



## BIOPSYCHOSOCIAL ASSESSMENT



## ARREAL



- WHAT DO YOU WANT TO KNOW ABOUT ARREAL?
- BASED ON WHAT HE SAID, WHAT DO YOU THINK YOU SHOULD ASK MORE ABOUT?
- WHAT OTHER AREAS NEED TO BE ASSESSED?

# Biopsychosocial Assessment

- An integrative assessment of an individual
- Brings brings medical, psychological, developmental, social, familial, educational, economic and cultural factors to form a comprehensive understanding of the individual

**BIOLOGICAL**

## Biological

- Patients with HIV are living longer and developing other illnesses
  - Consequences of medications
  - Direct effect of HIV
  - Aging

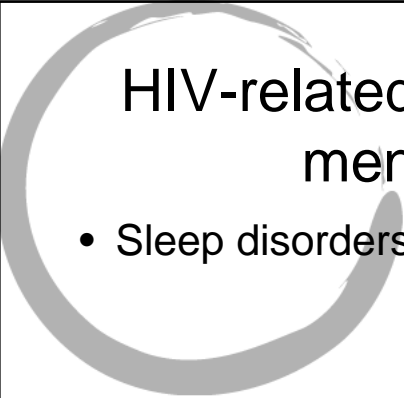
## Biological causes include:

- HIV-related medical problems
- Non-HIV related illnesses that have CNS manifestations
- Neuropsychological manifestations of HIV
- Non-HIV related medical problems
- Side effects of medications


## What do you need to know?

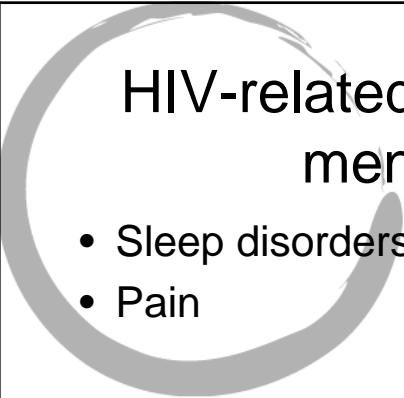
- Medical history (records)
- Recent changes or events
- Current T-helper cell counts, viral load assays, and other markers of immune function and changes within the last 3 months
- Medical history of HIV
- Medical history unrelated to HIV

- Medications prescribed and being taken and side effects
- Adjunctive treatments
- Self-care practices
- Names of caregivers
- What does the person do when sick
- Comfort with medical provider
- Explanation of treatment options
- Sensitivity to pain
- Care for other conditions




## HIV-related syndromes and mental health

- Sleep disorders
- 



## HIV-related syndromes and mental health

- Sleep disorders
  - Pain
- 

## HIV-related syndromes and mental health

- Sleep disorders
- Pain
- Endocrine Disorders

## Adherence to Treatment


- Male sex, white ethnicity, older age, higher income, higher education and literacy correlate with adherence
- Psychosocial variables
- Side effects and restrictions associated with HIV medications
- Patient-provider relationship
- one determinant of adherence may influence another



# PSYCHOLOGICAL



## Psychological

- Nearly half of a nationally representative sample with HIV screened positive for a psychiatric disorder
  - Nearly 40% reported illicit drug use during the previous 12 months
  - Women with HIV report a high proportion of depressive symptoms
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## What do you need to know?

- Pre-HIV psychological functioning
- HIV-related psychological symptoms
- Current or past experiences with mental health professionals
- Use of psychiatric medications and psychoactive substances
- Emotional reaction to HIV infection

## Psychological Issues

- Depression
  - Risk factor
  - Complicating factor
  - Diagnosis is difficult because symptoms overlap
  - Substance use mimics and contributes to depression



## Psychological Issues

- Mania
  - Grief and Bereavement
- 



## Psychological Issues

- Mania
  - Grief and Bereavement
  - Anxiety
- 

## Psychological Issues


- Mania
- Grief and Bereavement
- Anxiety
- Psychosis

## Psychological Issues

- Mania
- Grief and Bereavement
- Anxiety
- Psychosis
- Somatization
- Anger and guilt




## Psychological Issues

- Mania
  - Grief and Bereavement
  - Anxiety
  - Psychosis
  - Somatization
  - Anger and guilt
  - Sexual functioning
- 



## Psychological Issues

- Mania
  - Grief and Bereavement
  - Anxiety
  - Psychosis
  - Somatization
  - Anger and guilt
  - Sexual functioning
  - Quality of life
- 


## Assessing Quality of Life

- When did you find out that you are HIV-positive?
- How did you spend your time before you became HIV-positive?
- Back then, how satisfied were you with your life?
- How do you spend your time now?
- How satisfied are you with your life?
- How do you see yourself spending time in the future?
- How would you like to live your life differently?
- If you were able to accomplish those goals, how satisfied would you be with your life?

SOCIAL




## Social

- Stigma
  - Discrimination
  - Disclosure
- 



## • Family, friends, and intimate relationships

- Family structure
  - Attitudes and perceptions
  - Concerns of individual and family - burden and responsibility
  - Quality and quantity of social support
- 



## Coping Skills

- ***Problem-focused coping*** - thoughts and behaviors that actively seek problem resolution
- ***Emotion-focused coping*** - strategies geared toward alleviating immediate emotional distress without directly confronting the source

## Questions to Assess Coping

- In the past, when you've had to face challenges, how did you respond?
- How did you react when you first found out you were HIV-positive? How do you deal with it differently today than when you first found out?
- What do you do to make yourself feel better?
- What would make things more manageable for you? What has worked in the past? What hasn't worked as well?

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