

# Long term health perspectives of people living with HIV in Europe

## EUROPEAN RESULTS

## Research question

What is on the minds of people living with HIV in Europe in terms of their long-term health, and how do they act?

# Research partners



Initiator and  
international  
coordinator of this  
research



Dutch organisation  
specialized in  
communication and  
research focused on  
people living with HIV



HIV organisations in  
eight European  
countries



**GILEAD**

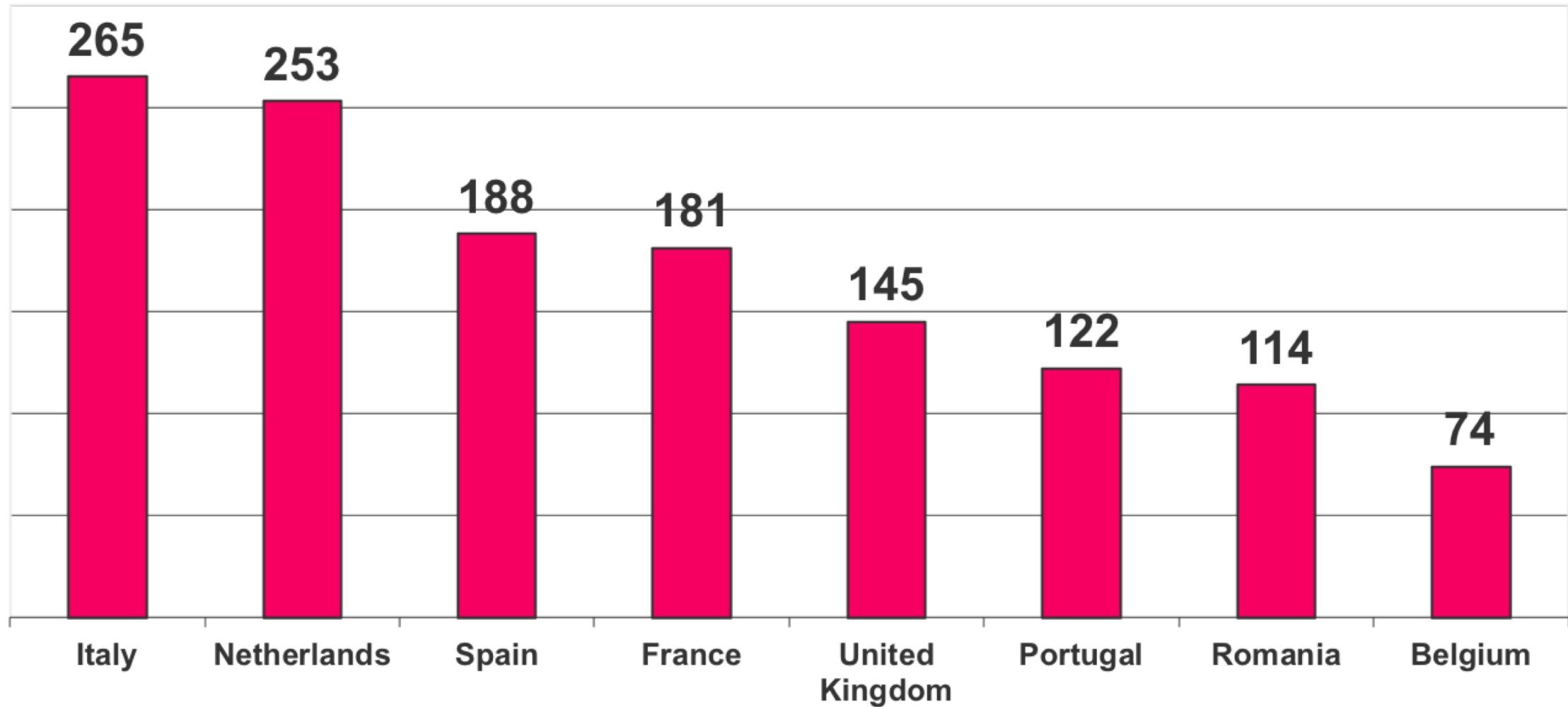
Advancing Therapeutics.  
Improving Lives.

Funder of this research;  
manufacturer of HIV  
medication

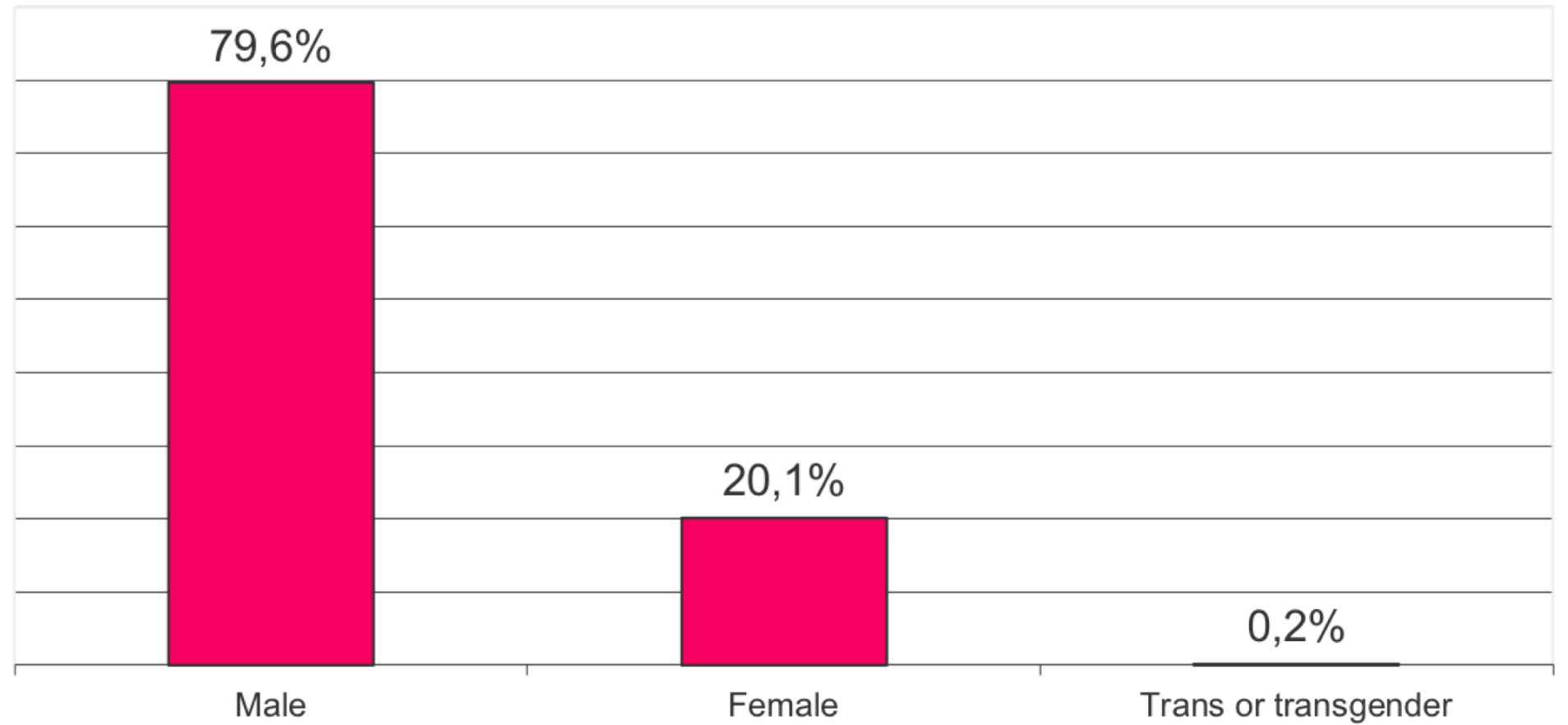
# Research method

- Group interview with patients in the Netherlands to develop draft questionnaire
- Feedback on draft questionnaire from representatives in the eight participating countries
- Online survey with multiple choice questions: national or regional organisations of people living with HIV disseminated the request to participate in this survey by e-mail and social media
- Survey period: May – September 2016

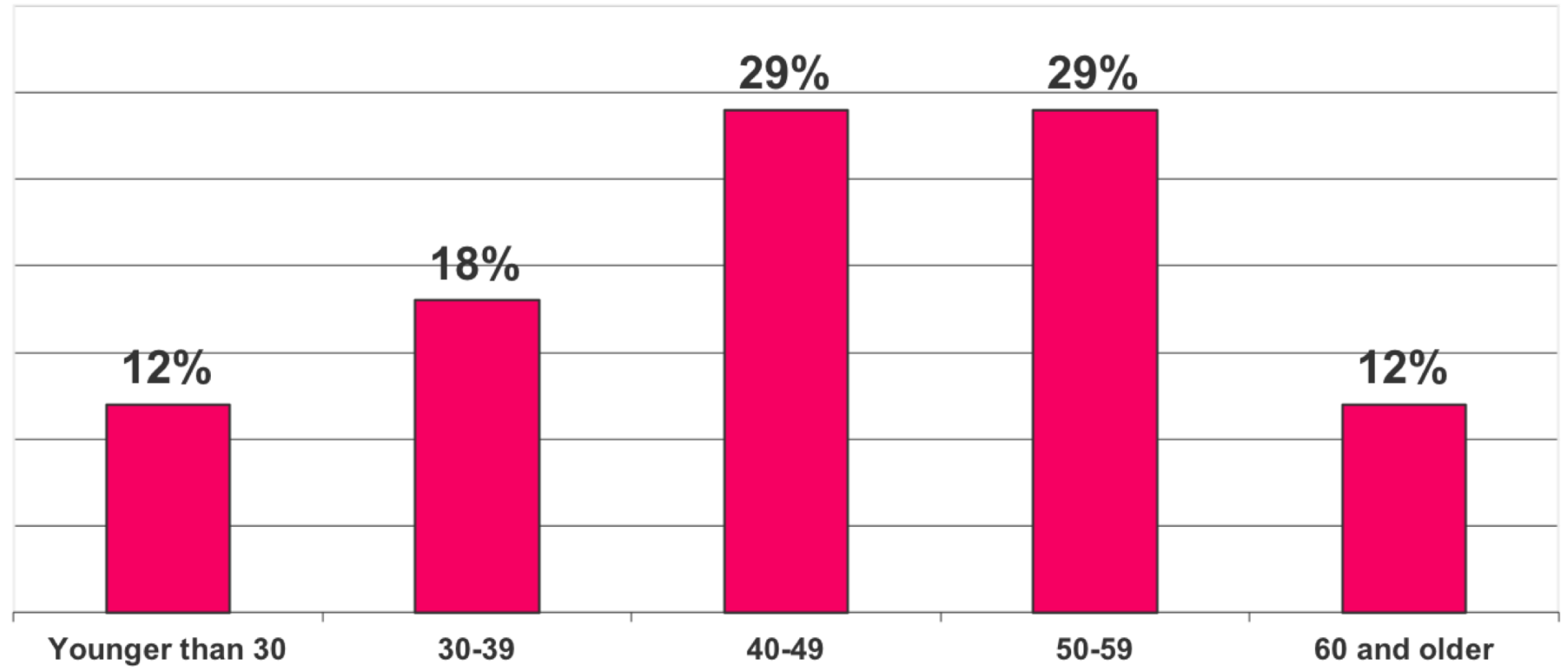
## 1342 respondents from eight European countries



# Demographic data

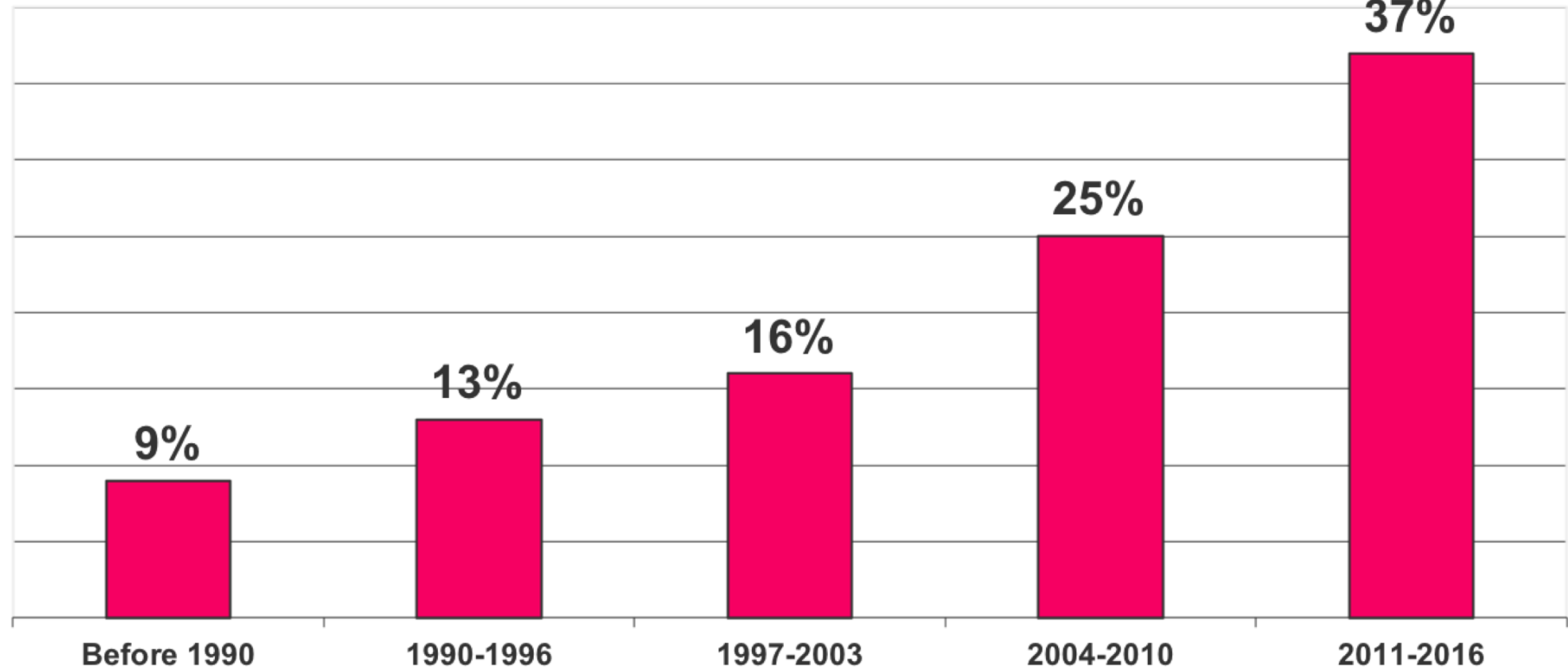
**Sex (n=1309)**

Age (n=1237)

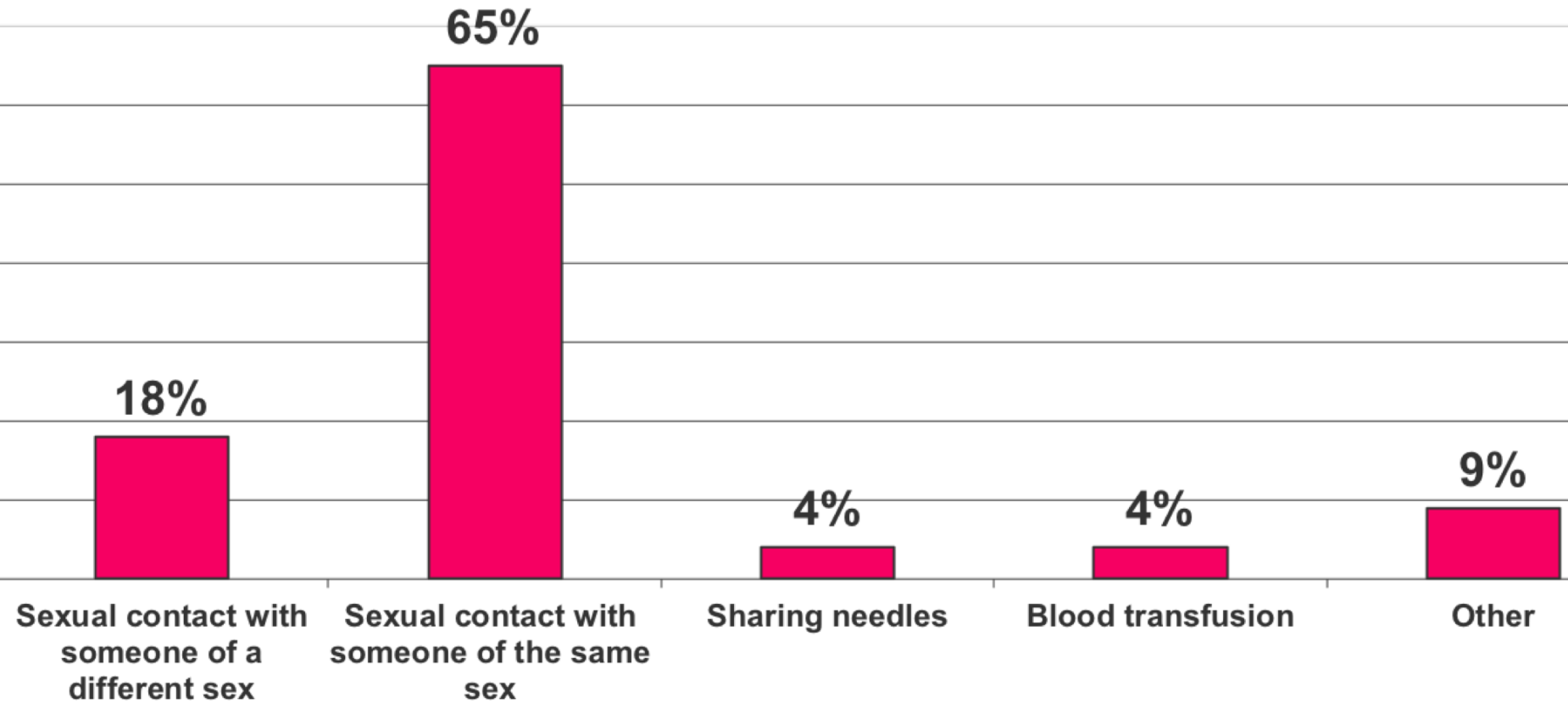




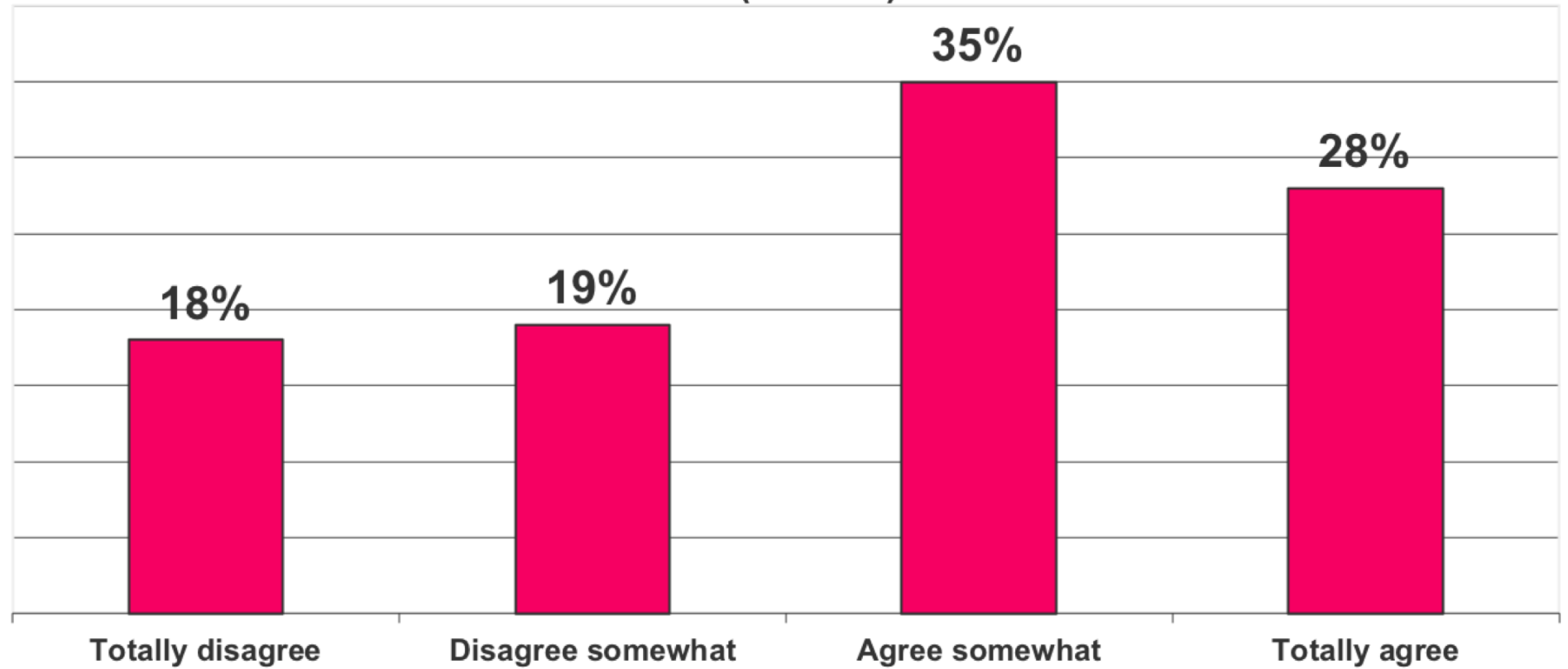
## Year of HIV diagnosis (n=1263)



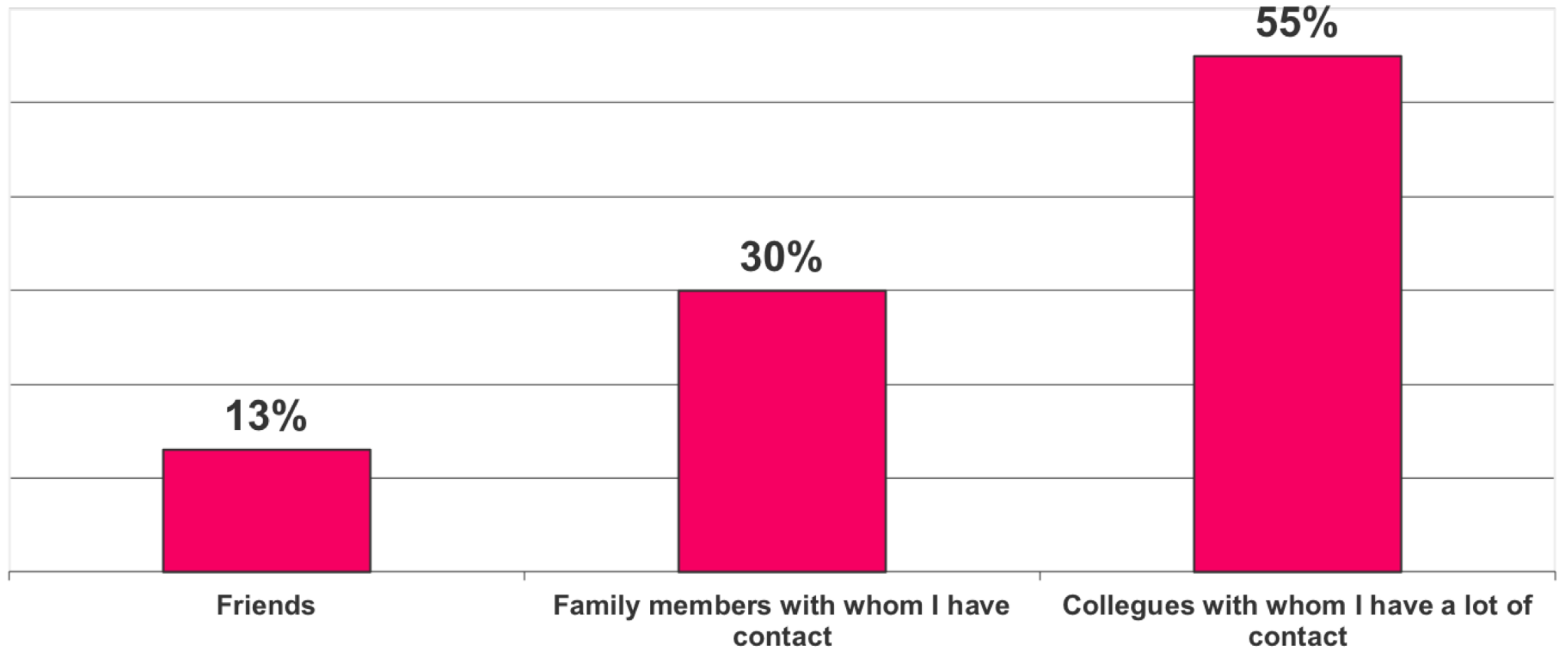
## Route of transmission (n=1267)



### HIV-related stigma and discrimination have a big impact on my life (n=1266)

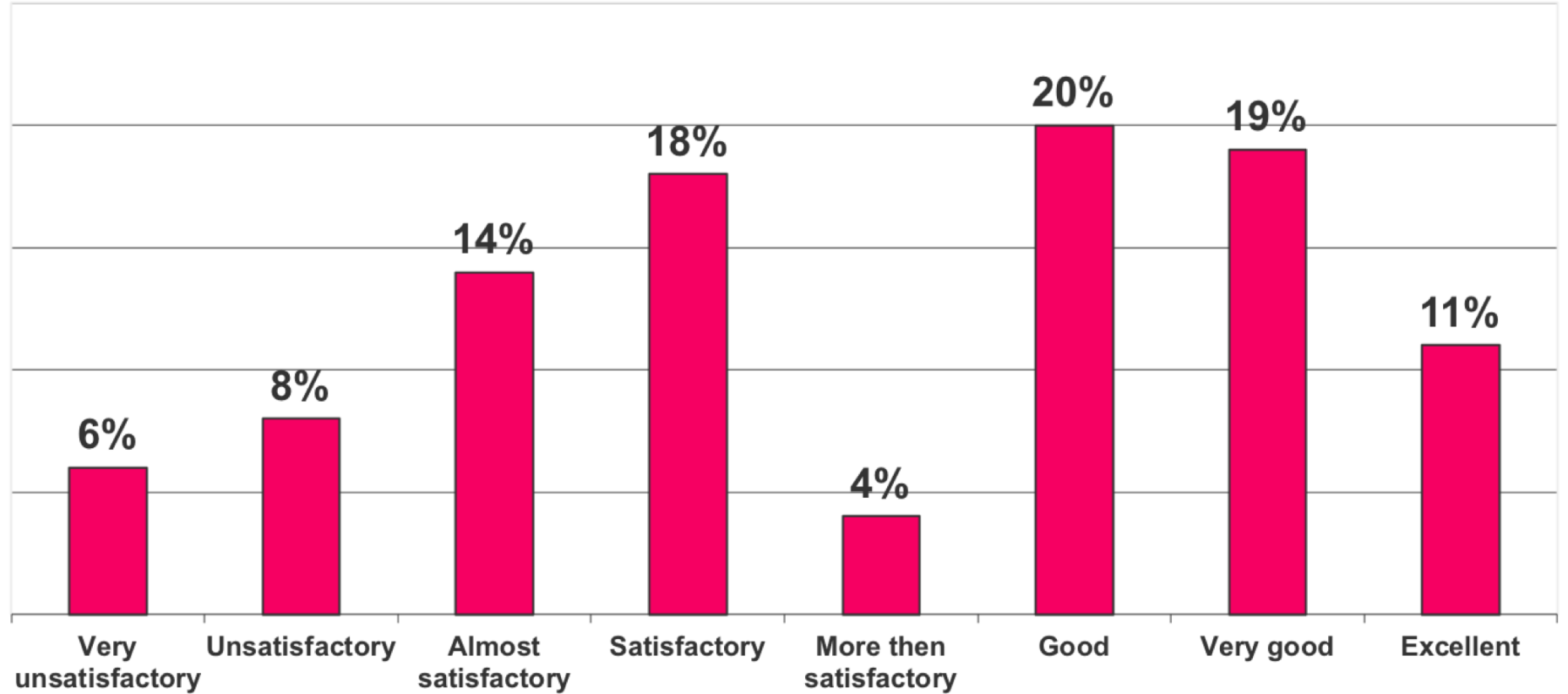


### None of them know that I have HIV (n=1244)

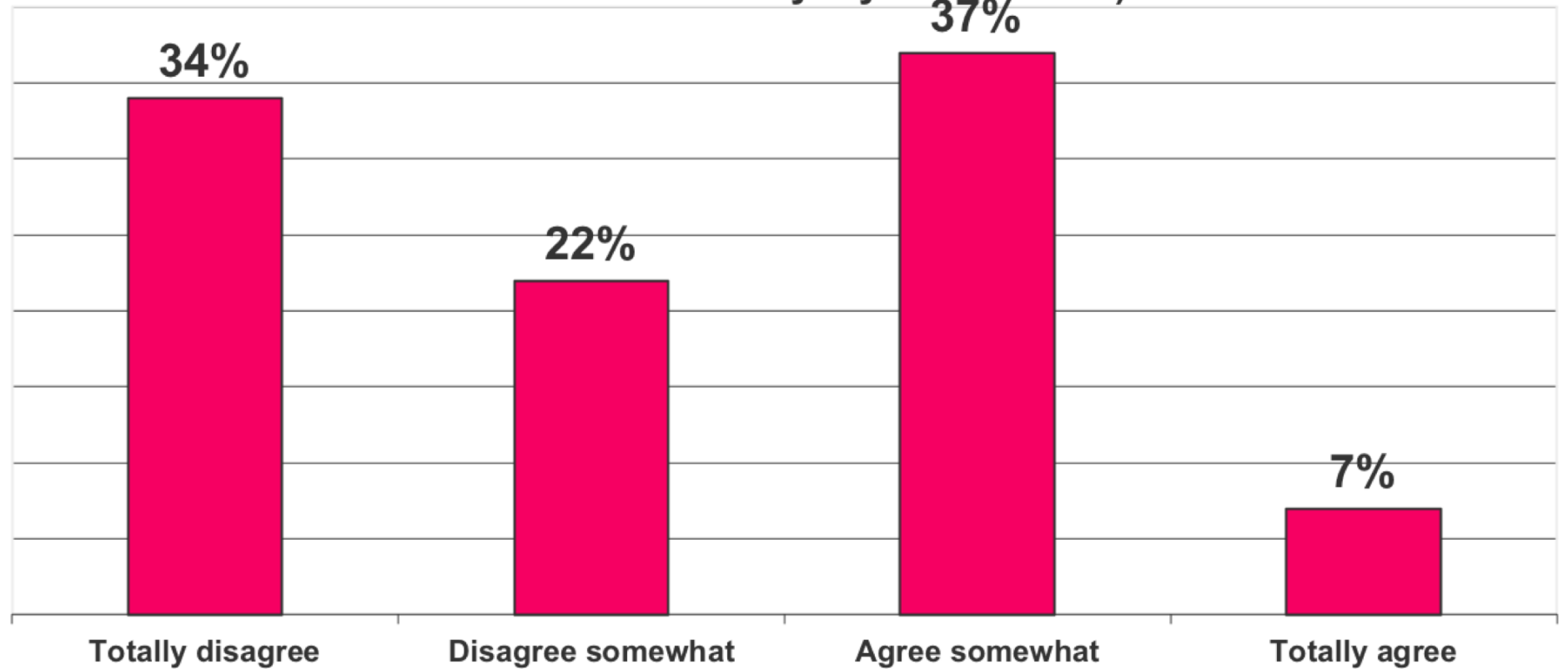


# Current health

### How would you rate your health over the past month? (n=1307)



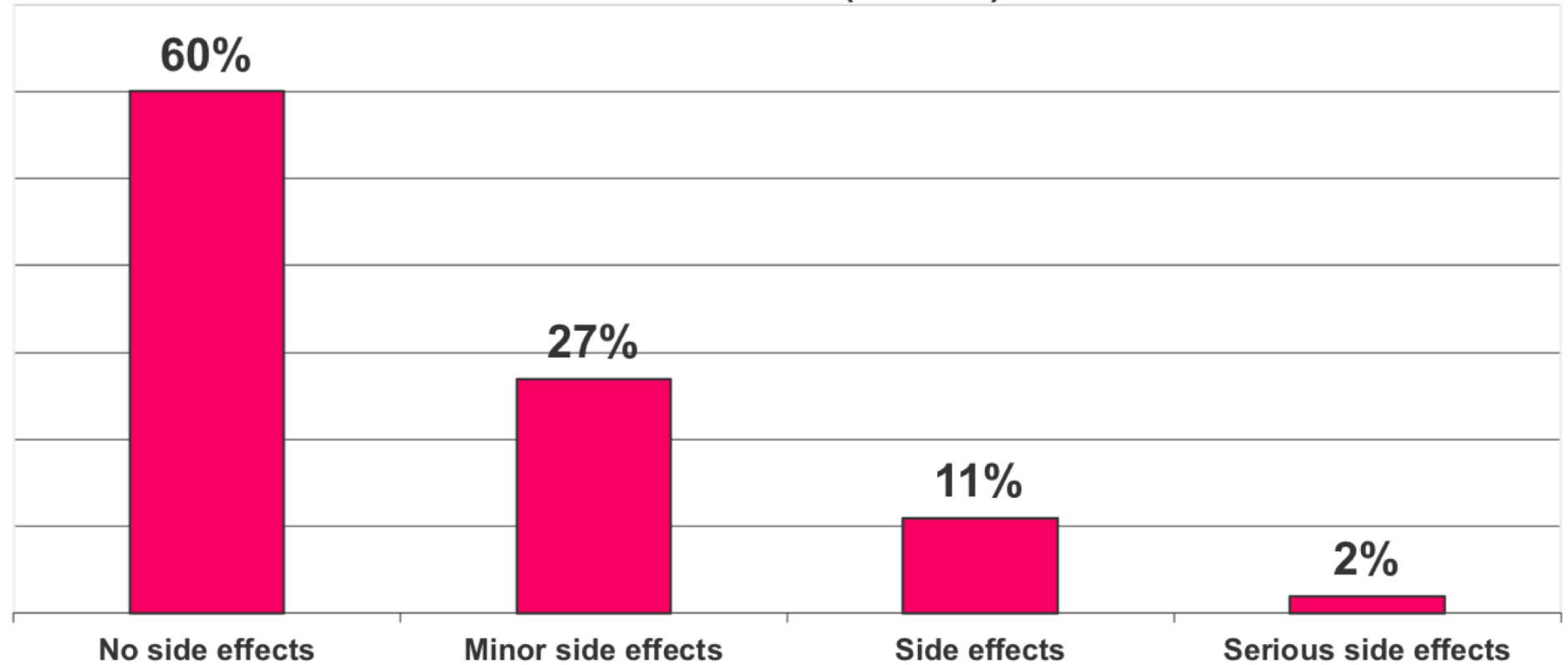
I have felt so tired in the past month that it affected my ability to lead a normal everyday life (n=1297)



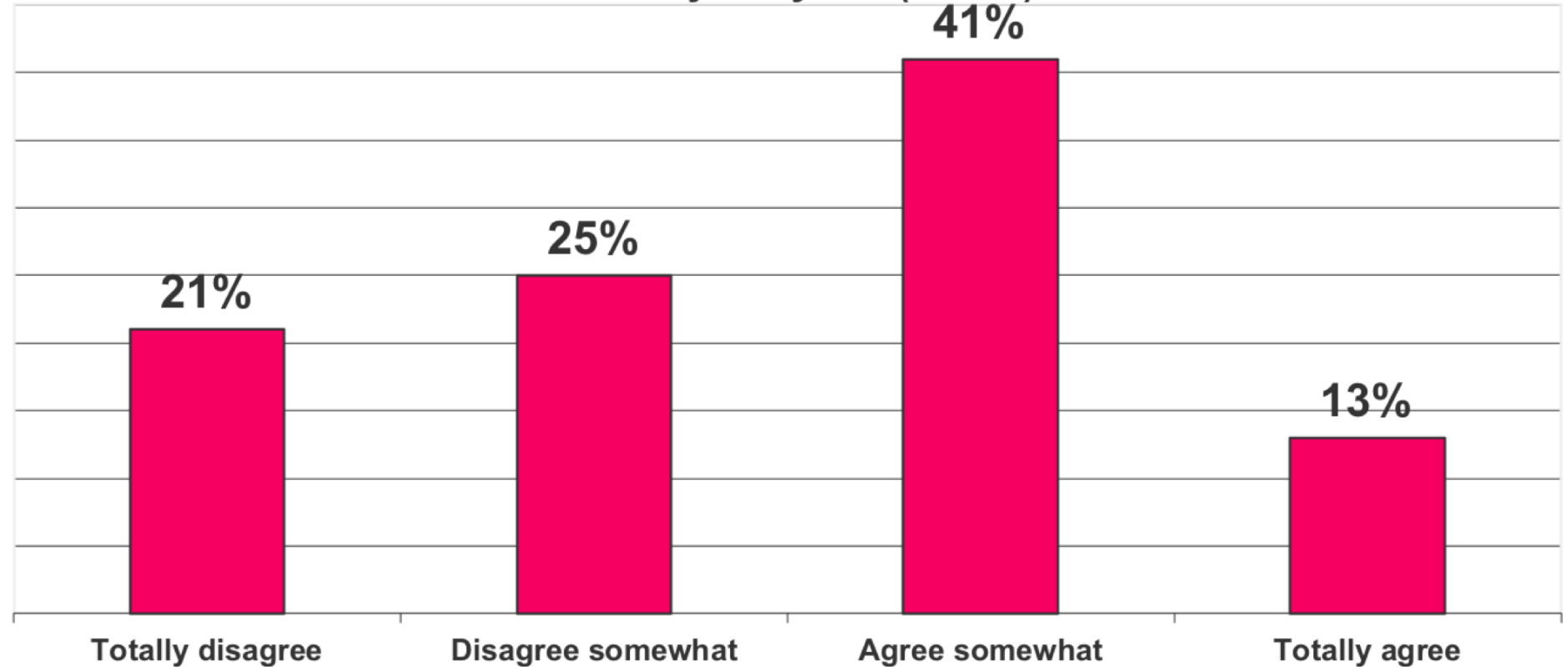
# Side effects



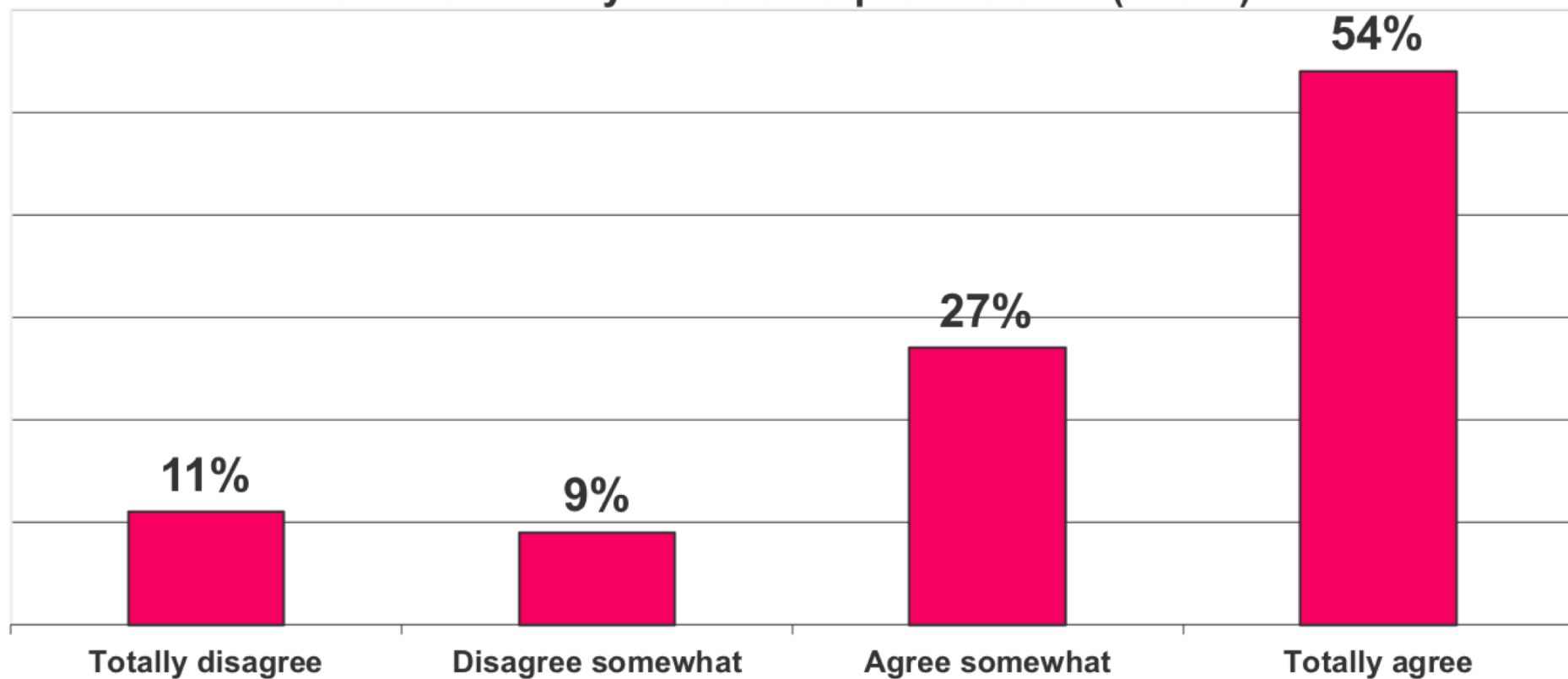
### Are you currently experiencing any side effects of your HIV medications? (n=1301)



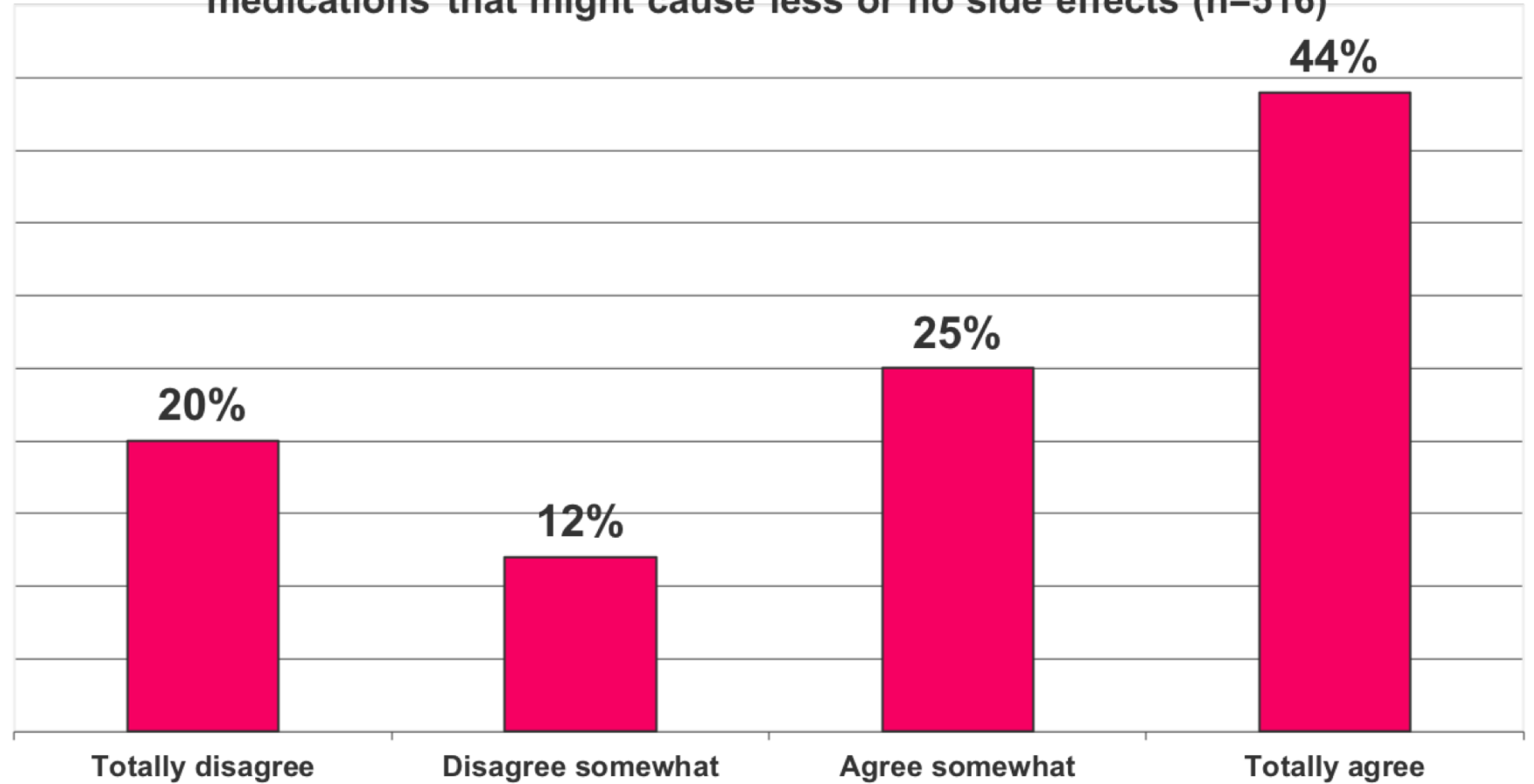
**Respondents who report side effects: The side effects are limiting me in my daily life (n=528)**



**Respondents who report side effects: I have discussed my side effects with my healthcare professional (n=528)**

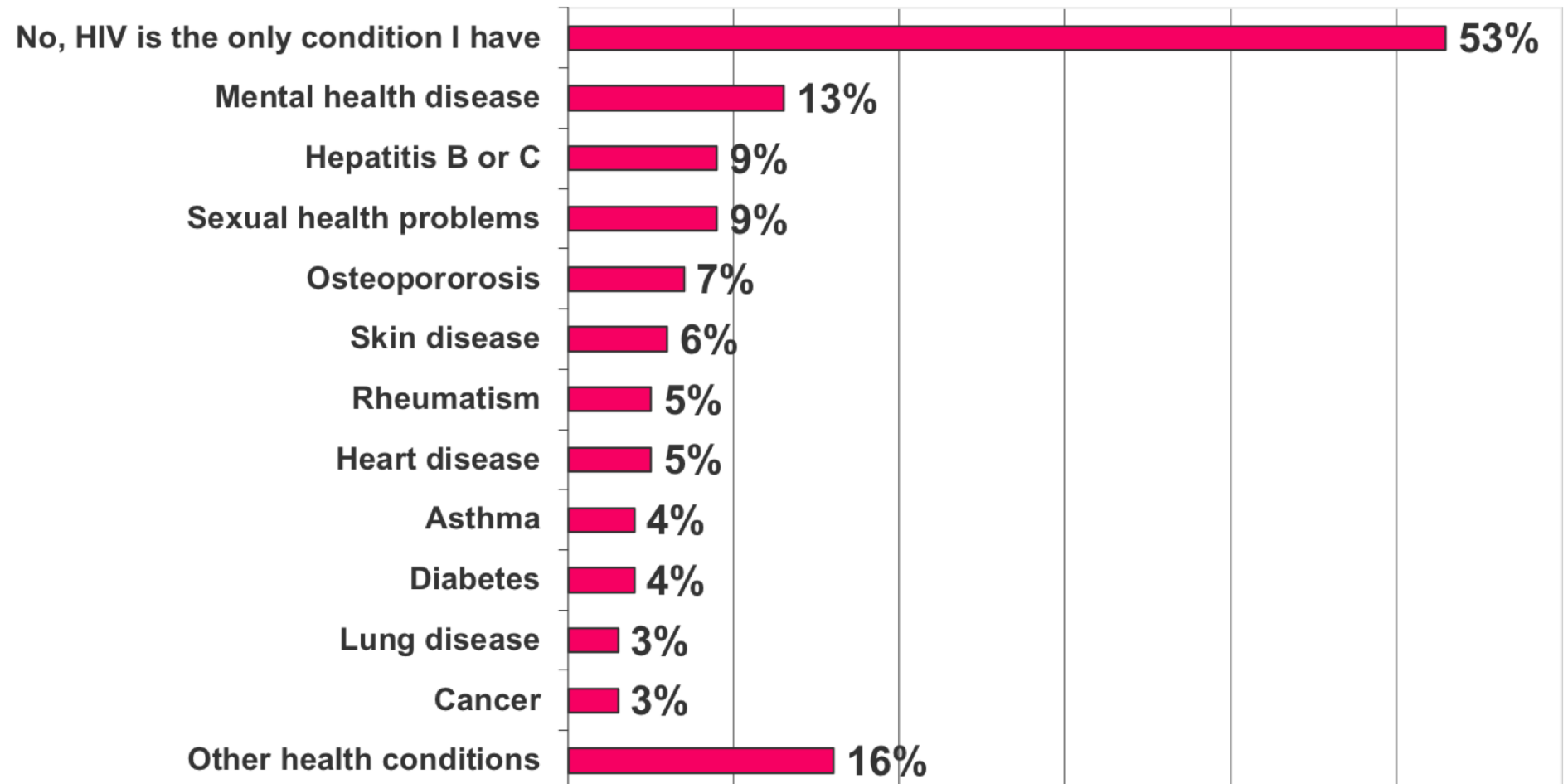


**Respondents who report side effects: I have discussed my side effects with my healthcare professional if I could be treated with medications that might cause less or no side effects (n=516)**

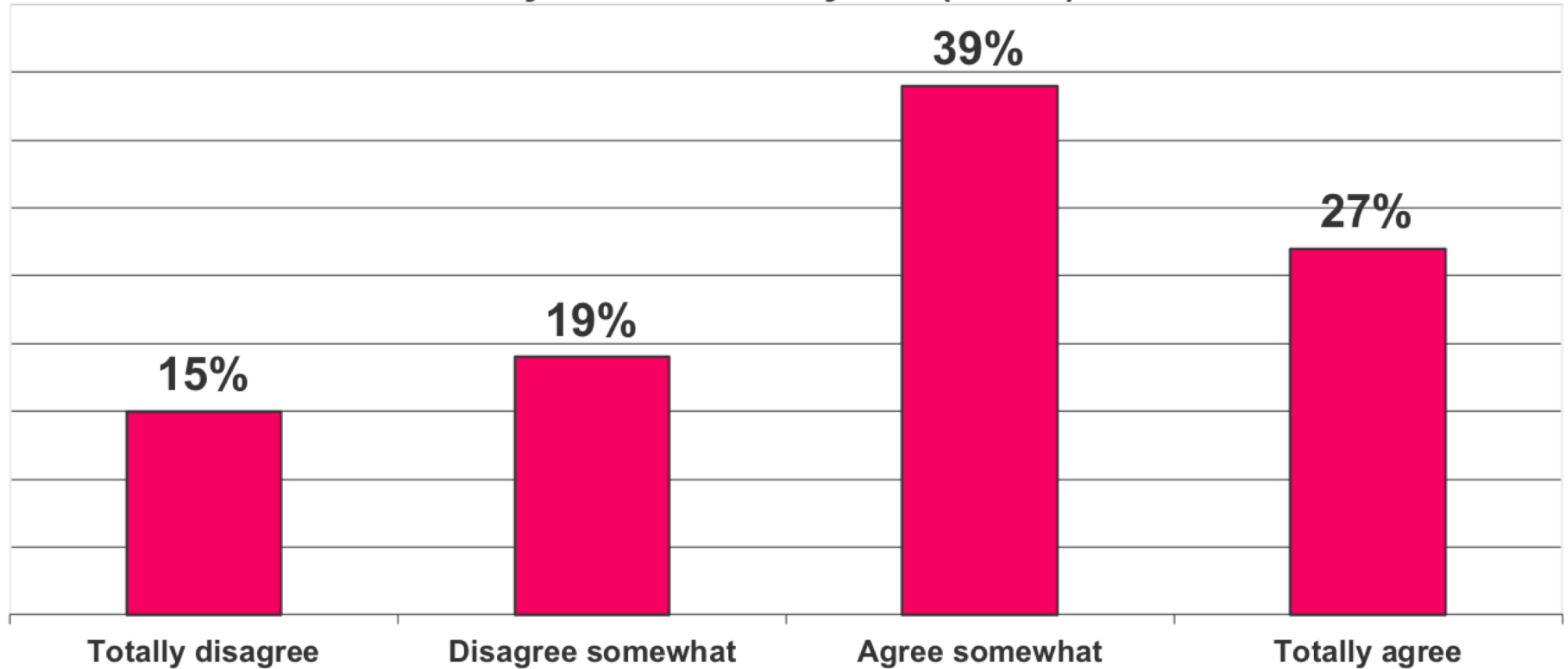


# Other health conditions

## Do you have another health condition besides HIV? (n=1306)



The other health condition(s) is (are) having a bigger impact on my health than my HIV (n=617)





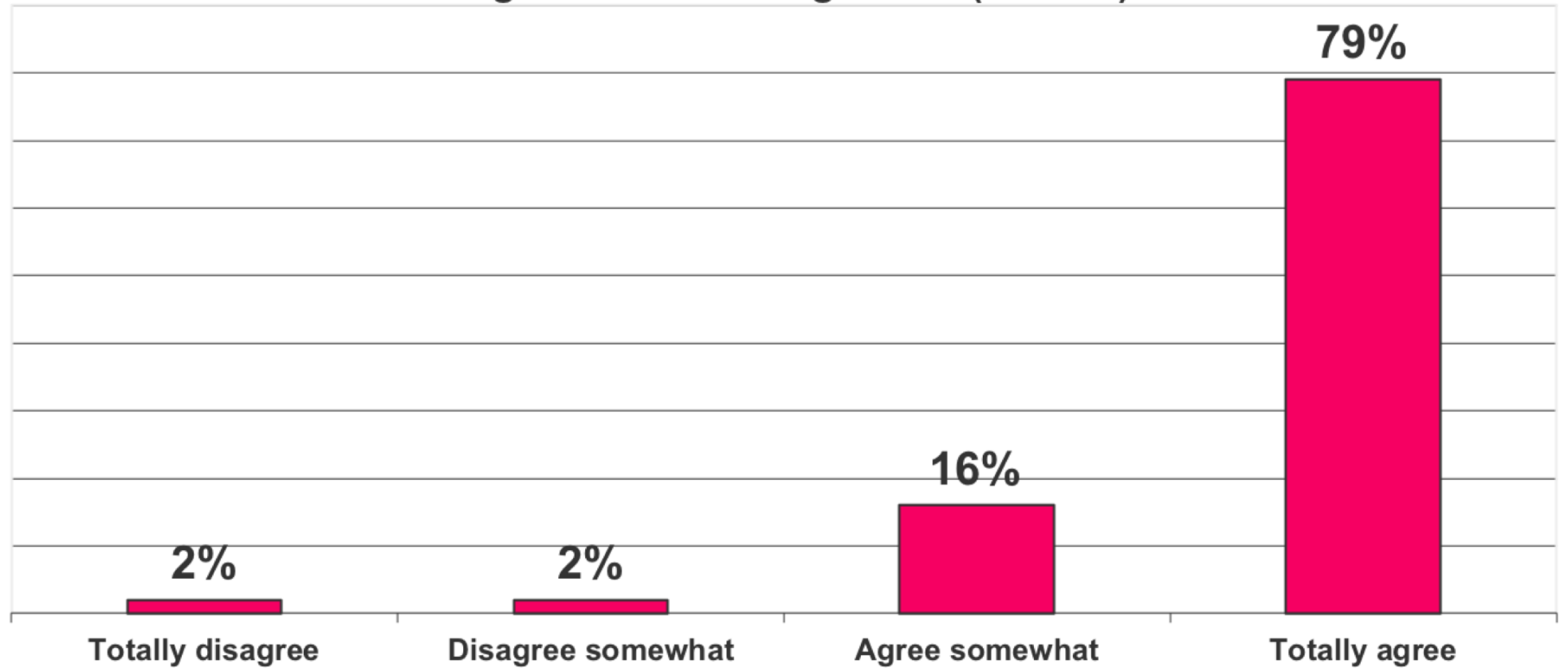
European  
AIDS Treatment  
Group



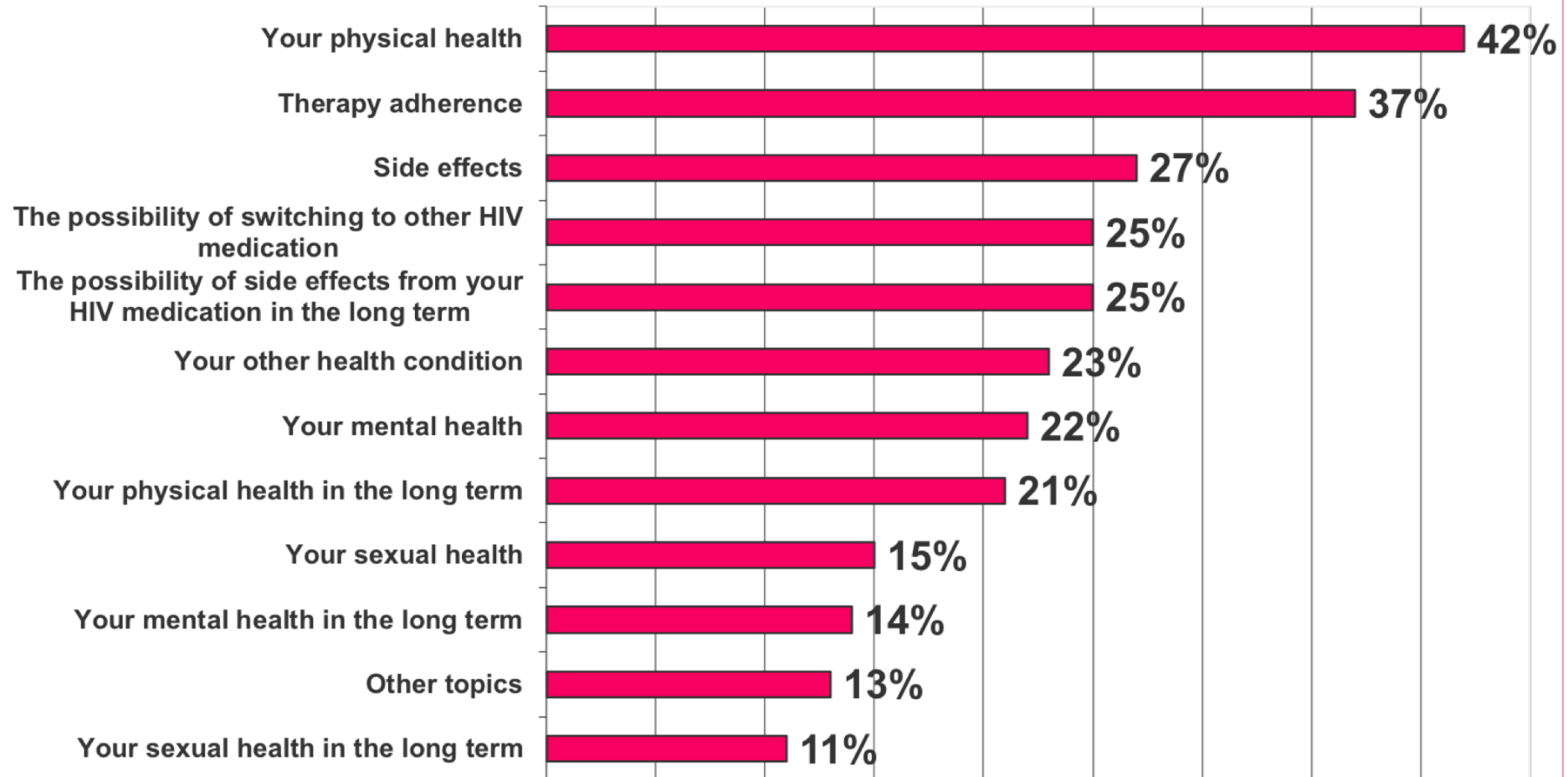
# Consultations



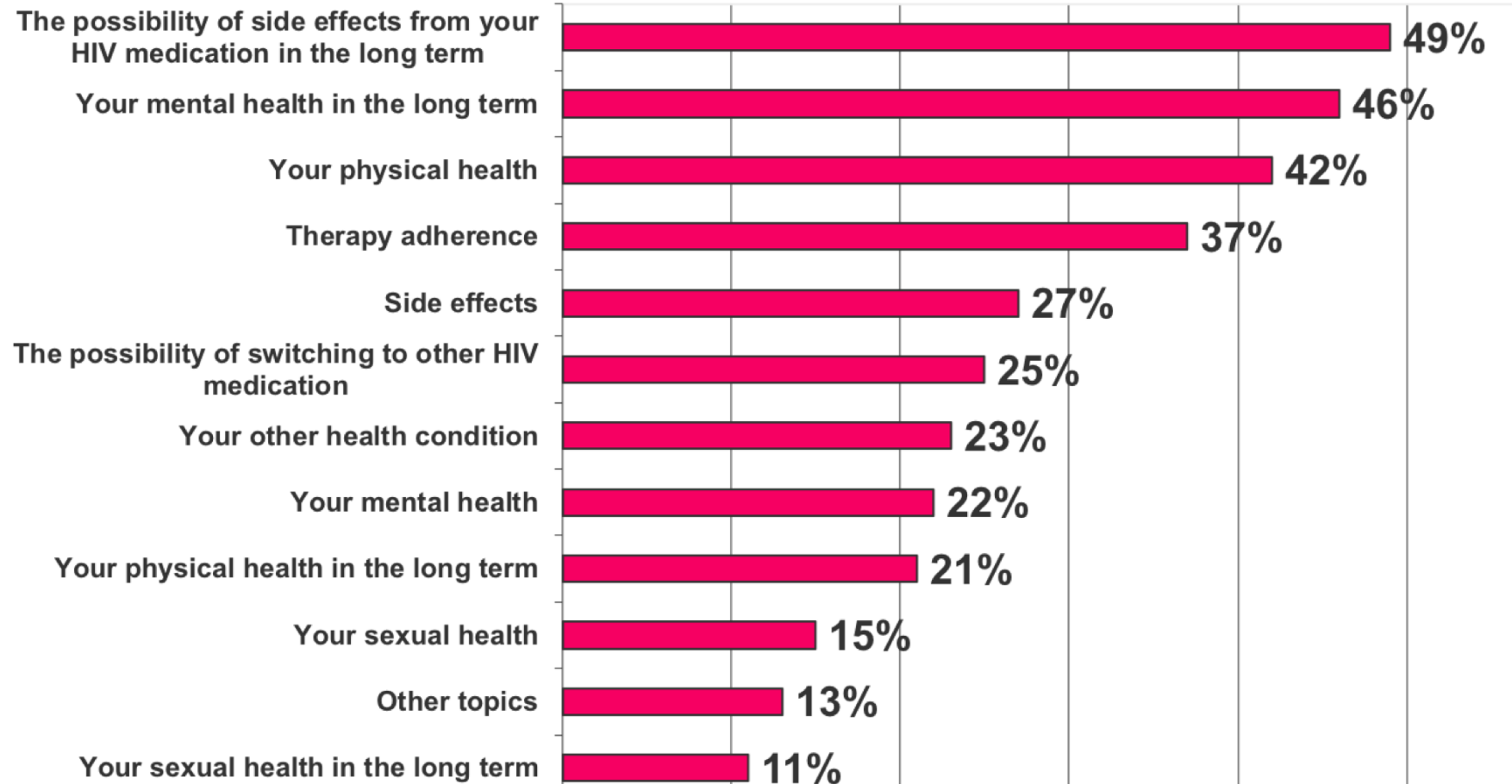
I believe regular health check-ups are an important part of my long term HIV management (n=1300)



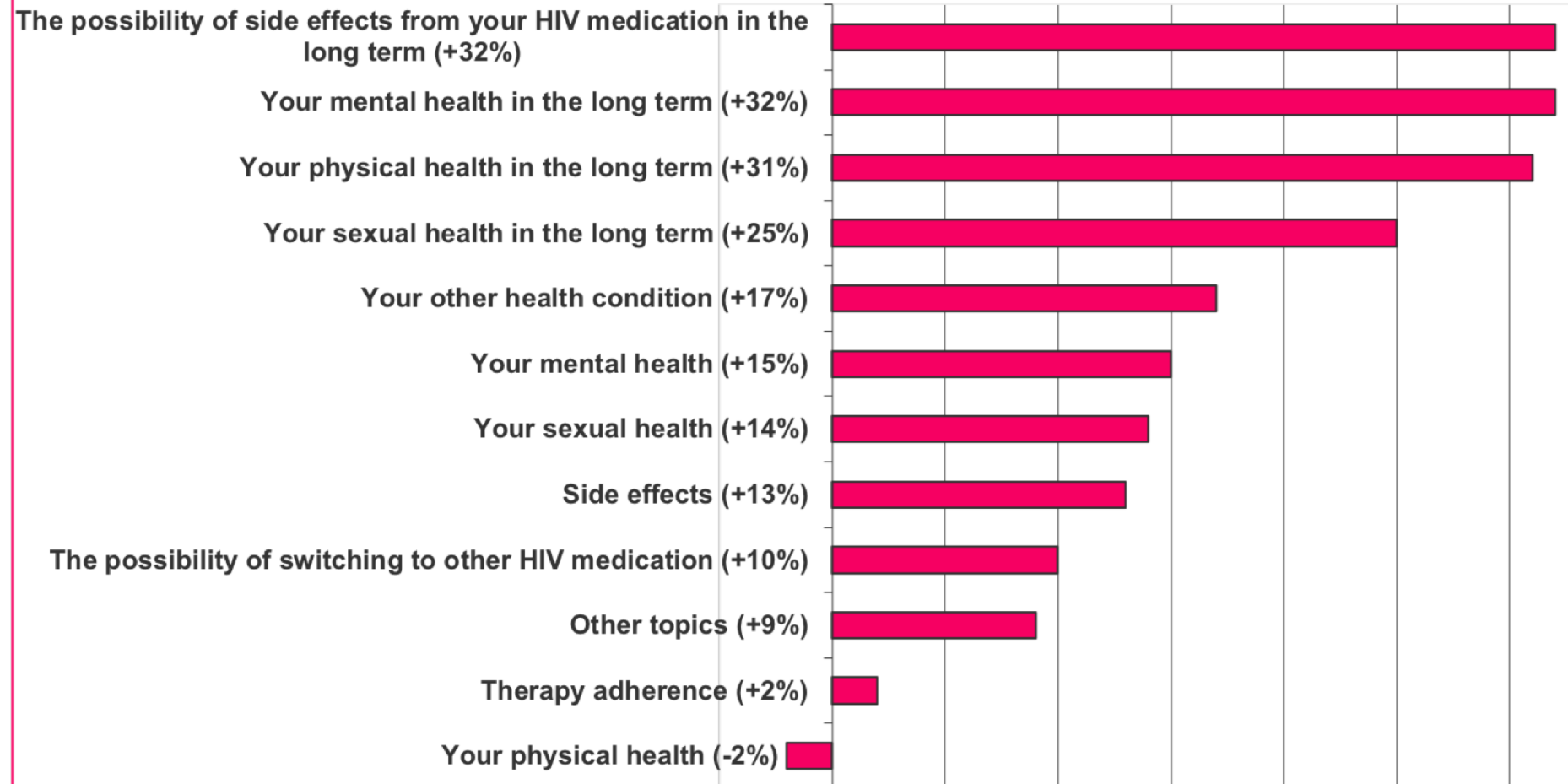
### Which aspects got a lot of attention during your most recent consultation with your HIV doctor and/or HIV nurse? (n=1309)



### Which aspects would you like to see given a lot of attention during your next consultation with your HIV doctor and/or HIV nurse? (n=1309)

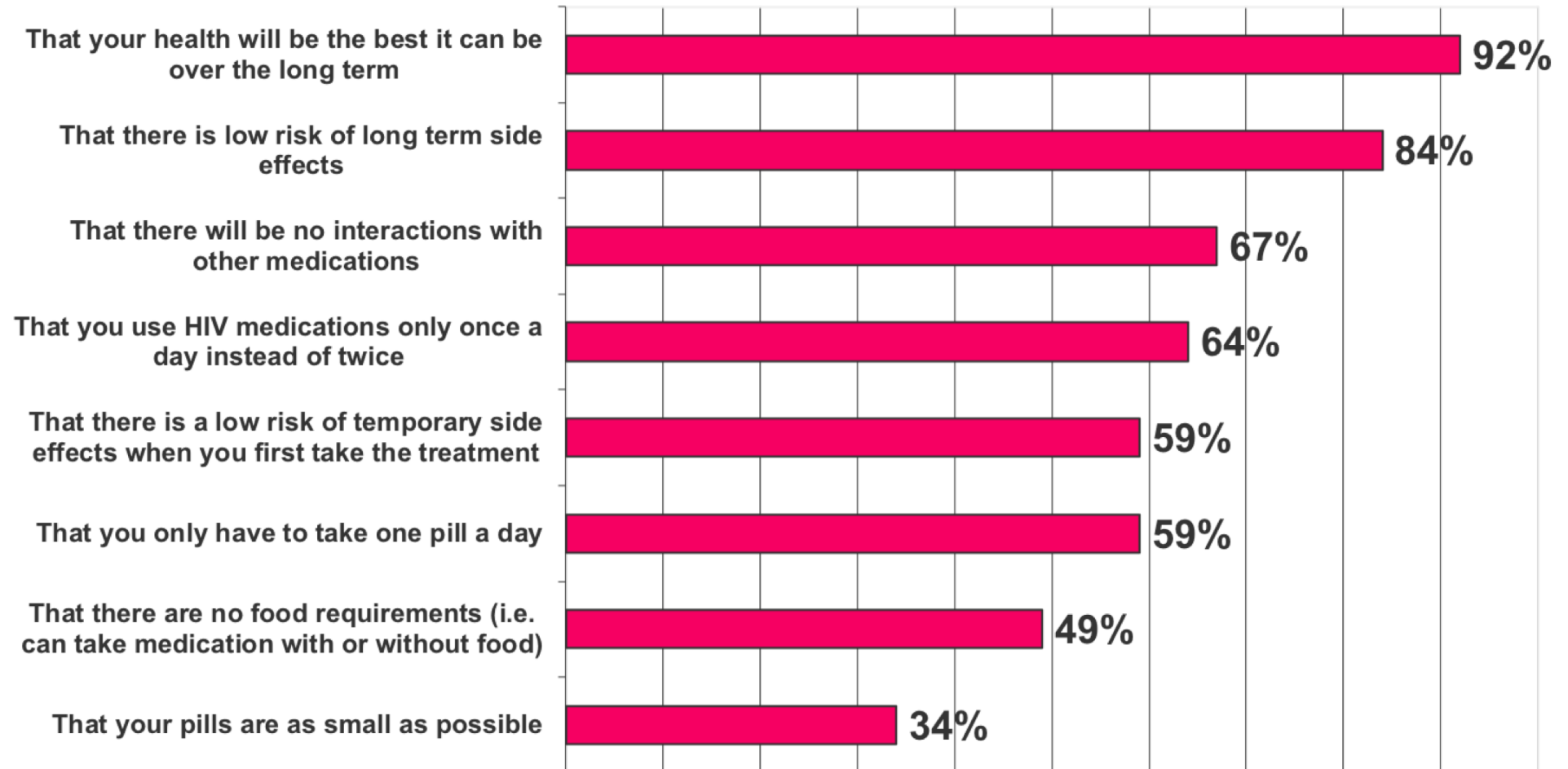


## Comparing the difference in 'a lot of attention': which aspects would you like to see given more attention during your next consultation? (n=1309)



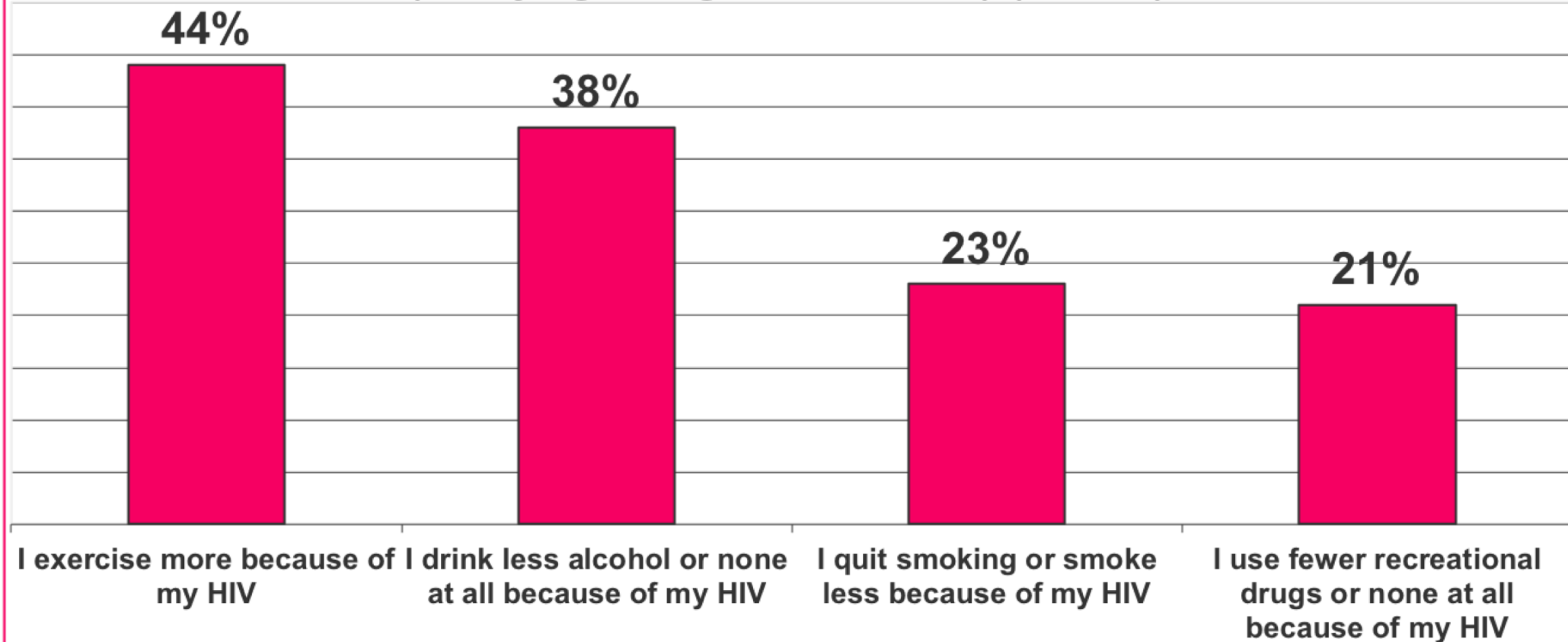
# Switching HIV medications

### Aspects respondents consider as very important if they were to switch to different HIV medications (n=1303)



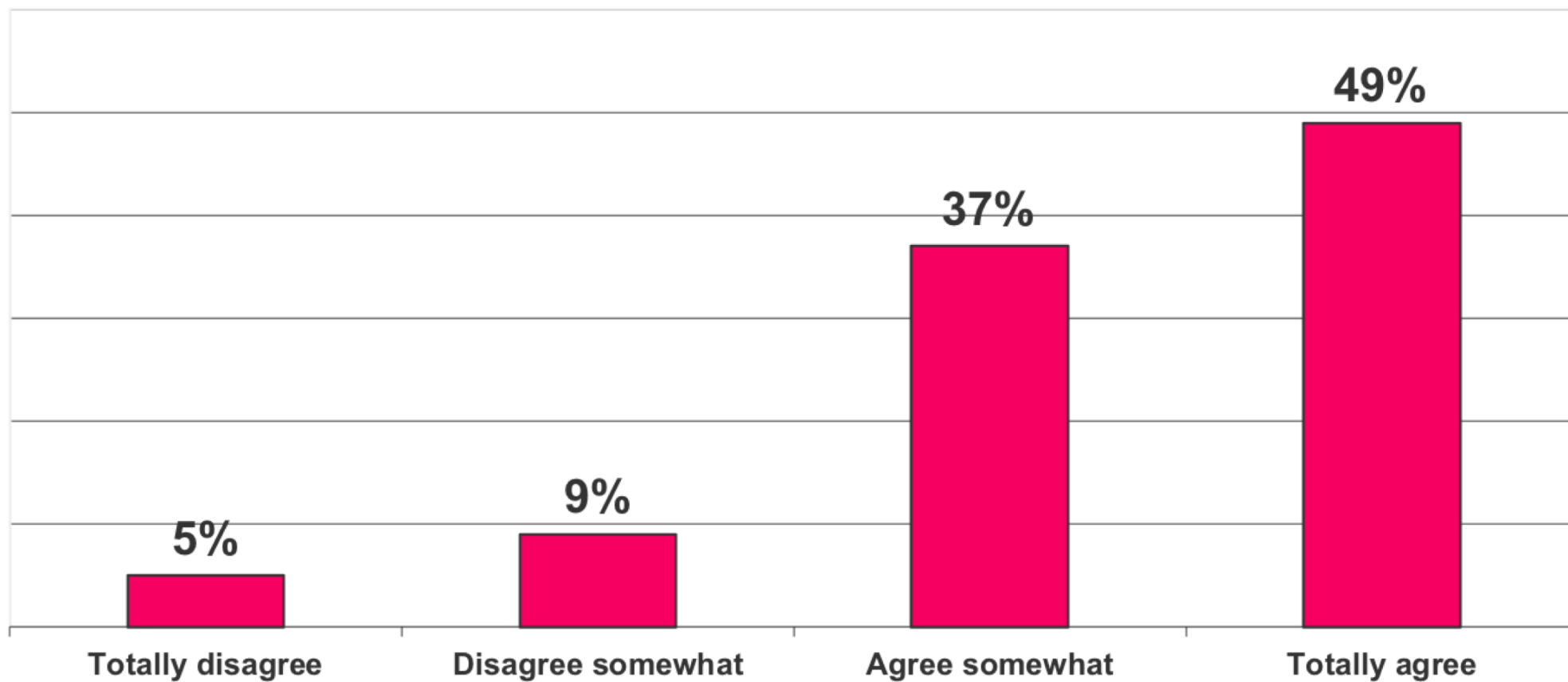
# Long term health

**I lead a healthier lifestyle because of my HIV  
(totally agree+agree somewhat) (n=1305)**





### I worry about my long term health (n=1304)



## I worry about the impact of HIV treatment on my long term health (n=1303)

