Title: A study to evaluate the effectiveness of a supportive nursing intervention package on psychosocial wellbeing of HIV infected adolescents availing services of State AIDS Control Society (SACS) in Kerala.

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ABSTRACT

Background: Globally more than 2 million adolescents are living with HIV. HIV prevalence among both girls and boys of 15-24 year olds is 0.1%. Mental and behavioural health challenges are prevalent in HIV-infected adolescents. Interventions for children living with HIV in India mostly focus on biological disease. Culturally and developmentally appropriate psychosocial support measures for Indian children living with HIV are urgently needed. So this study was undertaken to assess the psychosocial well-being of them and to evaluate the effectiveness of a supportive nursing intervention package which can be given to HIV infected adolescents in a proactive manner so that the problems can be prevented before they arise and to evaluate its effectiveness and to determine the association between baseline psychosocial wellbeing and selected sociodemographic and clinical variables.

Objectives: (1) To assess the psychosocial wellbeing of HIV infected adolescents. To evaluate the effectiveness of a supportive nursing intervention package on psychosocial well-being of HIV infected adolescents. (2) To determine the association between baseline psychosocial wellbeing and selected sociodemographic and clinical variables.
Methodology: The present study was conducted among 184 HIV infected adolescents (81 experimental and 83 control) attending KSACS in 8 districts of Kerala. The design adopted was experimental pre-test post-test control group design. A multistage random sampling was used to select the sample. The study settings were randomized into experimental and control setting and subjects were selected using random sampling technique. Independent variable for the present study was the supportive nursing intervention package, and the dependent variable was the psychosocial wellbeing score which was assessed at baseline and two times after the intervention. The data was collected through self report using semi-structured sociodemographic data sheet and structured psychosocial wellbeing assessment rating scale. The supportive nursing intervention package was given to the experimental group and control group was given routine support. The data collected was tested using appropriate statistical methods and interpreted accordingly.

Results: Majority of adolescents in the experimental group (55.6%) and control group (69.9%) had a good level of psychosocial wellbeing in the pre-test. The mean (SD) pre-test score of the control group was 47.63 (8.13), and that of the experimental group was 44.74 (10.52). After the intervention majority of the experimental group had very good psychosocial wellbeing in post-test 1 (72.8%) and post-test 2 (88.9%), but the majority in the control group remained in the good category in post-test 1 (73.5%) and post-test 2 (71.1%). In the first post-test, the mean (SD) score of control groups had fallen to 45.74 (7.64), and that of the experimental group had increased to
In the second post-test the mean (SD) score of control groups was 47.18 (7.43), and that of the experimental group was 59.79 (4.24).

It was found that there was no statistically significant difference between the baseline psychosocial well-being of the group, but highly significant (p<0.001) statistical difference in the pretest, post-test 1 and post-test 2 psychosocial well-being scores of adolescents in the experimental group. It was also seen that the improved post-test scores of the experimental group were sustained in the post-test 2. Hence it can be concluded that the supportive nursing intervention package was effective in improving the psychosocial well-being score of adolescents in the experimental group.

There was a significant association between baseline psychosocial well-being and the following sociodemographic and clinical variables; religion, difficulty at school, not getting pass marks, support person outside the family (p<0.05) and attending ART centre regularly (p<0.001). On binary logistic regression analysis, there were three risk factors (OR >1) for not having good psychosocial well-being, and they were having difficulty at school, not having support persons outside family and not visiting ART centre regularly and one protective factor for having good psychosocial well-being, getting pass marks (OR <1). The variables; visiting the ART centre regularly and not having support person outside the family were independent predictors (OR>1, p<0.05) for not good psychosocial well-being when other variables were held constant.

**Conclusion:** The study found that the supportive nursing intervention package in the form of informational support was effective in improving the psychosocial well-
being of HIV infected adolescents. As the psychosocial influences of HIV have significant health impacts on the affected individual, including the spread of HIV, prevention and early identification of deviations from psychosocial well-being and giving appropriate information is of vital importance and is a must for maintaining the psychosocial well-being of HIV infected adolescents.

**Keywords:** Psychosocial well-being, HIV infected adolescents, Supportive Nursing Intervention Package, KSACS