

Meeting the Fourth 90: Evaluating the mental health of an urban population of people living with HIV in a Greater London clinic

Dr Harriet Mortimer, Dr Claudia Fowler-Williams, Dr Sophie Dunin-Skrzynno, Dr Ian Cormack
Croydon University Hospital, London, UK.

Background:

- The so-called 'fourth 90' encompasses working towards a better quality of life for people living with HIV (PLWH) beyond just an undetectable viral load.
- PLWH, have a disproportionate burden of mental health problems and improving the identification and treatment of mental health problems in PLWH is a priority.
- Annual screening for mental health problems is recommended by the British HIV Association (BHIVA) Standards of Care 2018.
- BHIVA recommends that efavirenz containing regimes are avoided in individuals with a history of certain mental health problems.

Methods:

- Clinic attenders at Croydon University Hospital from June 2019 to January 2020 were asked to complete the Insomnia Severity Index (ISI), Generalised Anxiety Disorder Assessment (GAD-7) and Patient Health Questionnaire 9 (PHQ9).
- Scores were recorded along with patient demographics, drug history and social behaviours.

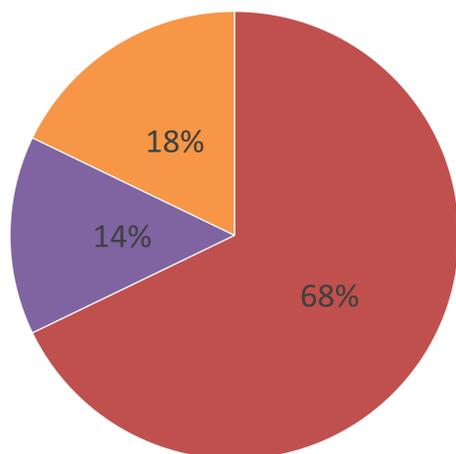
Demographics:

Of the 259 clinic attenders who were asked, 258 completed at least one questionnaire. 130 (50.4%) were female. 192 (74%) identified as heterosexual. 107 (41%) were on a drug regime containing efavirenz. 32 (12%) missed greater than 2 appointments per year. 21 (8%) reported using excess alcohol.

Black African	145	56%
White British	36	14%
Black Caribbean	30	12%
Asian/British Asian	14	5%
Black British	10	4%
White Other	12	5%
Mixed white/Black Caribbean	1	0.4%
Not Stated	6	2%
Other	4	2%
Total	258	

Table 1. Ethnicity demographic data

ANXIETY: GAD-7 scores (n=258)



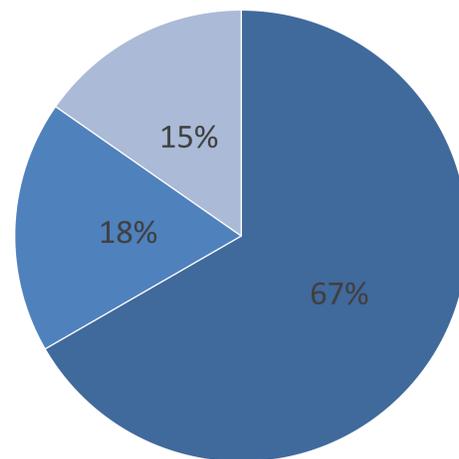
83 (32%) had a score consistent with moderate or severe anxiety

Of this group:

- 40 (48%) were women
- 25 (30%) were on a drug regimen containing efavirenz
- 18 (22%) had missed, on average, 2 or more clinic appointments per year
- 10 (12%) reported using excess alcohol

- None - mild anxiety (0-5)
- Moderate anxiety (6-10)
- Moderately severe - severe anxiety (=>11)

SLEEP: ISI scores (n=258)



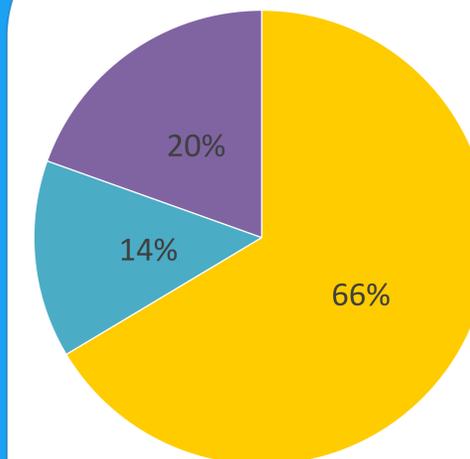
39 (15%) had a score consistent with clinical insomnia

Of this group:

- 17 (44%) were women
- 8 (21%) were on a drug regimen containing efavirenz
- 10 (26%) had missed, on average, 2 or more clinic appointments per year
- No patients reported using excess alcohol

- Not clinically significant insomnia (0-7)
- Subthreshold insomnia (8-14)
- Clinical insomnia (=>15)

DEPRESSION: PHQ9 scores (n=258)



86 (33%) had a score consistent with moderate or severe depression

Of this group:

- 41 (48%) were women
- 21 (24%) were on a drug regimen containing efavirenz
- 19 (22%) had missed, on average, more than 2 appointments per year
- 11 (13%) reported using excess alcohol

- None - mild depression (0-5)
- Moderate depression (6-10)
- Moderately severe - severe depression (=>11)

A third of Croydon HIV clinic attenders have significant mental health problems

Conclusion and next steps:

- High rates of depression and anxiety were identified reflecting the challenges in achieving good emotional health to meet the 'fourth 90' target in this population.
- Routine screening using mental health questionnaires was found to be feasible and acceptable to patients. Where specific antiretroviral agents were thought to be contributing to poor mental health these patients were offered alternative therapies where appropriate.
- Further investigation into existing services is ongoing to identify unmet needs and look into opportunities to improve support with psychiatric interventions to improve emotional wellbeing.