Meaning in Life and Therapeutic Adherence as Determinants of Quality of Life in HIV Patients

I. Ribeiro¹, I. Ramos², L. Lencastre¹,³, M. Prista Guerra¹,³

¹FPCE University of Porto, Portugal
²Centro Hospitalar de S. João, Portugal
³Centre of Psychology of University of Porto, Portugal

Background: The main goal of this research was to study the variables associated with a positive adaptation to an HIV infection, aiming at understanding how therapeutic adherence, meaning in life (ML) and marital satisfaction interfere with Quality of Life.

Methods: The subjects studied were 42 seropositive adults under antiretroviral therapy. Data was collected in a hospital setting, through: a sociodemographic and clinical questionnaire; CEAT-HIV; Meaning of Life Scale - ML Scale; Marital Life Areas Satisfaction Evaluation Scale and WHOQOL-Brief.

Findings: We found positive correlations between quality of life and the variables of therapeutic adherence, ML and marital satisfaction. The regression models for the domains of Quality of Life included therapeutic adherence and ML as significant predictors, explaining: 34% in Physical (R² Adj=.34, F(2,33)=9.32, p=0.001); 63% in Psychological (R² Adj=.63, F(2,33)=29.00, p<0.001); 35% in Social Relationships (R² Adj=.35, F(2,33)=9.83, p<0.001) and 33% in Environment (R² Adj=.33, F(2,33)=9.28, p=0.001). However, ML was the only variable with a significant contribution to the respective models: Physical (β=.550, p=0.01); Psychological (β=.728, p<0.001); Social Relationships (β=.532, p=0.001) and Environment (β=.533, p=0.001).

Discussion: These results reinforce the influence of therapeutic adherence and meaning in life for the perception of quality of life in HIV infection. For those who maintained a satisfying marital relationship, the domain of social relations was even improved. Thus, it is suggested that any psychological intervention conducted in this context must enhance the important role of these variables.