

Impact of the COVID-19 Pandemic on Mental Health among People Living with HIV in Miami. The ACTION Study.

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BACKGROUND

- As the coronavirus disease 2019 (COVID-19) continues to unfold, drastic changes in daily life pose significant challenges on mental and clinical health.
- National lockdowns and social distancing are enforced to reduce the spread of COVID-19.
- The psychosocial and physical consequences have yet to be determined and may disproportionately impact people living with HIV (PLWH).
- Miami, FL, is one of the hot spots for both HIV and SARS-CoV-2 infections in the US.

AIM

To evaluate the impact of COVID-19-related stress on mental health among PLWH.

METHODS

- Design: Cross-sectional study.
- All participants >18 years living in Miami, with or without a history of COVID-19 were recruited from May 01 to September 30, 2020.
- Participating PLWH were recruited from an existing HIV registry and HIV-negative participants from community flyers and word of mouth.
- We conducted a survey eliciting sociodemographic information, medical history, and psychological factors (Social disruption, psychological impact, and COVID-19 preventive measures).
- Comparisons by HIV status were performed using logistic regression and controlling for confounders.

ACKNOWLEDGMENT

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RESULTS

Table 1: Characteristics of 266 Participants Affected by the Pandemic by HIV Status

	PLWH N(%)	HIV-Negative N (%)
Total	214 (80)	52 (20)
Age		
18-40	35 (16)	28 (54)
41-50	34 (16)	9 (17)
51-60	85 (40)	5 (10)
>60	60 (28)	10 (19)
Sex at birth		
F	118 (55)	30 (58)
Monthly Income		
\$1000 or less	40 (19)	9 (17)
\$1001 to \$2000	95 (45)	12 (23)
\$2001 to \$3000	63 (30)	17 (33)
\$3001 or more	15 (7)	14 (27)
Unemployment	167 (78)	27 (52)
Race		
Black/ African American	136 (64)	17 (33)
White	62 (29)	28 (54)
Other	16 (7)	7 (13)
Ethnicity		
Hispanic	78 (36)	31 (60)
Non-Hispanic	136 (64)	21 (40)
Selected Comorbidities		
Hypertension	104 (49)	12 (23)
Diabetes	49 (23)	2 (4)
Heart condition	22 (10)	1 (2)
Pulmonary disease	41 (19)	4 (8)
Rheumatological disease	22 (10)	3 (6)

RESULTS

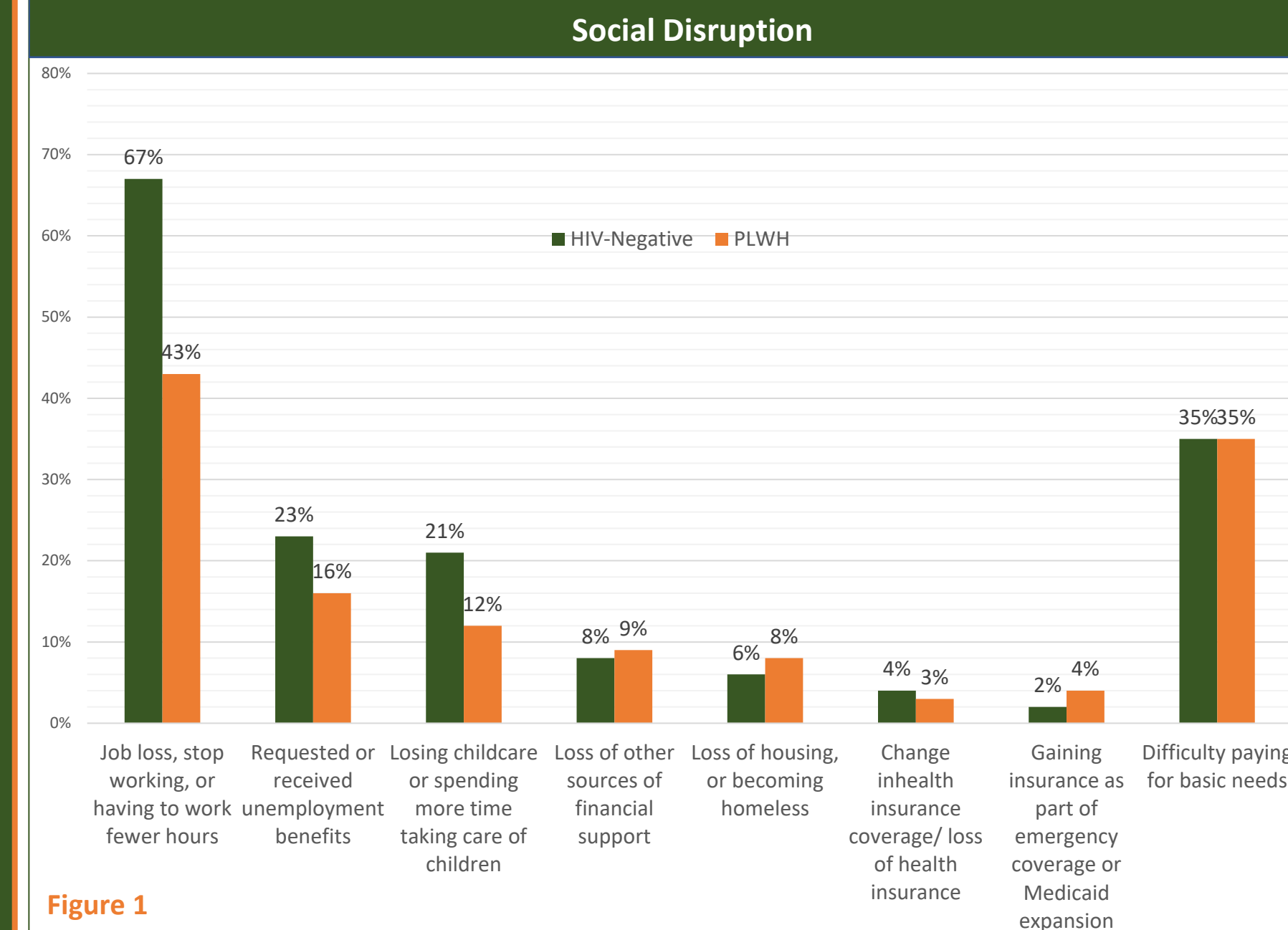


Figure 1

SOCIAL DISRUPTION, PSYCHOLOGICAL IMPACT & COVID-19 PREVENTION MEASURES

- Overall, both PLWH and HIV-negative groups experienced social disruption by the COVID-19 pandemic (Figure 1).
- PLWH showed a tendency to endorse more depression feelings (Table 2)
- HIV-negative individuals showed a tendency to feel happy and hopeful about the future.
- With regards to COVID-19 preventive measures, there was a high social distancing and quarantine practices reported in both groups.
- PLWH were more likely to afford medical care than the HIV-negative group.

Table 2: Social Disruption, Psychological Impact and COVID-19 Preventive Measures by HIV Status

	PLWH N(%)	HIV-Negative N (%)	OR (95% CI)	P-value
Total	214	52	-	-
Social Disruption				
Loss of housing / becoming homeless	17(8)	3(6)	0.53 (0.12-2.26)	0.388
Difficulty paying for basic needs	74 (35)	18 (35)	0.72 (0.35-1.5)	0.373
Change / loss of health insurance coverage	7 (3)	2 (4)	0.75 (0.13-4.47)	0.754
Unable to afford medical care	30 (14)	10 (19)	0.18 (0.05-0.60)	0.005
Psychological Impact				
Trouble keeping my mind on what I was doing	53 (25)	18 (35)	1.47 (1.47-3.01)	0.291
I felt depressed	65 (30)	14 (27)	0.74 (0.34-1.58)	0.434
I felt fearful	69 (32)	24 (46)	1.45 (0.72-2.92)	0.295
My sleep was restless	87 (41)	24 (46)	1.19 (0.61-2.33)	0.605
I felt hopeful about the future	132 (62)	27 (52)	0.83 (0.41-1.70)	0.613
I felt happy	144 (67)	30 (58)	0.81 (0.41-1.63)	0.559
COVID-19 Preventive Measures				
Staying home as much as possible	205 (96)	50 (96)	1.33 (0.24-7.51)	0.748
Practicing social distancing in public space	206 (96)	51 (96)	0.98 (0.17-5.61)	0.98
Self-quarantine due to contact with COVID-19	30 (14)	9 (17)	0.94 (0.39-2.31)	0.885
Not changing daily life routine	51 (24)	11 (21)	1.01 (0.45-2.28)	0.982

ANALYSIS

- A total of 266 participants were included, where 52/266 (20%) were HIV-negative and 254/266 (80%) were PLWH (Table 1).
- PLWH were most commonly Non-Hispanic (64%), self-identified as African American (64%), older than 50 years (68%), and with monthly income <\$2,000 (64%).
- HIV-Negative participants were mostly Hispanics (60%), self-identified as White (54%), between 18-40 years (54%) and with monthly income >\$2,000 (60%).

CONCLUSIONS

- The impact of COVID-19 on emotional and clinical health is significant in both PLWH and HIV-negative groups living in a city with high burden of both HIV and COVID-19 cases.
- These findings highlight the need for providing mental and physical care during the pandemic, especially for coping with stress and anxiety by ensuring adequate access to health care.