

## Abstract

The present study aimed to look at the impact of illness and the coping mechanism of diagnosed HIV/AIDS patients. Semi-structured interviews were conducted with 12 HIV/AIDS patients and the mean age of the participants was 37 years. The content of interviews was then analyzed using IPA to identify themes and subthemes. The major domain of the Impact of HIV/AIDS was further divided into eight major themes including relationship problems, emotional issues, health issues, financial issues, cognitive aspect, perception about disease, change in life and future apprehensions and concerns. The other major domain was coping with HIV/AIDS which included themes of spiritual coping, problem-focused coping and avoidance coping. The themes and subthemes highlighted the effect of the impact of HIV/AIDS on the life of the participant and shows that almost all of the areas personal, emotional, social and occupational are affected by this disease as there is a significant change in their lives after the contraction of HIV/AIDS. According to the findings participants were more inclined towards spiritual coping and problem focused coping as compared to the avoidance coping.

*Keywords:* HIV/AIDS, impact of illness, spiritual coping, problem-focused coping, avoidance coping.