

## Mental Health Disorders with AIDS

Obeagu Emmanuel Ifeanyi\*

*Department of University Health Services, Michael Okpara University of Agriculture, Umudike, Abia State, Nigeria*

### OPINION

The Human Immunodeficiency Virus (HIV) is the virus that causes AIDS. It can be transferred through sexual intercourse or perinatally during pregnancy or nursing by sharing needles. The immune system is weakened by HIV. It eliminates a CD4 positive (CD4+) T cell, which is critical for infection resistance. People living with HIV are more susceptible to other infections as a result of the loss of these cells. The goal of a physical examination should be to look for symptoms of thrush, which is a marker of advanced HIV infection. An examination should be carried out to check for any signs or symptoms of liver disease. The stress of living with a serious illness like HIV can have an impact on a person's mental health. People living with HIV should be aware that they are more likely to develop anxiety, mood, and cognitive impairments. Depression is one of the most prevalent mental health issues that HIV patients confront. Mental illnesses are curable and entirely recoverable.

HIV can affect your feeling of well-being and exacerbate underlying mental health problems. HIV can also impact your neurological system, which can cause behavioural abnormalities. HIV generates considerable inflammation in the body and can lead to neurological issues by harming the central nervous system's spinal cord and brain. Antiretroviral therapy, which consists of a daily regimen of

HIV drugs, helps to prevent the virus from spreading throughout the body. People living with HIV are nonetheless at risk for HIV-related central nervous system disorders. These illnesses might be neurological or cognitive in nature.

Clinical trials investigate innovative approaches to preventing, diagnosing, and treating illnesses and disorders. Clinical trials are used to see if a new test is effective and safe. Participants should be informed that the fundamental goal of a clinical trial is to learn new scientific information that will assist others in the future. It's crucial to recognise mental health difficulties in HIV-positive patients. People may be afraid of stigma and prejudice if they report their psychological condition to health-care personnel, and health-care providers may lack the skills or training to recognise psychological symptoms or fail to take the required steps to prevent future harm.

People living with HIV and mental health disorders have psychological, physiological, and social requirements that can best be met through integrated programmes. Legal, social, and educational services must all be included in integrated methods across sectors. HIV-positive people should be open and honest about any changes in their mental health and how they feel about themselves.

\*Correspondence to: Obeagu Emmanuel Ifeanyi, Department of University Health Services, Michael Okpara University of Agriculture, Umudike, Abia State, Nigeria, E-mail: emmanuelobeagu@yahoo.com

Received: November 09, 2021, Accepted: November 23, 2021, Published: November 30, 2021

Citation: Ifeanyi OE (2021) Mental Health Disorders with AIDS. HIV Curr Res. 6:208.

Copyright: © 2021 Ifeanyi OE. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.