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NOTE PREVIEW ARTICLE

PSYCHOSOCIAL FACTORS INTERFERING IN THE ADHERENCE OF ANTIRETROVIRAL THERAPY FOR HIV INFECTION: PRIOR NOTE

FATORES PSICOSSOCIAIS QUE INTERFEREM NA ADESÃO À TERAPIA ANTIRRETROVIRAL PARA INFECÇÃO PELO HIV: NOTA PRÉVIA

FACTORES PSICOSOCIALES QUE INTERFIEREN EN LA ADHERENCIA DE LA TERAPIA ANTIRRETROVIRAL PARA INFECCIÓN POR VIH: NOTA PREVIA

Samuel Spiegelberg Zuge[1], Crhis Netto de Brum[2], Daniela Graczyk[3], Danieli Covalski[4], Kelven Luis Schaurich[5], Cleber Cavagnoli[6]

ABSTRACT

Objective: to analyze whether psychosocial factors interfere with adherence to antiretroviral therapy for HIV. ***Method***: this is a cross-sectional, multicenter, quantitative study conducted in three municipalities in the western region of Santa Catarina (Chapecó, Joaçaba, and São Miguel do Oeste), in their respective infectious diseases departments. The research population will be evaluated for convenience, totaling 507 people in the three municipalities. The collection of data will be expected in April 2017. To collect data an instrument will be used that will evaluate: the characterization of the population; Adherence to drug treatment (outcome); Quality of life; Depression; The hopelessness; Resilience; The expectation of self-efficacy. Pearson correlation analysis and Poisson regression will be performed by the SPSS program. ***Expected results***: to identify the psychosocial factors that interfere with adherence, thus proposing strategies that will contribute to the care of the subjects who perform the antiretroviral treatment. ***Descriptors***: HIV; Acquired Immunodeficiency Syndrome; Medication Adherence; Nursing; Quantitative Analysis.

RESUMO

Objetivo: analisar se os fatores psicossociais interferem na adesão à terapia antirretroviral para o HIV. ***Método***: estudo transversal, multicêntrico, de abordagem quantitativa, realizado em três municípios da região oeste de Santa Catarina (Chapecó; Joaçaba; e São Miguel do Oeste), nos seus respectivos serviços de infectologia. A população da pesquisa será avaliada por conveniência, totalizando 507 pessoas nos três municípios. A previsão de término das coletas será abril de 2017. Para a coleta de dados será utilizado um instrumento que avaliará: a caracterização da população; a adesão ao tratamento medicamentoso (desfecho); a qualidade de vida; a depressão; a desesperança; a resiliência; e a expectativa de autoeficácia. Serão realizadas análise de correlação de Pearson e regressão de Poisson pelo Programa SPSS. ***Resultados esperados***: identificar os fatores psicossociais que interferem na adesão para, assim, propor estratégias que venham contribuir na assistência dos sujeitos que realizam o tratamento antirretroviral. ***Descritores***: HIV; Síndrome da Imunodeficiência Adquirida; Adesão à Medicação; Enfermagem, Análise Quantitativa.

RESUMEN

Objetivo: analizar si los factores psicosociales interfieren en la adherencia a la terapia antirretroviral para el VIH. ***Método***: estudio transversal, multi-céntrico, de enfoque cuantitativo, realizado en tres municipios de la región oeste de Santa Catarina (Chapecó; Joaçaba; e São Miguel do Oeste), en sus respectivos servicios de infección. La población de la investigación será evaluada por conveniencia, totalizando 507 personas en los tres municipios. La previsión de término de las recolecciones será abril de 2017. Para la recolección de datos será utilizado un instrumento que evaluará: la caracterización de la población; la adherencia al tratamiento medicamentoso (desfecho); la calidad de vida; la depresión; la desesperanza; la resiliencia; la expectativa de autoeficacia. Serán realizadas análisis de correlación de Pearson y Regresión de Poisson por el Programa SPSS. ***Resultados esperados***: identificar los factores psicosociales que interfieren en la adherencia para así, proponer estrategias que vengan a contribuir en la asistencia de los sujetos que realizan el tratamiento antirretroviral. ***Descriptores***: VIH; Síndrome de la Inmunodeficiencia Adquirida; Cumplimiento de la Medicación; Enfermería; Análisis Cuantitativo.

[1]Nurse, Master Professor, Ph.D. student in Nursing, University of Western Santa Catarina/UNOESC. São Miguel do Oeste (SC), Brazil. E-mail: samuel.zuge@unoesc.edu.br; [2]Nurse, Master Professor, Ph.D. student in Nursing, Federal University of Fronteira Sul. Chapecó (SC), Brazil. E-mail: crhis.brum@uffs.edu.br; [3,4]Nursing Students, University of West Santa Catarina/UNOESC. Scholarship for Scientific Initiation of UNOESC. São Miguel do Oeste (SC), Brazil. E-mails: danielagraczyk@bol.com.br; danieli.covalski@gmail.com; [5,6]Nursing Students, University of Western Santa Catarina/UNOESC. São Miguel do Oeste (SC), Brazil. E-mails: kelvenschaurich_@hotmail.com; clebercavagnoli@outlook.com.br

INTRODUCTION

Antiretroviral therapy has brought benefits to the lives of people living with HIV. In this context, the rates of morbidity and mortality that the disease ends up have decreased.[1] However, the effectiveness of antiretroviral therapy does not depend only on access to medicines, but also a set of care that should be recommended and performed by people under treatment, as well as maintaining a good adherence to drug treatment.[2]

The adherence can be considered a multidimensional phenomenon, involving five dimensions: socioeconomic factors; factors related to the patient; factors related to disease; treatment-related factors; and the health system and staff. This set of dimensions involves a variety of factors that may interfere with adherence to the medication of chronic health conditions.[3]

Those that involve the psychosocial aspects of people with HIV infection are highlighted, among these factors. Studies have pointed out that psychosocial aspects are directly linked to worsening adherence to antiretroviral therapy.[4,5] A better understanding of the interaction of psychosocial aspects in the lives of people taking antiretroviral therapy will allow the development of interventions to improve adherence to the medication.

The research hypothesis is that psychosocial aspects interfere with adherence to antiretroviral treatment for HIV, and the objective is to analyze whether psychosocial factors interfere with adherence to antiretroviral therapy for HIV.

METHOD

This is a cross-sectional, multicenter study with a quantitative approach, carried out in three municipalities in the western region of Santa Catarina (Chapecó, Joaçaba, and São Miguel do Oeste).

The field of study will be the infectology service of the Health Department of each municipality. The infectious disease service of each municipality serves approximately 700 people in Chapecó, 187 people in Joaçaba; and 200 people in São Miguel do Oeste. However, a sample was defined for each municipality, following an accuracy of 5%, a 95% confidence interval, and a 50% ratio.

Thus, the sample will be 249 people in Chapecó, 126 people in Joaçaba and 132 people in São Miguel do Oeste. The selection of the three sites will be performed for convenience, the demand from the arrival to the care or withdrawal of medications in the infectology services.

People with HIV infection who are taking antiretroviral therapy at the infectious disease service of each municipality will be included in the study, in the population follow-up of adults aged ≥ 20 years old, who have been enrolled in antiretroviral therapy for at least three months in the service. Women are excluded in the pregnancy-puerperal period, since treatment may have been initiated to prevent mother-to-child transmission of HIV.

The expected completion of the collection in the three municipalities will be April 2017. For the collection of data, there is an instrument composed of a Questionnaire characterizing the study population (in the three municipalities), a Questionnaire for assessing adherence to antiretroviral treatment in people with HIV infection (CEAT-HIV)[6] (outcome) (in the three municipalities); Resilience Scale for Adults (REA)[7] (Chapecó); Self-efficacy expectancy scale for antiretroviral therapy (AD)[8] (Chapecó); Quality of life evaluation scale (WHOQOL-Bref) 9 (Joaçaba); Beck's Despair Scale (BHS) [10] (Joaçaba); Depression Inventory of Beck[11] (São Miguel do Oeste); And Herth Hope Scale[12] (EEH) (São Miguel do Oeste).

The data will be inserted from the program Epi-info®, version 3.5, which will be carried out double independent typing, to guarantee the accuracy of the data. After due verification of errors and inconsistencies, data analysis will be performed in the PASW Statistics® program (Predictive Analytics Software, SPSS Inc., Chicago - USA) 18.0 for Windows.

The evaluation of adherence and other scales used followed the parameters established by the authors. Thus, the psychosocial factors related to adherence will be established through the Pearson Chi-square test or Fisher's exact test. Thus, the variables that presented $p < 0.10$ will be included in the multivariate model and will be analyzed through Poisson regression. In this analysis, the measure of effect will be the Prevalence Ratio (PR) and its respective confidence intervals (95% CI).

The research project was approved by the Research Ethics Committee of the University of Western Santa Catarina, on July 25, 2016, under the CAEE: 57581516.0.0000.5367. The project will comply with all the ethical precepts of Resolution 466/12 of the National Health Council, which provides guidelines and norms regulating research involving the participation of human beings.

This project seeks to address the social aspects of health, enabling to construct reflections and discussions about adherence to antiretroviral therapy for HIV. Thus, it is sought to identify the psychosocial factors that interfere with adherence, proposing strategies that may contribute to the care of the subjects who undergo antiretroviral treatment.

FINANCING

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Corresponding Address

Samuel Spiegelberg Zuge
Universidade do Oeste de Santa Catarina
Curso de Graduação em Enfermagem
Rua Sete de Setembro, 109E/Ap. 302
Bairro Centro
CEP: 89802-220 – Chapecó (SC), Brasil