

Alcohol use among Special Populations

Alcohol Use Disorder and Mental Health of
People Living with HIV/AIDS

Introduction

- Uganda's HIV/AIDS prevalence rate stands at 7.1% as per UNAIDS, 2018 report and alcohol use disorder has been identified as a contributing and perpetuating factor for the prevalent rate as well as mental health among persons living with HIV/AIDS.
- The study sought to establish the influence of Alcohol Use Disorder (AUD) on mental health of Persons Living with HIV/AIDS at Entebbe TASO center, Wakiso District Uganda. It examined the influence of AUD on depression; anxiety and psychosis among PLWHA

Methodology

- A case study research design was employed using a sample of 341 respondents (PLWHA and counselors). Data was collected using AUDIT screening tool, MMS standardized questionnaire and interviews and triangulated. Quantitative data was analyzed using descriptive statistics and inferential statistics while qualitative data was by thematic analysis.

Key Results

- AUD contributes 46.6% to depression levels among PLWHA which may lead to insomnia, poor diet and contrast to positive living.
- AUD contributes 24.0% and anxiety which promotes a stressful and an emotionally charged life style of restlessness.
- A risky relationship between psychosis and AUD (11.6%) accounting for poor drug and treatment adherence as it reduces insight.

Conclusion

- The study, therefore, inferred that there is a risky mental health implication involved in AUD and PLWHA.
- The study recommended that PLWHA should embrace positive living through zero tolerance to alcohol usage as self-medication and formulation of alcohol regulating policies in the country to reduce alcohol consumption among PLWHA.