

Psychosocial Impact and Stigma of HIV in India

Deepak Kumar\*

Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India

Editorial

Received: 01-Mar-2025, Manuscript No. HARJ-25-170196; Editor assigned: 4-Mar-2025, Pre-QC No. HARJ-25-170196 (PQ); Reviewed: 20-Mar-2025, QC No HARJ-25-170196; Revised: 26-Mar-2025, Manuscript No. HARJ-25-170196 (R); Published: 30-Mar-2025, DOI: 10.4172/Harj.1000

\*For Correspondence

Department of Psychiatry,  
National Institute of Mental  
Health and Neurosciences  
(NIMHANS), Bengaluru, India

E-mail: deepak.kumar@nimhans.ac.in

Citation: Deepak Kumar, Department of Psychiatry, National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, India. HIV AIDS Res J 7:1.

Copyright: © 2025 Deepak Kumar, this is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

INTRODUCTION

Beyond its medical burden, HIV/AIDS poses severe psychosocial challenges. Stigma, discrimination, and mental health issues remain barriers to effective care and adherence in India [1].

Stigma and Discrimination

PLHIV often face rejection in families, workplaces, and healthcare settings. Women and marginalized groups are particularly vulnerable, affecting their access to treatment and support [2].

Mental Health Issues

High rates of depression, anxiety, and substance abuse are reported among PLHIV. Lack of integrated mental health services within ART programs exacerbates these issues [3]. Counseling and peer-support groups have shown effectiveness in reducing distress and improving adherence [4].

CONCLUSION

Addressing stigma and integrating psychosocial care with medical management are vital for comprehensive HIV care in India.

REFERENCES

1. Bharat S. Stigma and discrimination in HIV/AIDS. Indian J Med Res. 2011;134: 728–740.
2. Mahendra VS. Workplace discrimination and HIV. Health Policy Plan. 2007;22: 100–110.
3. Chandra PS. Mental health in HIV-positive individuals. Indian J Psychiatry. 2005;47: 87–93.
4. Thomas B. Effectiveness of psychosocial interventions. AIDS Care. 2014;26: 1048–1055.
5. Kumar P. Integrating mental health into HIV care. Indian J Public Health. 2018;62: 172–176.