

# Stress Management Summit

July 13-15, 2015 Philadelphia, USA

## Prevalence of depression among HIV patients on antiretro viral therapy: A study from India

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Addressing the Mental health issues in human immune virus [HIV] infected patients is important due to prolonged survival rates following antiretro viral therapy (ART). In particular, studying the co morbid depression is assuming importance as growing bodies of evidence have suggested that chronic depression and stressful life events correlate with the viral loads, and CD4 counts in these patients; thus depression has a direct and an indirect influence on the treatment outcomes. Literature on this issue remains scant in the developing countries hence, we conducted a cross sectional study with an objective assessing the prevalence of depression in the patients with HIV infection. Becks Depression inventory (BDI) was administered to the HIV patients visiting ART Centre at Raichur institute of Medical Sciences, Raichur. Depression was classified based on the ratings. Depression in HIV may be due to several mechanisms. Brain structural neuro imaging studies in HIV patients have shown decreased volumes particularly the white matter in the frontal and the temporal lobes. Studies have also suggested that, ART results in premature cortical atrophy. Direct toxic effect of HIV virus on the nervous system and the immune system mediated damage of the neurons particularly by the monocyte activation may be other possible mechanism. In addition cytokines particularly IL6 is associated with the increased depression and stress in the HIV infected individual. Therefore it is important to address depression in HIV infected individuals as, depression is found to be one of the predictors of adherence to ART. Also future treatment guidelines should incorporate strategies to detect and treat depression in HIV patients as, depression has a prominent influence on the course of the illness. Future studies may be required to evaluate the benefits of prescribing antidepressants to these patients.

### Biography

B Ramesh Babu has completed M.B.B.S from Mysore University and Post Graduate in Psychiatry from Jawaharlal Institute Of post graduate medical education and research (JIPMER), Pondicherry, Which is a premier institute and an institute of national importance in government of India. Subsequently he worked in Humber Mental Health NHS Trust, Leeds Foundation NHS trust, SEPT NHS Trust, UK in various capacity. He is currently working as Associate Professor of Psychiatry in Raichur Institute of Medical Sciences. He is also heading the Department of Psychiatry and also providing Forensic Psychiatry services to the Excise and Prison inmates. His area of interest is in organic and rehabilitation Psychiatry. He is currently heading a rehabilitation project called 'Manasa Kendra' from Disability and Senior Citizen welfare Department. He have published and presented on more than 10 scientifically relevant topics in various Journals and also in television and Radio program. He is the serving member of Karnataka state Mental Health authority and a serving member of academic council of the Institute.

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