

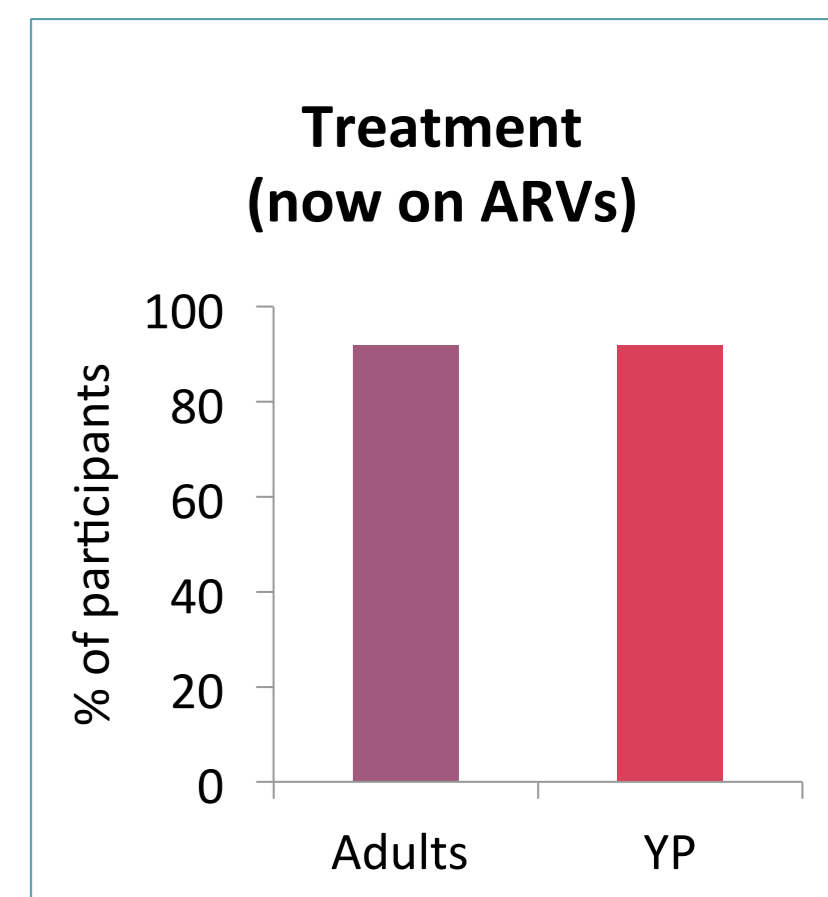
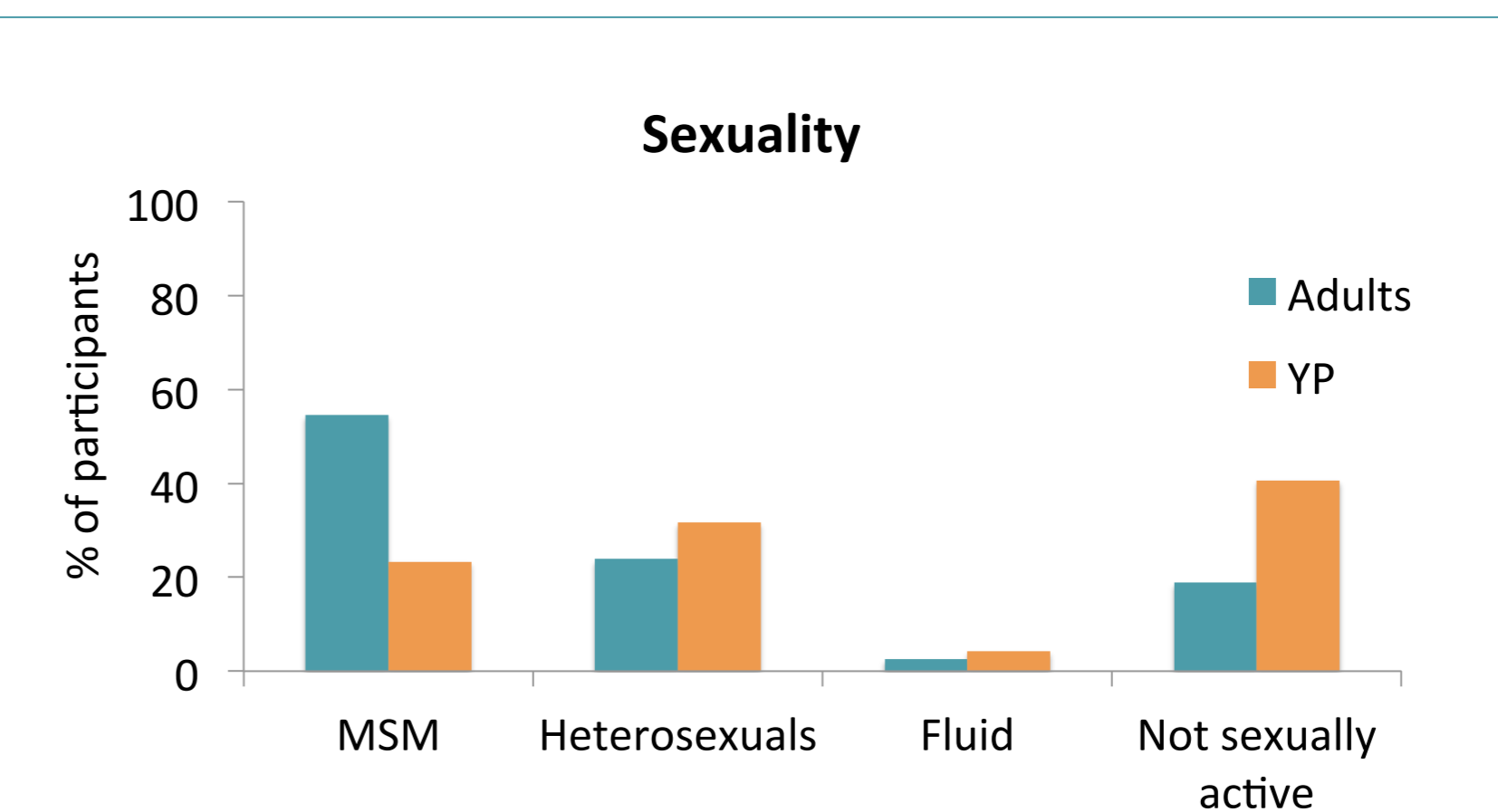
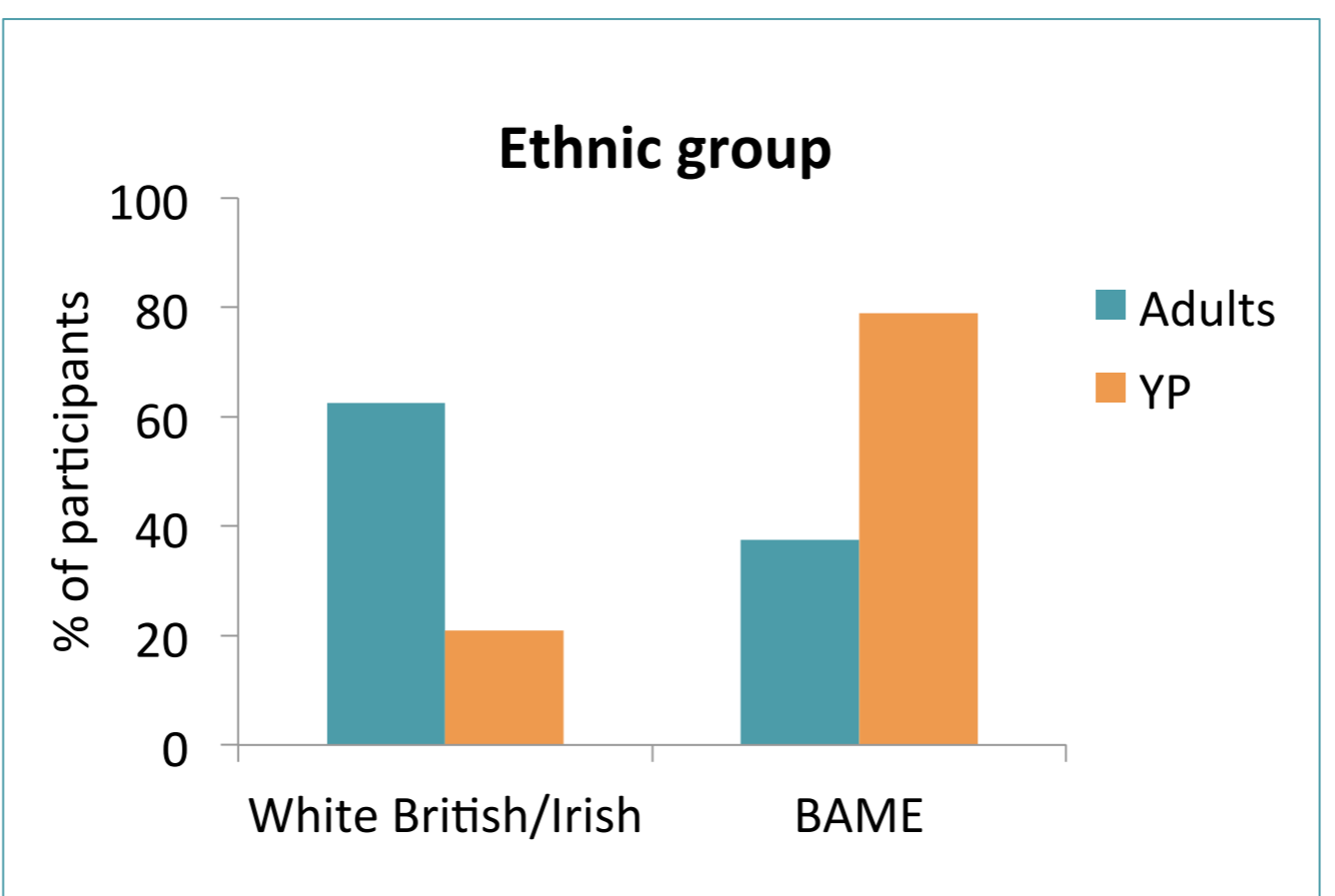
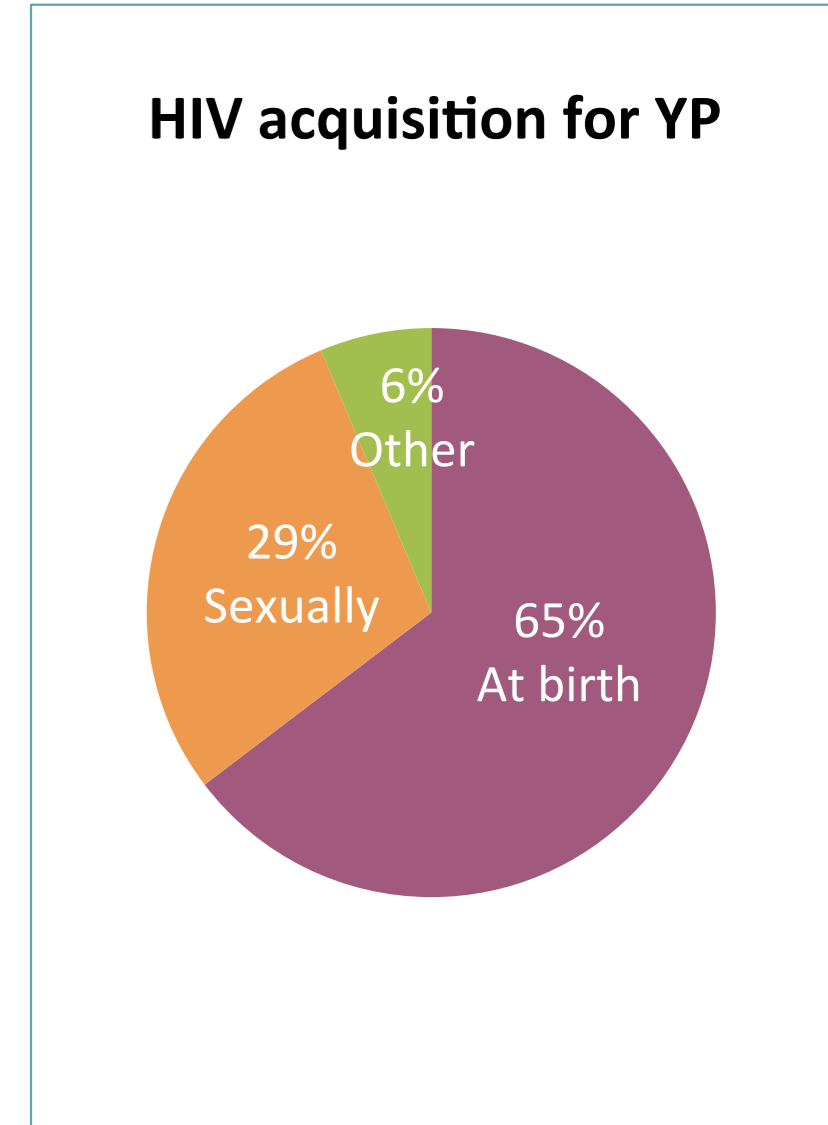
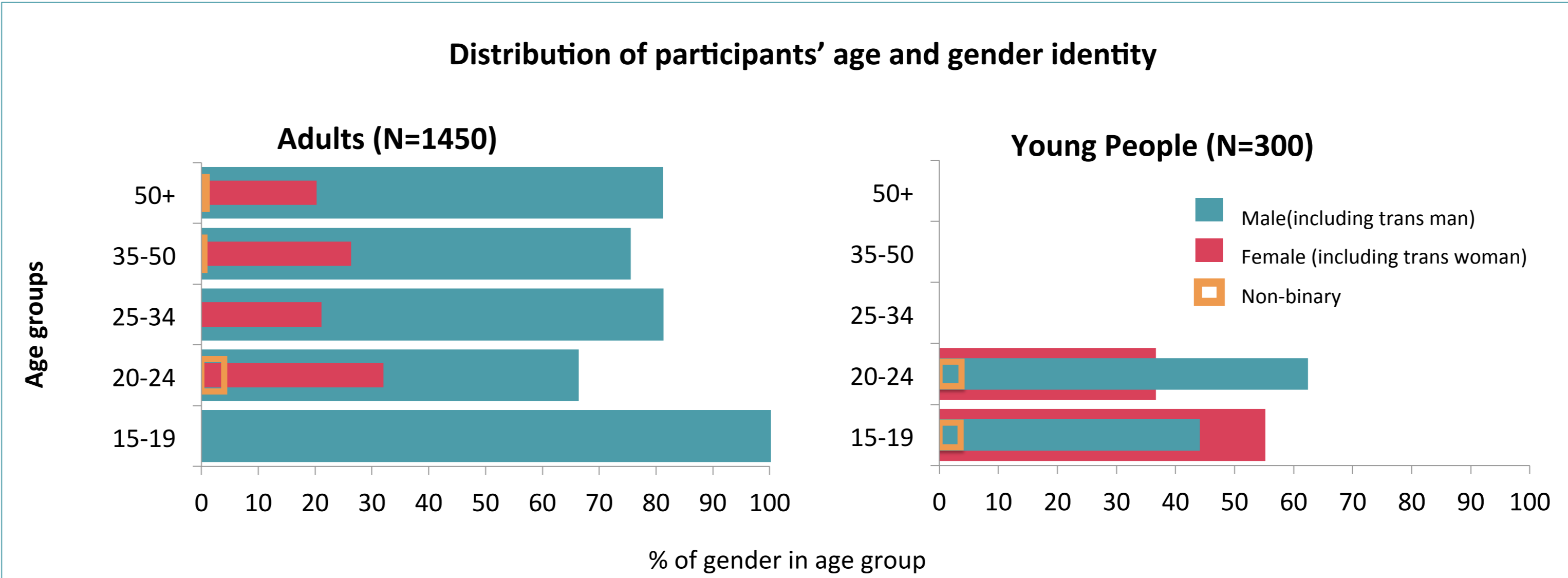
# An intergenerational comparison of positive self-image across the UK

## The Young People Living with HIV Stigma Survey UK 2017

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### Background

- The People Living with HIV Stigma Surveys UK were co-produced by people living with HIV (PLWH), clinicians and researchers. They are collaborative, community-led initiatives that capture the feelings and experiences of living with HIV within the past 12 months.
- Two cross-sectional studies [2015: adults aged 18+] [2017: young people (YP) aged 15-24] were conducted in the United Kingdom.
- Participants were recruited through HIV clinics and community organisations to complete an anonymous online survey.
- We report intergenerational differences of positive self-image among adults and young people living with HIV in the UK. Descriptive and multivariate analyses are presented.
- A composite binary positive self-image score was created from responses to 9 questions on positive (4) and negative (5) feelings in relation to HIV-status in the past 12 months.
- Quotes presented below are by participants from both studies, identified by year.



"Each time I find the courage to disclose my status, I feel like I made a step forward towards accepting my status. I feel like people have to deal with it or leave because there is nothing I should feel ashamed about." - Adult 2015

"I was empowered to start a charity which supports other positive people." - Adult 2015



"I am an upbeat person, I always think it could be worse and I am luckily to be mostly healthy." - YP 2017

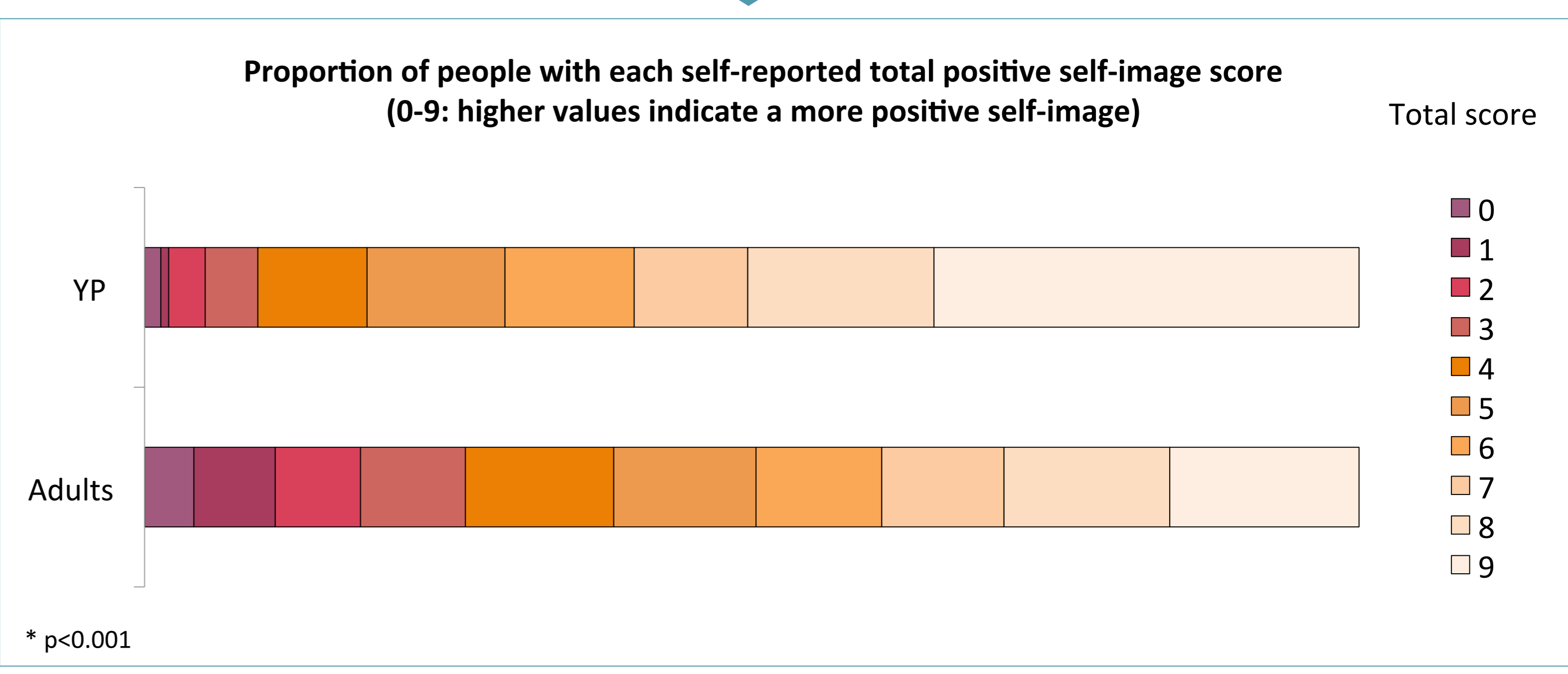
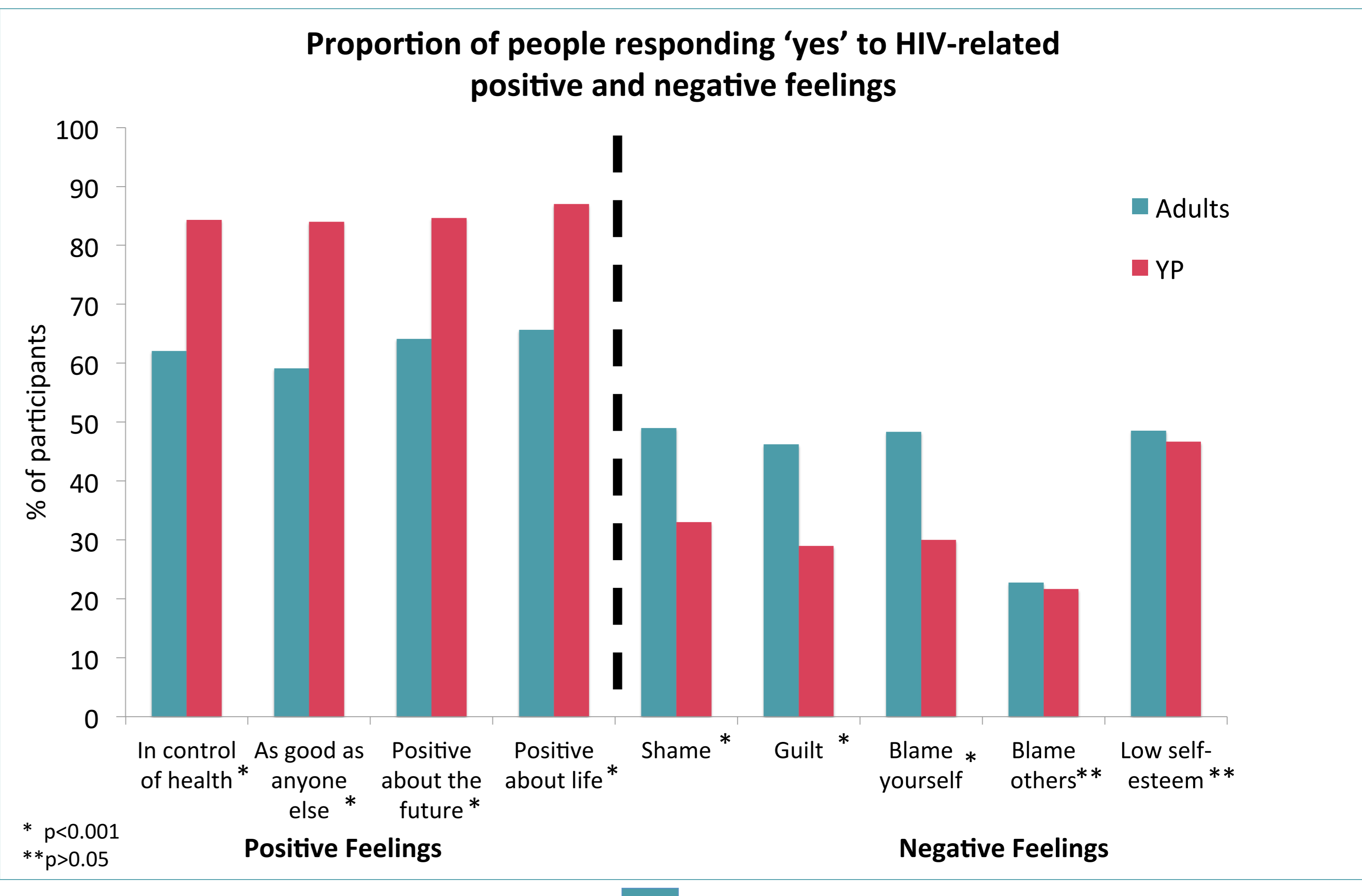
"Knowing my condition from a young age helped me become very organised with regards to my medicines. I'm doing so with a much better understanding of how to handle myself so that I can enjoy a long and fulfilling life just like anyone else." - YP 2017

### Results

- 1,450 adults and 300 YP took part in the study with median ages 45 years (37,52) and 20 years (17,22) respectively.
- Overall, young people report more positive feelings and less negative feelings with regard to their HIV status in the past 12 months.
- Young people are more likely to report a high positive self-image (score cut-off = 6/9) compared to adults living with HIV in the UK over the last 12 months
- Positive self-image was more common amongst people identifying as heterosexual (OR 1.5, 95% CI 1.2-1.9 vs MSM), BAME (OR 1.4, 95% CI 1.1-1.6 vs White), and being on antiretroviral therapy (OR 1.9, 95% CI 1.2-2.8).
- In multivariable models adjusting for demographic factors (Model A) and also experiences of stigma (Model B), YP remained more likely to report positive feelings and have a better outlook about their HIV compared to adults (see table)

Self-image: Uni and multivariable analyses			Model A	Model B
	Adults (N=1,450)	Young People (N=300)	Adjusted OR (95% CI)* YP vs. Adults	Adjusted OR (95% CI)** YP vs. Adults
In control of health	900 (62.1%)	253 (84.3%)	3.24 (2.33-4.5)	3.08 (2.15)-4.43)
As good as anyone else	857 (59.1%)	252 (84%)	3.59 (2.59-4.97)	4.03 (2.77-5.85)
Shame	710 (49.0%)	100 (33.3%)	0.52 (0.4-0.67)	0.65 (0.48-0.88)
Guilt	670 (46.2%)	87 (29%)	0.47 (0.36-0.62)	0.56 (0.42-0.76)
Positive self-image	720 (49.7%)	211 (70.3%)	2.4 (1.83-3.14)	2.26 (1.63-3.14)

\*A distinct multivariate model was used for each outcome (row); adjusted for demographic characteristics, whether participants were currently on ART, and a high PHQ2 score  
 \*\*Additionally adjusted for experiences of being gossiped about or excluded by friends and family



### Conclusions & Recommendations

- YP report significantly more positive feelings and less negative feelings compared to adults living with HIV in the UK.
- YP are more likely to have a positive self-image and better adjustment to their diagnosis compared to adults living with HIV in the UK.
- Strategies that translate young people's positive self-image into improved health-seeking behaviours and a high level of well-being require further exploration.

### Acknowledgements

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