## DEPRESSION AND HIV

### Fact Sheet Number 558

**New Mexico AIDS Education and Training Center**

Fact Sheets can be downloaded from the internet at [http://www.aidsinfonet.org](http://www.aidsinfonet.org)

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### What is Depression?

Depression is a mood disorder in which you feel sad, oltre, hopeless, and uninterested in activities you once enjoyed. **Symptoms** may include:

- Feeling empty or hopeless
- Trouble concentrating or making decisions
- Loss of interest or pleasure in activities
- Fatigue or loss of energy
- Changes in appetite (e.g., weight loss or gain)
- Restlessness, irritability, or agitation
- Difficulty sleeping (insomnia) or oversleeping
- Thoughts of death or suicide

### Depressive Symptoms in HIV+?

**Incidence:**

- Up to 5-10% of HIV+ individuals may experience major depressive symptoms.
- Among HIV+ individuals, the incidence of depression may be 60%.

### Why Does Depression Occur?

**Factors:**

- Psychological: prior to HIV diagnosis, depression may be associated with prior mental health problems.
- Biological: the incidence of depression in HIV+ individuals may be higher due to the stress of living with a chronic illness.

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### References

- [HIV and Depression](http://www.aidsinfonet.org)
- [Depression in HIV](http://www.aidsinfonet.org)
- [HIV and Mental Health](http://www.aidsinfonet.org)

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**SSRIs**

SSRIs are a type of medication known as selective serotonin reuptake inhibitors. They are used to treat conditions such as depression, anxiety, and obsessive-compulsive disorder. SSRIs work by increasing the levels of serotonin in the brain, which can help improve mood and reduce symptoms of anxiety.

**DHEA**

DHEA, or dehydroepiandrosterone, is a hormone that is produced in the body and is involved in the production of other hormones. It has been studied as a potential treatment for conditions such as depression and Alzheimer's disease.

**VNS**

VNS, or vagus nerve stimulation, is a device that is implanted in the neck and is used to treat epilepsy and some types of depression.

**FDA**

The FDA, or the United States Food and Drug Administration, is a government agency that is responsible for regulating drugs and other medical products in the United States.

The paragraph in Telugu discusses the use of SSRIs in the treatment of depression and other conditions. It mentions the importance of understanding the side effects of these medications and the need for careful monitoring.

The paragraph in English discusses the potential uses of SSRIs and other medications in the treatment of depression and other conditions. It highlights the need for further research and the importance of understanding the mechanisms by which these medications work.

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