

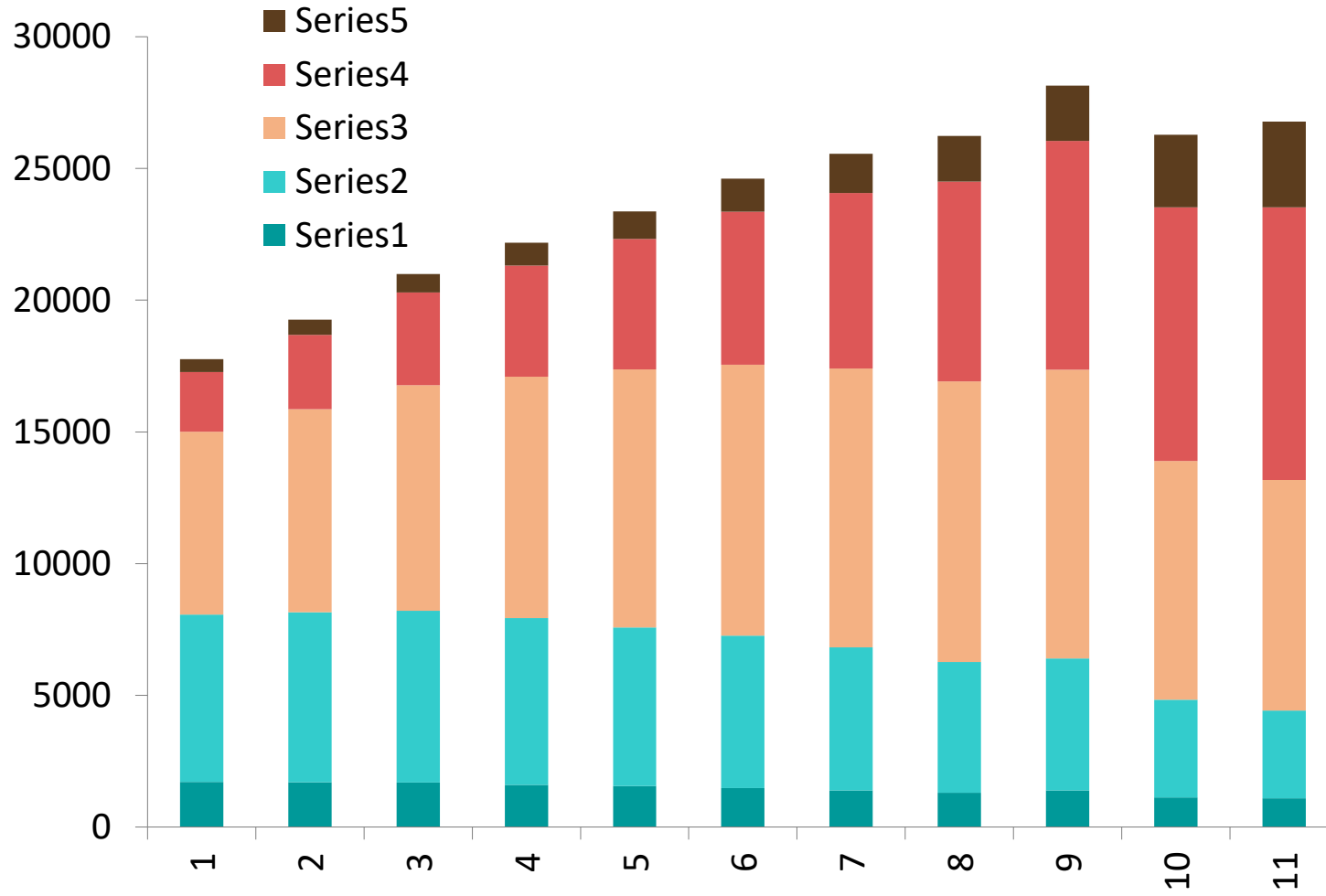
MENOPAUSAL SYMPTOMS ARE ASSOCIATED WITH PSYCHOLOGICAL DISTRESS IN WOMEN LIVING WITH HIV

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NUMBER OF WOMEN ACCESSING HIV CARE BY AGE GROUP, 2006-2016



- 85% of women experience symptoms¹
- Median duration = 7 years²
- Genital symptoms can be lifelong
- Negative impacts on work and relationships^{3,4}
- Reduced quality of life⁴ and perceived health⁵

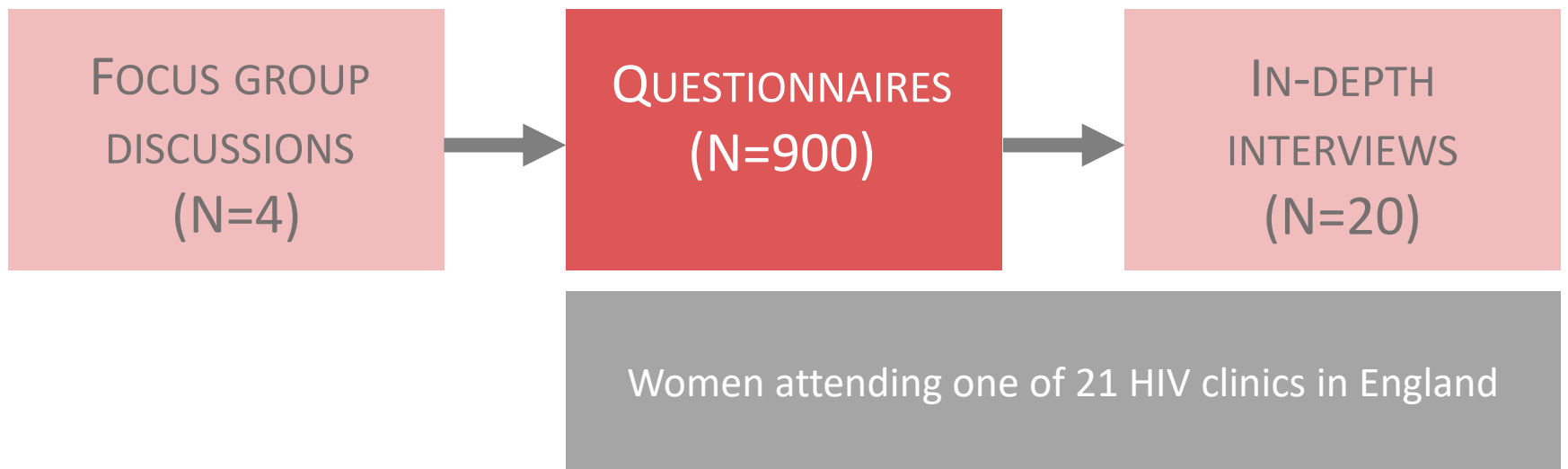
MENOPAUSAL SYMPTOMS AND HIV

- Increased vasomotor symptoms^{1,2,3}
- No difference in cognition⁴
- No difference in sexual function^{5,6}

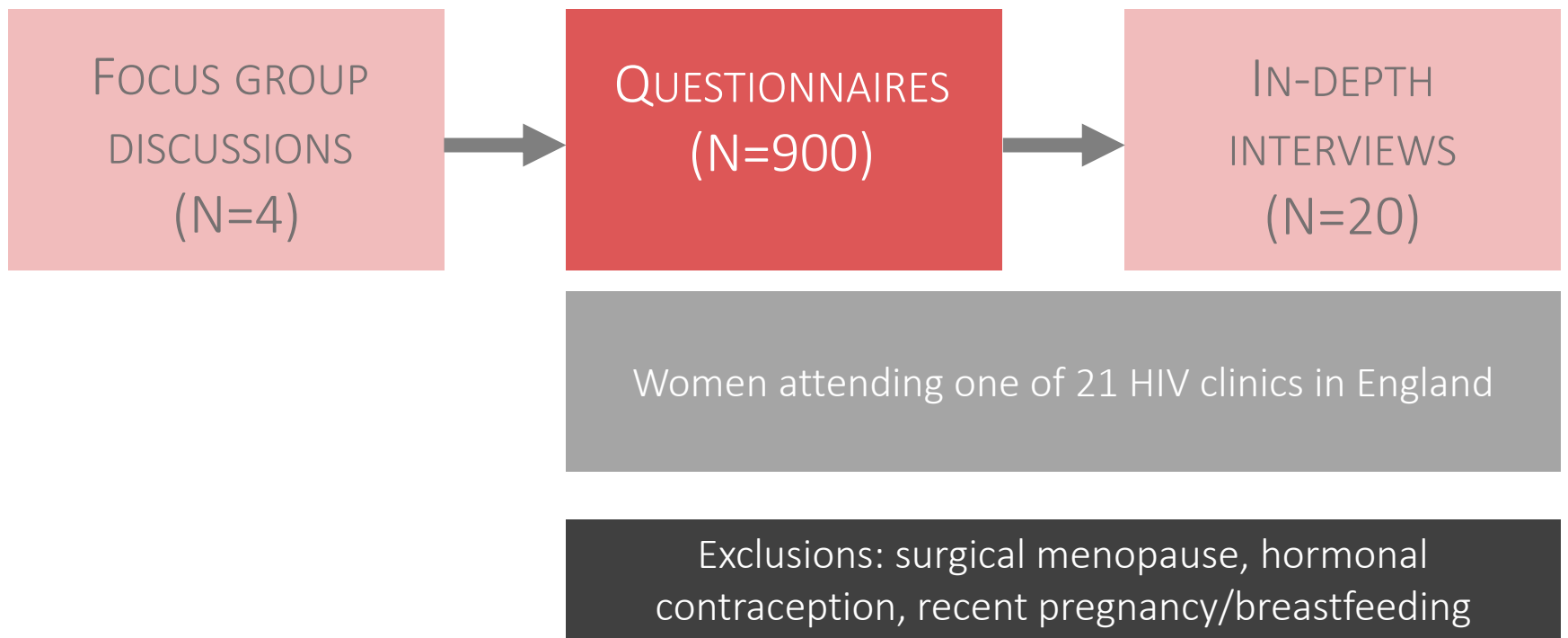
- Prevalence of psychological symptoms: 38-95%¹
- ↑ psychological symptoms during menopause^{2,3}
- Depression associated with hot flash severity³
- WIHS data⁴:
 - ↑ depression in perimenopause (compared to premenopause)
 - Depression associated with persistent vasomotor symptoms
 - No difference by HIV status

ARE MENOPAUSAL SYMPTOMS ASSOCIATED
WITH PSYCHOLOGICAL DISTRESS IN WOMEN
LIVING WITH HIV?

THE PRIME STUDY (POSITIVE TRANSITIONS THROUGH THE MENOPAUSE): HIV+ AGED 45-60



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MENOPAUSAL SYMPTOMS: MENOPAUSE RATING SCALE (MRS)

- Validated measure
- Menopause-related QoL
- Somatic ≥ 3
- Urogenital ≥ 1
- Psychological

Which of the following symptoms have you experienced within the past 2 WEEKS? Please tick the appropriate box for each symptom. For symptoms that do not apply, please tick 'none'.

	None	Mild	Moderate	Severe	Very Severe
Hot flushes, sweating (episodes of sweating)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Heart discomfort (unusual awareness of heart beat, heart skipping, heart racing, tightness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sleep problems (difficulty falling asleep, difficulty in sleeping through, waking up early)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Depressive mood (feeling down, sad, on the verge of tears, lack of drive, mood swings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Irritability (feeling nervous, inner tension, feeling aggressive)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anxiety (inner restlessness, feeling panicky)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical and mental exhaustion (general decrease in performance, decrease in concentration, forgetfulness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual problems (change in sexual desire, in sexual activity and satisfaction)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bladder problems (difficulty in urinating [weeing], increased need to urinate, bladder incontinence)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dryness of vagina (sensation of dryness or burning in the vagina, difficulty with sexual intercourse)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Joint and muscular discomfort (pain in the joints, rheumatoid complaints)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

PSYCHOLOGICAL DISTRESS: PHQ-4

Over the past 2 WEEKS, how often have you been bothered by any of the following problems? Please tick one box in each row.

	Not at all	Several days	More days than not	Nearly every day
Feeling nervous, anxious, or on edge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Not being able to stop or control worrying	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feeling down, depressed or hopeless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Little interest or pleasure in doing things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- Primary outcome:
 - Psychological distress (PHQ-4 ≥ 3)
- Secondary outcomes:
 - Anxiety (≥ 3 in *first* two PHQ-4 items)
 - Depression (≥ 3 in *last* two PHQ-4 items)

RESULTS

BASELINE CHARACTERISTICS

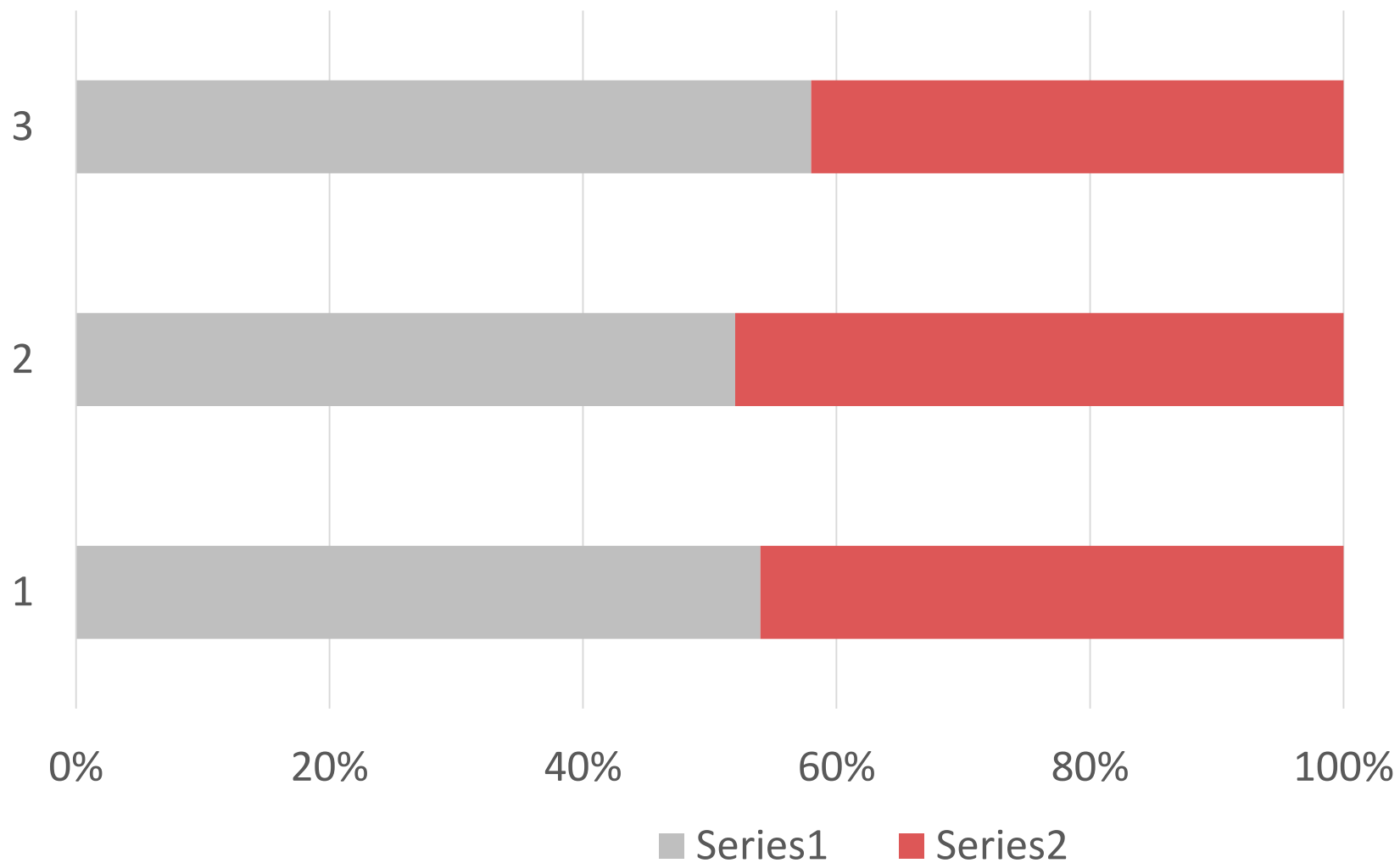
	Total (N=710) n (%)
Median age (IQR)	49 (47-52)
Ethnicity	
Black African	489 (70.9)
White UK	66 (9.6)
Other	135 (19.6)
Most recent CD4	
≥500	395 (66.1)
200-500	154 (25.8)
<200	49 (8.2)
Most recent HIV VL	
Undetectable	584 (89.3)
Detectable	70 (10.7)
Menopausal status	
Premenopausal	145 (20.7)
Perimenopause	311 (44.3)
Postmenopausal	246 (35.0)

- **Mainly Black African**
- **Drug use = 3%**
- **98% on ART**

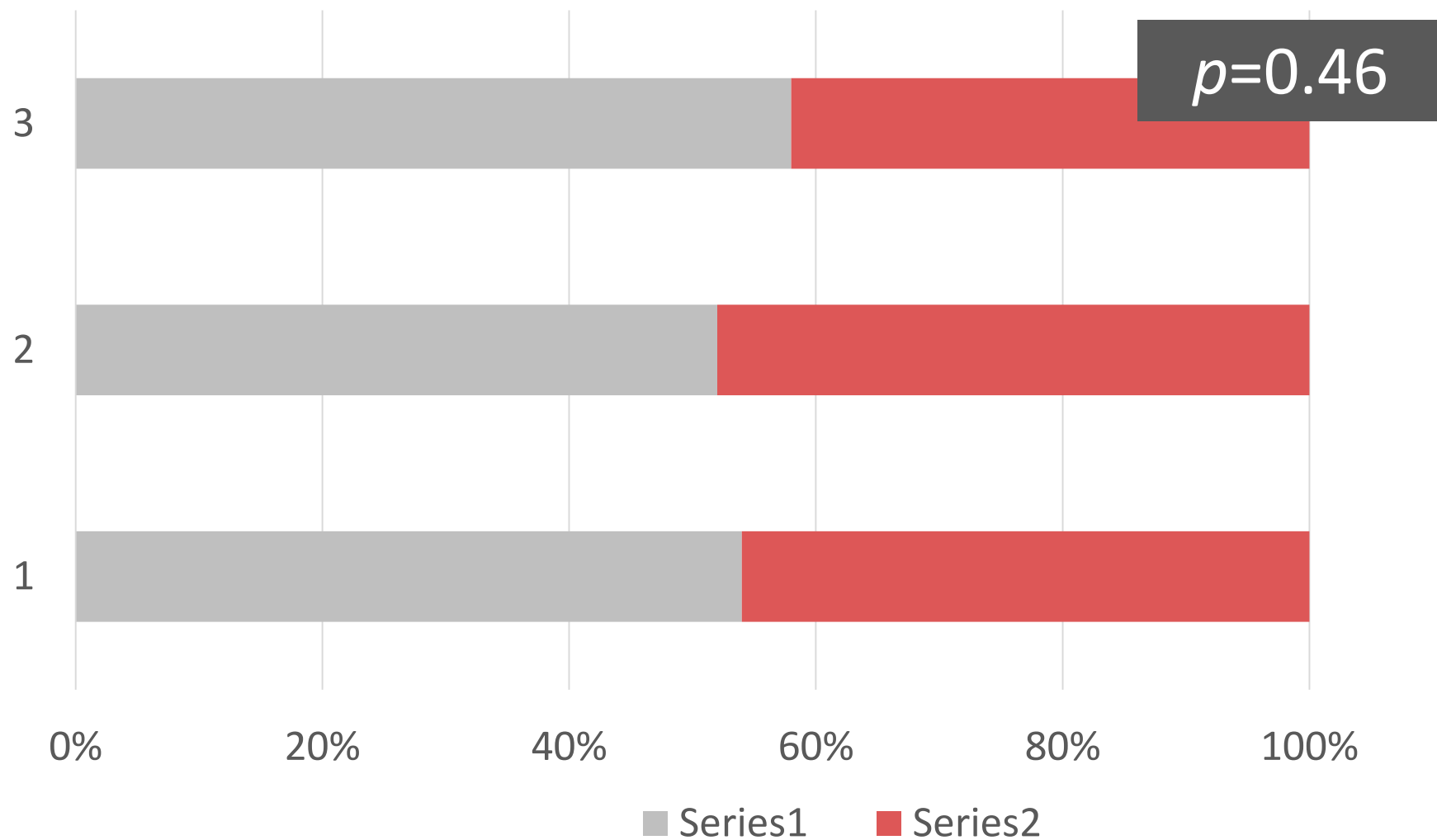
PSYCHOLOGICAL DISTRESS

- Anxiety: 28.9% (n=205)
- Depression: 25.1% (n=178)
- Psychological distress: 45.9% (n=326)
- Distress associated with: ethnicity, employment, education, basic needs met, alcohol use
- **No association** with CD4 or HIV viral load

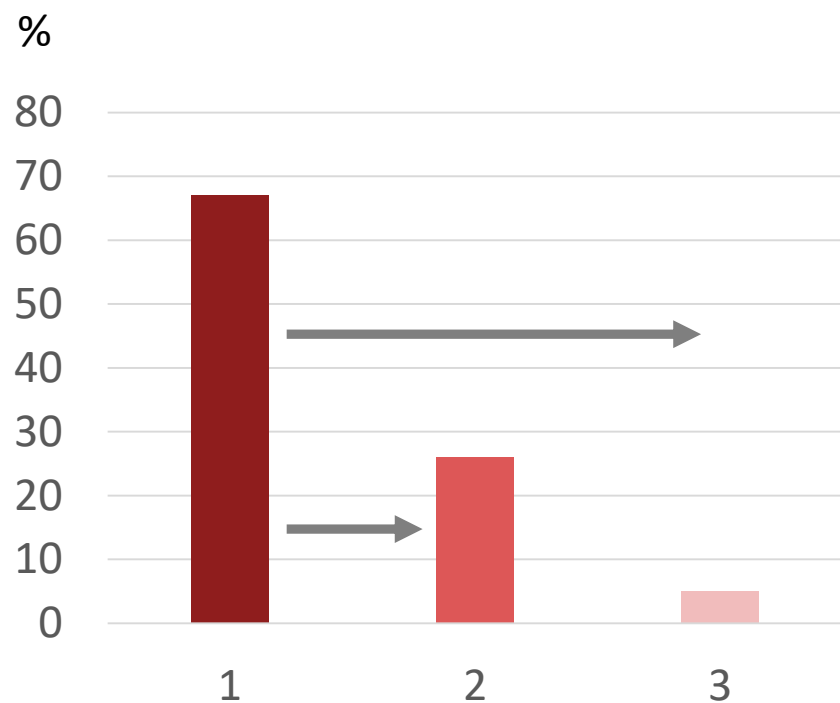
MENOPAUSAL STATUS AND PSYCHOLOGICAL DISTRESS



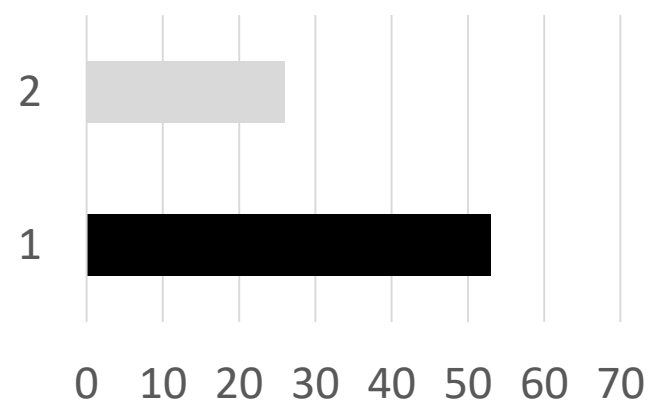
MENOPAUSAL STATUS AND PSYCHOLOGICAL DISTRESS



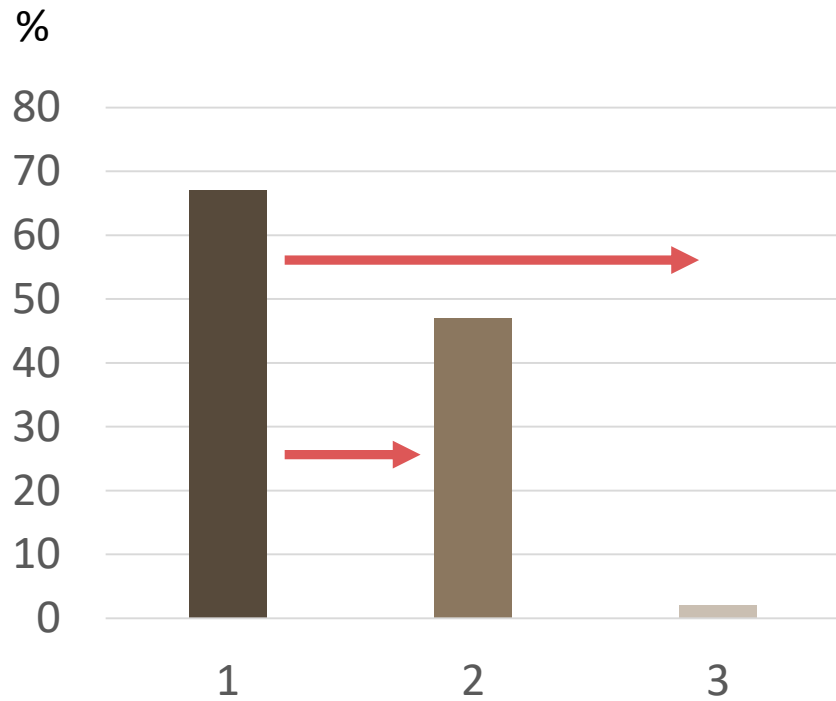
SOMATIC SYMPTOMS



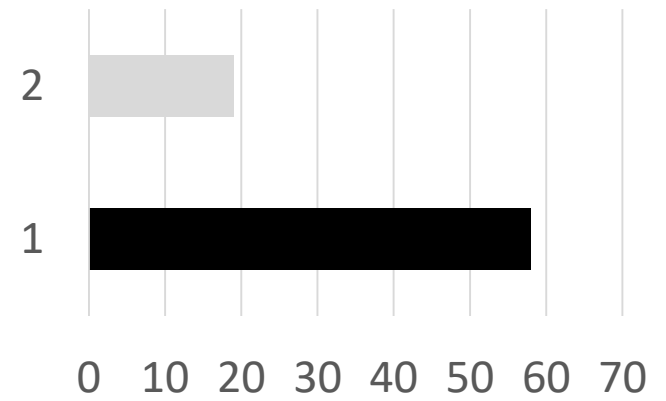
Psychological distress (%)



UROGENITAL SYMPTOMS



Psychological distress (%)



ASSOCIATION OF SYMPTOMS WITH OUTCOMES: (I) DISTRESS, (II) ANXIETY, AND (III) DEPRESSION

	Adjusted odds ratio* (95% CI)	p-value
(i) Psychological distress		
Somatic symptoms	4.01 (2.54,6.35)	<0.001
Urogenital symptoms	2.83 (1.80,4.46)	<0.001
(ii) Anxiety		
Somatic symptoms	4.76 (2.62, 8.66)	<0.001
Urogenital symptoms	2.54 (1.50, 4.30)	0.001
(iii) Depression		
Somatic symptoms	3.68 (1.98,6.86)	<0.001
Urogenital symptoms	2.38 (1.35,4.19)	0.003

*Adjusted for ethnicity, employment status, education, basic needs met, and high risk alcohol use

- PHQ-4 is a blunt instrument for mental health
- HIV symptoms vs. menopausal symptoms
- ART side effects vs. menopausal symptoms
- No association with menopause
- Cannot assess causality

- High prevalence of menopausal symptoms
- Symptoms associated with distress
- Address needs of midlife women with HIV
- New national UK guidance¹

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