

**Depression and Anxiety among Pregnant Women Living with HIV In Ibadan, Oyo State,
Nigeria**

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Faculty of Basic Medical & Health Sciences, Lead City University, Ibadan, Oyo State,
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(MPH)**

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Certification

This is to certify that **Enitan Oluwaseyi ADEOYE** with matriculation number LCU/PG/002389 carried out this research work titled “Depression and anxiety among Pregnant women living with HIV in Ibadan, Oyo State, Nigeria “in the Department of public health, Faculty of Public health, Lead city University, Ibadan for the award of Master’s degree in Public health (MPH) and this has not been previously submitted.

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Supervisor

Date

Dr. Tubosun Olowolafe
Head of Department

Date

Dedication

I dedicate this project to God Almighty my creator, my strong pillar, my source of inspiration, wisdom, knowledge and understanding. He has been the source of my strength throughout this program and on His wings only have I soared.

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Even though the above-mentioned institution and persons have assisted in the process of this study, I alone stand responsible for the errors, if any found in the study.

Abstract

The global goal of ending mother-to-child transmission (MTCT) of HIV is undermined by antenatal depression and anxiety in HIV-positive women which were linked to a range of poor maternal and child outcomes. Despite the significance of antenatal mental health, there is a paucity of information on the risk factors for prevalent mental diseases in HIV-infected women. The purpose of the current study was to determine the incidence of, and risk factors for, depression and anxiety in pregnant HIV-positive women who visited prenatal clinics in Ibadan, Oyo State. This study explored the psychosocial challenges experienced by WLWH during their pregnancy period. The study was carried out with a facility-based cross-sectional approach. The Edinburgh Postnatal Depression Scale (EPDS) and the generalized anxiety disorder scale were administered along with a socio-demographic questionnaire. A total of 357 participants were randomly used for this study with their full consent from four purposeful selected centers. According to the research's findings, pregnant women living with HIV had a substantially larger prevalence of depression (74.5%) than anxiety (12%); however, in terms of comorbidity, we discover that more than half of the population (10.6%) experiences both depression and anxiety. The majority of women who tested positive for probable anxiety also met the threshold for likely depression. This is because depression and anxiety are closely related. Concerns pertaining to one's mental health need to be given the same level of priority as one's physical health if the goal of eradicating the transmission of HIV through mother-to-child transmission is to be achieved. The findings that were obtained were influenced by factors such as educational level, income level, tribe, religious disclosure to the spouse, and other socio-economic factors.

Keywords: Depression, anxiety, Edinburgh postnatal depression scale, women living with HIV, People living with HIV, Cormorbidity.

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List of Abbreviations

Abbreviation	Meaning
AIDS	Acquired Immunodeficiency Syndrome
ART	Antiretroviral Therapy
ARV	Antiretroviral
BDI	Beck Depression Inventory
CES-D	Centre for Epidemiological Studies-Depression scale
cOR	Crude Odds Ratio
DALYs	Disability-Adjusted Life Years
GAD	Generalized Anxiety Disorder
GBD	Global Burden of Disease
HADS	The Hospital Anxiety and Depression Scale
HIC	High-income Country
HIV	Human Immunodeficiency Virus
HSCL-15	Hopkins Symptom Checklist-15
LIC	Low-income Country
LLMIC	Low- and Lower-Middle-Income Country
LMIC	Low- and Middle-Income Country
MNS	Mental Neurological and Substance Use Disorders
MTCT	Mother-to-Child Transmission
PLHIV	People Living with HIV
PMTCT	Prevention of Mother-to-Child Transmission

RCT	Randomized Control Trial
SSQ	Short Symptoms Questionnaire
WHO	World Health Organization
DSM-V	Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition
CI	Confidence Interval
DSM-V	Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition
NNRTI	Non-Nucleoside Reverse Transcriptase Inhibitors
SCS	Specific Chronic Stress

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