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Topic: Malnutrition treatment and prevention

Title: Depressive symptoms, loss of appetite and undernutrition among treated HIV patients: a cross sectional study in Goma, the Democratic republic of Congo.

Presentation Type: Poster

Introduction: The study explored the association between the depressive symptoms, loss of appetite and undernutrition among treated HIV patients in Goma.

Methodology: This was a multicenter cross-sectional study carried out from february 1st to marc 3rd, 2016. All the eligible and consenting patients who attended five hospitals with ART programs were included in the study. Nutritional status was measured using body mass index as a proxy. Depressive symptoms and loss of appetite were the primary independent variables and were measured using the simplified nutritional appetite questionnaire and Hopkins symptom checklist for depression(HSCL-10) score, respectively. A logistic regression model was used to identify the associations between undernutrition, loss of appetite and depressive symptoms, adjusted for other covariates.

Results: Twenty-one (21.3) percent of participants were identified as having depressive symptoms (95%CI: 17.1 - 25.5). The prevalence of loss of appetite was 50.1%(95%CI: 45 - 55). Depressive symptoms (AOR: 2.19; 95%CI: 1.27-3.79), smoking (AOR:2.97; 95%CI: 1.03 - 8.58) and low socio-economic status (AOR:1.74; 95%CI: 1.05 - 2.88) were associated with loss of appetite. Loss of appetite (AOR: 3.29; 95%CI: 1.92 - 5.64) and receiving efavirens (AOR: 2.13; 95%CI: 1.24 - 3.66) were significantly associated with undernutrition.

Conclusion: The fact that about forth and half of the sample reported having respectively depressive symptoms and the lack of appetite demonstrates the magnitude of the problems. This study highliths the importance of continuous monitorring of the lack of appetite in HIV patients to prevent undernutrition, and these negative effects on HIV therapy.