. *American Journal of Preventative Medicine*.

# Adverse Childhood Experiences (ACEs)

1995-1997

17,000 participants: 2 out of 3 experienced at least 1; 1 out of 5, 3 or more

Has the child experienced:

1. Emotional abuse
  2. Physical abuse
  3. Neglect
  4. Lack of support within family
  5. Sexual abuse
  6. Loss of parent
  7. Domestic Violence
  8. Substance abuse
  9. Mental Illness
  10. Incarceration of a parent
- .....before the age of 18?



# Trauma is...

- ▶ Helplessness in the face of a life-threatening or overwhelming event
- ▶ It stems from being left psychologically alone in unbearable emotional pain

Trauma can be caused by both

- ▶ **ACUTE** situations.
- ▶ **CHRONIC** situations.

# How do Bodies and Brains React to Traumatic Events?

What other ways to we react to Traumatic Events?

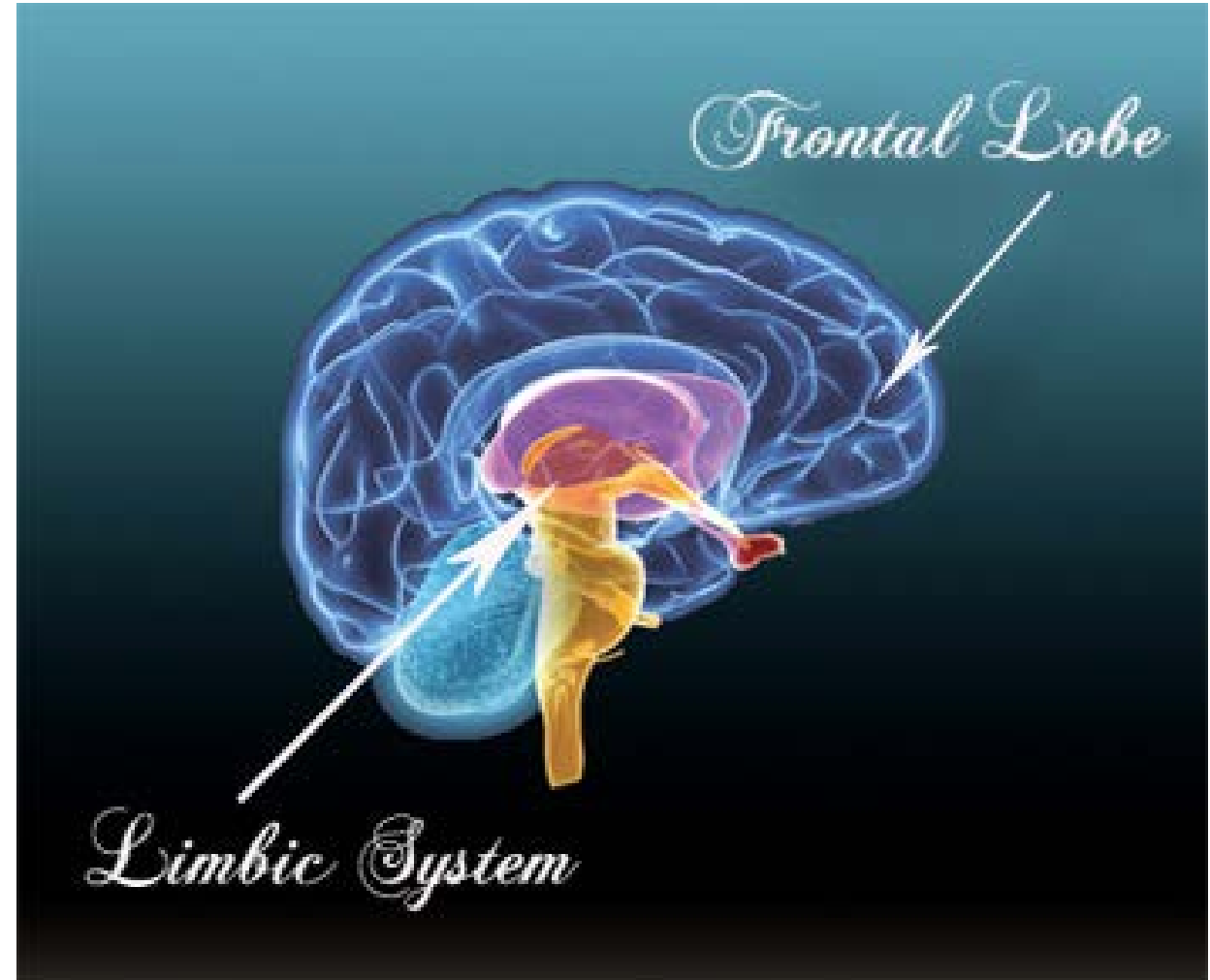


Why yes, I'm a bit stressed.  
Why do you ask?

# Two parts of the brain are involved with trauma:

## Our Brains

- Prefrontal Cortex
- Limbic System



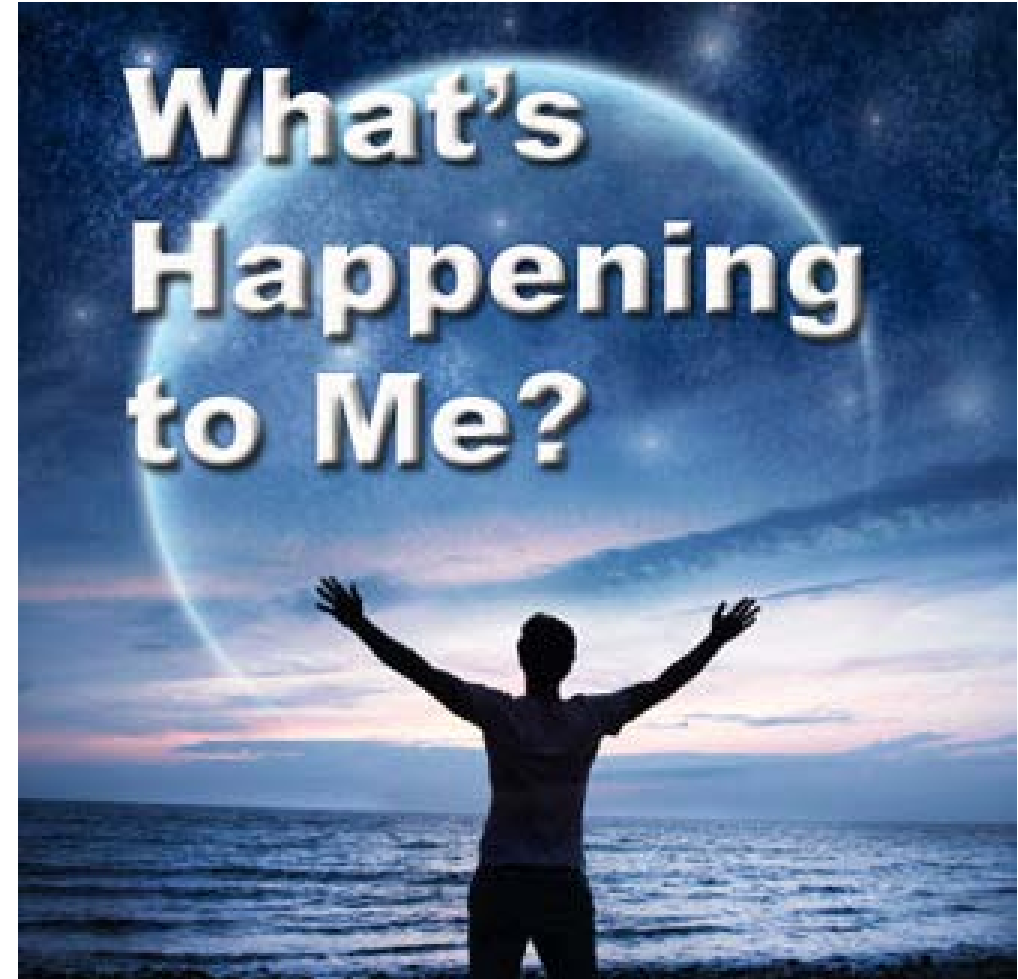
# Self-Compassion

Instead of asking:

**What is wrong with me?**

Ask:

**What happened to me?**



# MENTAL HEALTH

*EVERYONE HAS A RIGHT TO  
HAVE A PRESENT AND A FUTURE  
THAT IS NOT COMPLETELY  
DOMINATED AND DICTATED  
BY THE PAST*

- KAREN SAAKVITNE





# Objectives

- Recognize health issues for older adults with HIV.
- Understand conditions other than HIV.
- Discuss health risks for LTS.
- Define polypharmacy and its impact on LTS
- State the importance of coordinated care.
- Identify personal strategies for improving health.



*“There are things that are  
**WORSE** than AIDS, like  
loneliness.”*

**Thanking all the older adults who make our  
research possible**

And thank you DORCAS