



**Dr Sarah Rutter**  
**Consultant Clinical Psychologist**  
**HIV Support Team, North Manchester General Hospital, UK**

# WHAT IS HEALTH-RELATED QUALITY OF LIFE?

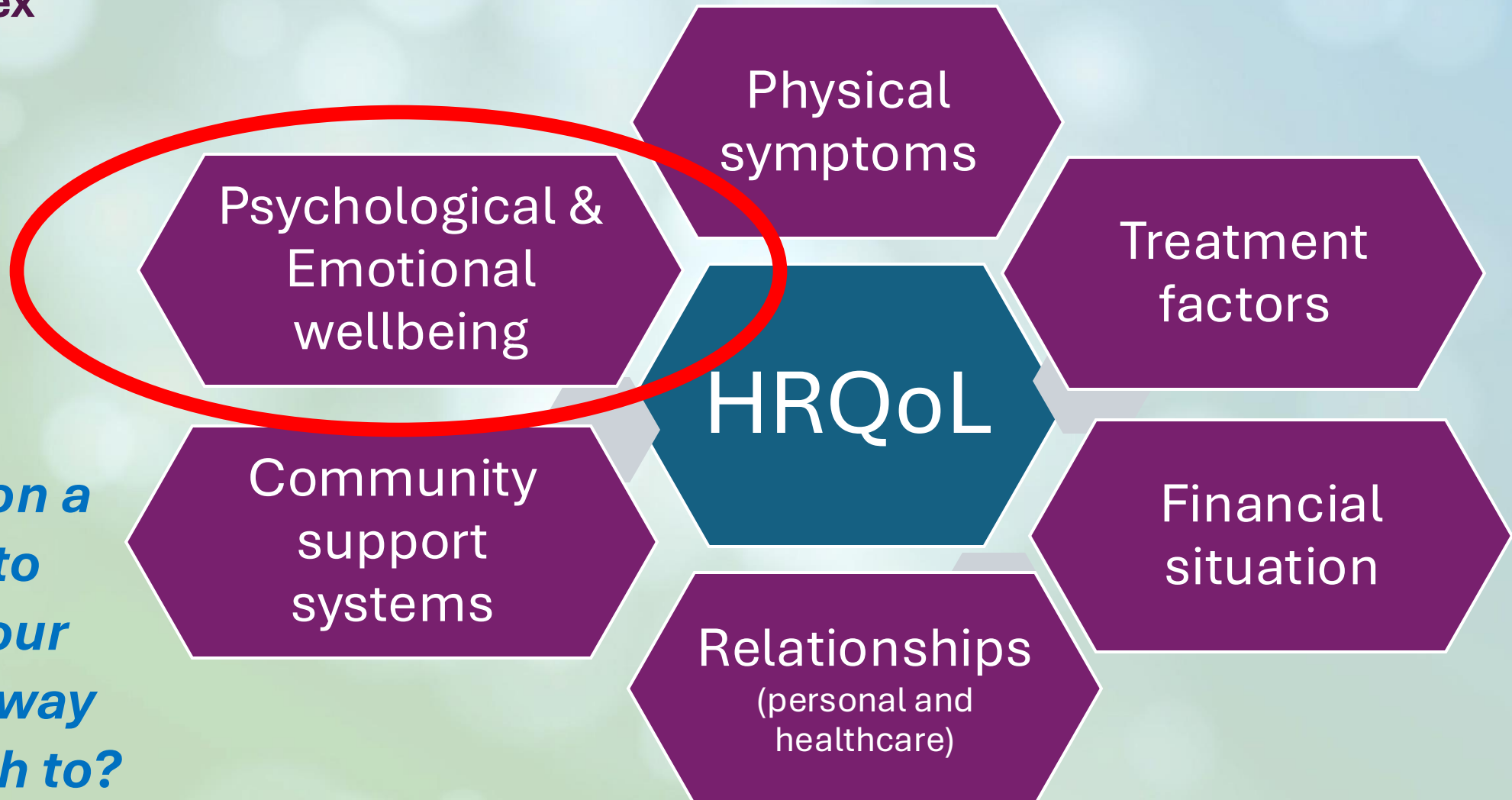
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A complex  
concept

person  
centred

*Is your  
health  
condition a  
barrier to  
living your  
life the way  
you wish to?*



# Mental Health & HIV

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## Chaponda et al. (2018) systematic Review

	HIV population	Gen. population	Other refs
Depression	17-47%	2-5%	Adams et al., 2016 BPS, 2011
Anxiety	22-49%	4-5%	CHASE Study Pence et al., 2007
Sleep Problems	61%	10%	
Suicidal ideation	31%	1%	Sherr et al., 2008 Rochat et al., 2006

### Trauma prevalence:

- 28% (global) Tang et al 2020
- 32.67% (global) Ayano et al 2020
- For a review of the trauma literature see Le Grand et al (2015)

A large, red, multi-pointed starburst graphic with a black outline, containing the word STIGMA in white capital letters.

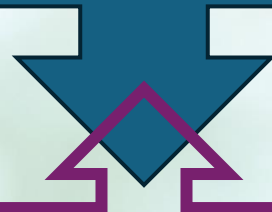
**STIGMA**



# The intersectional lens: Acknowledging layers of powerlessness

**Trauma =  
Fear/shame/horror + Helplessness (lack of power)**

Marginalised groups already carry  
heightened levels of trauma



**HIV Diagnosis can add another layer of powerless  
through stigma and discrimination**

# TRAUMA INFORMED CARE

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*Asking "what happened to you?" NOT,  
"what is wrong with you?"*

## Key principles of trauma-informed practice:

- Safety
- Transparency and trustworthiness
- Agency and choice
- Collaboration
- Empowerment
- Cultural consideration

<https://www.gov.uk/government/organisations/office-for-health-improvement-and-disparities>

## As Healthcare teams we must:

Recognise impact of  
trauma on individuals,  
groups & communities

Know the signs of trauma

Avoid re-traumatisation

## Trauma-informed care also includes

Acknowledging the risk  
of Secondary trauma

*The cost of caring*

Compassionate  
leadership in work  
spaces

Reflective practice and  
trauma-informed  
supervision



# The potential of post-trauma growth

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**Trauma informed care can provide a safe base for people living with HIV and support HRQoL in a number of ways:**

- Help people feel cared for and learn to care for themselves
- Support engagement with care and treatment adherence
  - Enable connection with communities
  - Enhance self worth and confidence
  - Empower people to recover and thrive