Oral Defense Announcement
University of Missouri – St. Louis Graduate School

An oral examination in defense of the dissertation for the degree
Doctor of Nursing Practice with an emphasis in Family Nurse Practitioner

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B.S. in Nursing, May, 2016, Central Methodist University

Depression in HIV-Positive Individuals Living in a Residential Housing Community

Date: July 10, 2019
Time: 10:40 a.m.
Place: Nursing Administration Building 106

Abstract
Problem: Depression is the most prevalent psychiatric disorder among individuals living with HIV. Depression rates are three times greater than those found in the general population. Undiagnosed and untreated depression can have a negative effect on the management of HIV infection, resulting in increased mortality and a poorer quality of life. The purpose of this quality improvement initiative was to assess the incidence of depression in HIV-positive individuals living in a residential community.

Methods: A prospective, descriptive, cohort design. Convenience sample of HIV-positive adult residents living in an HIV residential community. The nine-question patient health questionnaire (PHQ-9) was voluntarily completed by residents attending a quarterly residential meeting.

Results: There were 21 HIV-positive individuals who attended a meeting in May 2019 and completed the PHQ-9 (N=21). There were 12 participants (n=12, 57%) whose PHQ-9 scores indicated depression (95% CI 36%, 78%). Of those, seven participants (n=7, 33%) had PHQ-9 scores above nine and required immediate referral.

Implications for practice: Nearly 60% of the participants in this project had PHQ-9 scores positive for depression, and over 30% required immediate referral to a mental health specialist. Mental health services are necessary for many individuals living with HIV. Having mental health services available or a referral process in place is recommended, especially in a Black community.

Defense of Dissertation Committee
Laura Kuensting, DNP, APRN, PCNS-BC, CPNP, CPEN - Chairperson
Sheila Grigsby, PhD, RN, MPH, APHN-BC - Committee Faculty Member
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