

HIV/AIDS and Mental Health

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Introduction

HIV (human immunodeficiency virus), is that virus causes AIDS (acquired immunodeficiency syndrome) and can be acquired during sexual intercourse or by sharing syringes or prenatally during pregnancy, childbirth, or breastfeeding. The main cause of HIV is it will damage human immune system and weakens the person's health. Mainly it will damage White blood cells (WBC) which plays major role in fighting the infections which occurring the body. So these people who are suffering from HIV/AIDS will have more chances of occurring the dreadful diseases and infections.

Discussion

People with this syndrome will have higher risk of mental disorders. The stress will mainly cause them the mental illness. The people easily get into depressions as they knew that they are already affected with most dreadful syndrome. It is most important to remember that mental disorders are treatable. People who have a mental disorder can recover completely with proper diagnosis. HIV/ Situations that can contribute to mental health problems for people living with HIV include:

- The people who are affected with HIV/AIDS will lose social support will result in isolation
- Many people will lose their employment as they seem loss in mental health.
- They easily lose their friendly relations and their loved once when they come to know they are affected with HIV/AIDS

The brain and the rest of the nervous system can be affected by HIV/AIDS. This will spoil the independent thinking of the person and you can easily find the behavioural changes in them. Also, some diagnosis which is used to treat HIV may have side effects that may leads to damage person's mental health.

The main thing that the people who are affected with HIV/AIDS should know is how to survive from all the mental illness causing things

and from the society. They should behave like as if they are not affected with any syndrome and no person should know that they are affected with the HIV/AIDS then they can leads happy life without any mental health problems.

HIV Treatments and Therapies

Research shows that HIV/AIDS treatment should start as soon as possible after diagnosis to find best result in the health outcomes. HIV treatment mainly includes a combination of medicines called antiretroviral therapy (ART). Following the treatment plan which is prescribed by a health care provider, is crucial for controlling and suppressing the virus in the infected body. Following the treatment plan can be found difficult, but there are strategies that can help to suppress the transmission of virus in the body. The treatment is necessary for pregnancy women as they acquire less immunity levels in the body.

But you may decide not to get treated first. If you put of the treatment you need to go for regular check-ups to the working immune system of the body and to measure the amount of HIV flowing in the blood. Treatment of HIV can helps in transmission of HIV to your sex partner.

Other Treatments of HIV

Some people with HIV/AIDS may cause complimentary to help with loss of weight and fatigue and to reduce the side effects caused by the antiretroviral therapy (ART).

Conclusion

According to the claims made above, the psychological effects of HIV are caused mostly by a lack of support, care, information, and acknowledgement from family, friends, healthcare staff, and others. Family support is more important in maintaining the mental health of the person. It is suggested that more NGOs who are mostly active in eradication of HIV/AIDS also engross in the psychological support and mental health.

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