

**Project No** : 3893/2009

**CROSSECTIONAL STUDY OF PSYCHOLOGICAL CORRELATES OF  
ADAPTATION, COPING AND QUALITY OF LIFE IN THE HIV SEROPOSITIVE  
CASES**

**Principal worker**

DR KALPANA SRIVASTAVA

**Unit**

AFMC Pune

**OBJECTIVES**

1. To evaluate quality of life in HIV seropositive cases.
2. To evaluate psychosocial correlates in HIV seropositive cases.
3. To evaluate coping mechanism and personality factors in HIV seropositive cases.
4. To correlate quality of life and immunological recovery using CD 4 count.

**METHODOLOGY**

A cross-sectional study done on 200 consecutive HIV positive cases on HAART, admitted in a tertiary care centre. Patients were screened for any psychiatric disorder. Socio-demographic and HIV related information was obtained by a structured questionnaire. CD4 count was done. Scales pertaining to coping, quality of life and personality factors were applied.

**RESULTS**

Scores on personality revealed neuroticism, extraversion, openness to experiences and conscientiousness in average category. Scores on agreeableness are in low category. Coping resources in study population fall within normal range. High mean score is noted on physical coping resources followed by philosophical resources. Lowest domain scores were seen in domains of daily living activities, appetite and food, social support and cognitive function. Findings suggest that quality of life in certain domains remains poor and is associated with CD 4 counts.

**CONCLUSION**

Findings of the present study highlight the importance of adaptive coping mechanisms. This can be achieved with the help of mental health professionals who can serve important role in identifying and evaluating various coping resources.