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# Prevalence and correlates of common mental disorders in persons living with HIV in public primary care facilities in Ekurhuleni District

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# Prevalence and correlates of common mental disorders in persons living with HIV in public primary care facilities in Ekurhuleni District


## Abstract

### Background

The prevalence of common mental disorders (CMDs) in people living with human immunodeficiency virus (PLHIV) is estimated to be more than in the general population. These CMDs are associated with poor HIV treatment outcomes. Therefore, guidelines recommend that healthcare workers screen for CMDs in PLHIV. The CMD prevalence in PLHIV in Ekurhuleni District was not previously found.

### Aims

To determine the prevalence and correlates of CMDs in PLHIV in primary healthcare facilities in Ekurhuleni District.

### Setting

A cross-sectional study conducted across seven primary health facilities in the eastern sub-district of Ekurhuleni District.

### Methods

Data was collected from 403 randomly selected participants, using a questionnaire incorporating the scores of the PHQ-9, GAD-7 and substance use disorder (SUD) criteria of DSM 5. The proportion screening positive for CMDs was calculated. Univariate and multivariate analysis was done using 'R' statistical software. A 95% confidence interval was adopted.

### Results

Of the 403 participants studied, 63% were female, and the mean age was 43±11 years. Forty percent of participants screened positive for CMDs, 16.6% for depression, 15.1% for generalised anxiety disorder (GAD) and 24.1% for SUD. CMDs were associated with poor adherence and unsuppressed viral load, while being female and increasing age were associated with reduced risk of CMDs. Also, males were 11 times more likely to have severe SUD. Healthcare workers in the facilities screened only 16%, 14% and 40% of the cohort for depression, GAD and SUDs, respectively.

C**onclusion**

The prevalence of CMDs remain high, with negative impact on HIV treatment outcomes. Adherence to recommendations to screen for CMDs in PLHIV is low.

**Contribution**

This study quantifies and reveals the impact of CMDs in the treatment of PLHIV in Ekurhuleni District, and some factors that are associated with these CMDs.

**Keywords:** common mental disorders; depression; generalised anxiety disorder; substance-use disorder; PLHIV; CMDs; PHQ-9; GAD-7.