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The effect of psychosocial adjustment and cognitive-behavioral therapy for patient infection

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This experimental study aimed to determine the effects of Psychosocial Adjustment and Cognitive Behavioral Therapy in Patient infection. Questions remain regarding the clinical utility of psychological interventions for HIV-positive persons because randomized controlled trials have utilized stringent inclusion criteria and intervention effects on the primary outcome measure (HIV transmission risk). Between January 2017 to May 2017, HIV-positive individuals were recruited from Seka Hospital. The present randomized controlled trial examined the efficacy of a 6-session, individually delivered cognitive-behavioral intervention

(n = 12) compared to a wait-list control (n = 12) in a diverse sample of HIV-positive persons who reported HIV transmission risk behavior. Five intervention sessions that dealt with executing effective coping responses were delivered between baseline and the 2 months post-randomization. Additional assessments were completed through 4 months post-randomization. Despite previously documented reductions in HIV transmission risk, no intervention-related changes in psychosocial adjustment were observed across the 4-month investigation period.

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