SOCIAL SUPPORT, DEPRESSION, AND HEALTH BEHAVIORS IN HIV+ ADULTS 50+

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OBJECTIVES

- Discuss issues relevant to aging HIV/AIDS population
- Summarize goals of current pilot project
- Discuss next steps for R34 proposal
SURVIVING

- September 18th National HIV/AIDS and Aging Awareness Day
By 2015 half of those living with HIV will be 50 years and older

Estimated Number of People 50+ Living with HIV/AIDS in US

1 CDC (2010) HIV/AIDS Surveillance Report Vol. 22 Table 15b
Effective Antiretroviral Therapy (ART)
- Many living to older ages
- Interventions to address needs must be implemented soon
An increasing # of new infections among older adults (17% of new cases each year)

- Least likely to practice safe sex
- Biological Changes such as:
  - menopause ➔ Vaginal dryness- ↑ tearing
  - Immunosenescence ➔ Decrease immune fx
HIV Rates by 50+

- Blacks (51.7/100,000)
- Hispanics (21.4/100,000)
- Whites (4.2/100,000)

CDC (2008) HIV and AIDS Among Persons Age 50 and Older
Goal: Strategies to preserve functioning (High et al., 2012)

Time is of the essence
FOCUS: QUALITY OF LIFE (QOL)

- QOL In Question:
  - Medical Complications
  - Co-morbidities
  - Substance Use
  - Poorer Mental Health
  - Social Isolation
SOCIAL SUPPORT

- Limited and/or inadequate social networks - social network insufficiency
  - Lack of Familial Care
  - Related Factors
LACK OF SOCIAL SUPPORT

- High levels of:
  - Loneliness
    - Kott, A (2011)
  - Depression
  - Insufficient instrumental and emotional support
    - Shippy, et al., 2005

- Call for unique solutions
DEPRESSION

- Estimated Prevalence up to 50%
  - High et al., (2012)

- Depression linked to: HAART
  - Knowlton et al., (2009)
  - Chida & Vedhara (2009)

- Depression, Social Support, & HAART
  - Woodward & Pantalone (2012)
THE AGING PROCESS

- Associated with:
  - Increased Social Isolation
  - Greater Depressive Symptoms
  - Depression → Transition from informal to formal care settings
To enhance our understanding of psychosocial influences on aging with HIV to increase positive health outcomes
CURRENT STUDY

- Measure the effect of Social Support and Depression on Health Behavior Outcomes (HBO) in Older HIV+ African Americans
KEY CONCEPTS

- **Social Support**
  - Size of Social Network
  - Perceived Support
  - Actual Support Received
- **HBO**
  - Medication Adherence
  - Drug Use
  - Sexual Risk Taking
- **Depression**
APPROACH
Theoretical Framework

- Bandura’s social cognitive theory
- Psychosocial factors: impediments or facilitators of health behaviors
- Current Model:
  - Social support facilitates or impedes HBO
  - Depression mediates the relationship
Study Participants

- 96
  - HIV+
  - men & women
  - Black/African American
  - 50+
SUMMARY

- Aging HIV/AIDS populations in need of interventions
- Social Support & Depression: key factors