

Abstract

The present research was conducted to explore the HIV stigma and its impact on mental health and quality of life (QOL) along with role of resilience in HIV patients in Pakistan. The research was comprised of three studies in which study I was further divided into two phases. In Phase I, HIV stigma scale was translated and validated. In Phase II, Resilience scale was adapted for HIV positive patients. Confirmatory factor analysis was applied on the gathered data by using Amos v.20. The results of CFA demonstrated good model fit. In Study II, quantitative data was collected by using HIV stigma scale (Reinius et al., 2017), HIV Resilience scale (Summaya et al., 2017), Mental Wellbeing scale (Warwick & Edinburgh, 2006), Quality of Life scale (WHO, 2017). This study sampled 412 HIV patients ($M=312$, $F=100$) from 9 different cities of Punjab. Age range of the participants was 18 to 55 years ($M=40.80$, $SD =16.3$). Relationships of study variables were explored using Pearson product moment correlation. Results of correlation demonstrated significant relationship among variables. Regression analysis showed that HIV Stigma significantly predicts the mental health and quality of life of HIV patients. Mediation analysis was done with the application of Amos v.20.0 which suggested partial mediation of resilience between the relationship of stigma and quality of life. Results showed significant effects of demographic variables v.i.z age, gender, education level, marital status, profession and area of residence on mental health and quality of life among HIV patients. Study III was qualitative in nature. Nine participants ($M=3$, $F=3$, $T=3$) were sampled for the interviews and purposive sampling technique was used. The age range of the patients was from 25 to 40 years old ($M=30.67$, $SD=4.77$). Interviews were transcribed for in depth analysis by employing Interpersonal Phenomenological Analysis (IPA). The results of both studies showed that HIV stigma has significant impact on mental health and QOL whereas Resilience mediates between stigma and mental health, stigma and quality of life. Both studies revealed the positive role of resilience in lessening the HIV Stigma.

Keywords: HIV, stigma, resilience, mental health, quality of life, adults