

ABSTRACT

The current study was conducted to explore the role of stigma experiences and perceived family support on development of post-traumatic stress symptoms in HIV seropositive patients in Pakistan. The sample size dwelled of 100 participants who were recruited from NGO and Government hospital with the permission of Punjab AIDS Control Program a sector of Secondary Health Department of Punjab. In this study, HIV Stigma Scale (HSS) established by Berger (1999), Multidimensional Scale of Perceived Social Support (MPSS) published by Zimet (1988), and PTSD Checklist for DSM-5 (PCL) published by US government in (2016), were used to measure intensity of stigma, perceived family support and post-traumatic stress symptoms. The study yielded significant positive relationship between experiencing stigma and development of Post-traumatic stress symptoms, significant negative relationship of perceived family support and post-traumatic stress symptoms, and significant negative association between stigma and perceived family support. The study showed significant mean difference in experiencing stigma and perceived family support in people who have disclosed about their illness. Regression analysis showed that gender and stigma was positive predictor of PTSS, whereas, number of friends and perceived family support was negative predictor of post-traumatic stress symptoms. Furthermore, results explained that perceived family support act as partial mediator between experiencing stigma and development of post-traumatic stress symptoms. This study has future implementation for Government, hospitals, NGOs and clinician to make practical stigma free strategies, counseling centers for family, accessible health care facilities for HIV patients and management plan for dealing with trauma related stress.

Keywords: Stigma, perceived family support, post-traumatic stress symptoms.