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# Depression in family of HIV positive patients

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## Depresija u porodici HIV pozitivnih osoba

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### Apstrakt

Utvrđiti učestalost i postojanje depresivnosti u porodici HIV pozitivnih osoba u odnosu na pol, starost, socijalne karakteristike i strukturu porodice. Retrospektivnom studijom je obuhvaćeno 124 članova porodice HIV pozitivnih osoba, koji su bili u programu rada savetovališta na Infektivnoj klinici KCS u Beogradu u toku 2010 godine. Nivo depresivnosti utvrđen Beckovom i Hamiltonovom skalom je povećan kod ženskih članova porodice, posebno majki HIV pozitivnih. Depresivni simptomi su više zastupljeni i kod nezaposlenih članova, kao i onih koji procenjuju kvalitet života kao loš, a nezadovoljni su svojim zdravstvenim stanjem. HIV infekcija je savremena bolest današnjice i povezana je sa socijalnom izolacijom i stigmatizacijom kako obolelih tako i njihovih porodica. Ovakav status porodice može da vodi u razvoj depresije što utiče na kvalitet života porodice. Ove studije su pokazale da nivo depresivnosti raste kod ženskih članova porodice koja živi sa HIV infekcijom i da socijalni status, a ne HIV status utiče na nivo depresivnosti u porodici. Preventivno delovanje u osnovi mora da ima socijalnu podršku na različitim nivoima društvene zajednice porodicama HIV pozitivnih osoba kako bi se razvoj depresije sprečio.

**Ključne reči:** porodica, Hiv pozitivni, depresija

### Uvod

Broj HIV pozitivnih u zapadnoj Evropi iznosi 610 000, dok u centralnoj i istočnoj Evropi dostiže broj 1,4 miliona uključujući i centralnu Aziju<sup>1,2</sup>. U prvih 15 godina epidemije AIDS-a, porodice su morale da se suoče sa gubitkom članova porodice. Uvođenjem posebnog programa terapije AIDS-a, tzv. HAART terapije 1996. godine smanjen je mortalitet od ove opake bolesti širom sveta<sup>3</sup>. Sada se porodice moraju naučiti da prihvate HIV infekciju kao hroničnu bolest koja se vremenom kontroliše i sa kojom se živi. Međutim, u okviru

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### Abstract

To determine the persistence of depression in families of HIV positive persons in relation to gender, age, social characteristics and family structure. This retrospective study included 124 family members of HIV positive people, who were in counseling work at the Institute for Mental Health in Belgrade during 2010. The level of depression established by Beck Depression Inventory and the Hamilton scale was increased in female family members, especially mothers with HIV. Depressive symptoms are more present among the unemployed members and those who assess the quality of life as poor and unhappy with their health. HIV infection is the disease of modern nation and it is associated with social isolation and stigmatization of people with HIV and their families. This family status may lead to depression which affects the quality of life of the whole family. These studies have shown that the level of depression increases with female members of the family which lives with HIV infection and it is not the HIV status, but their social status that affects the level of depression in the family. Generally speaking, prevention must have support from different levels of social community in order to reduce further development of depression in families with HIV infection.

**Key words:** Family, HIV positive, Depression









