

# Treating the Chemically-dependent, HIV-infected Patient with Mental Illness

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## Disclosures

- ◆ Consultant to Biomarin, Boehringer-Ingelheim.

## Objectives

- ◆ Describe how drug addiction impacts mental health, HIV disease and their treatments.
- ◆ Explain the mechanisms for recognition of various mental health diagnoses and common treatment options.

## Psychiatric Disorders In New Medical Intakes

◆ Overall Axis I (non—substance-abuse)	54%
– Major depression	20%
– Adjustment disorder	18%
◆ Substance abuse	74%
◆ Cognitive impairment	18%
◆ Personality disorder	26%*

\*Unpublished observation.

## Depression “Warning” Symptoms

- ◆ Sadness
- ◆ Hopelessness, helplessness
- ◆ Fatigue
- ◆ Sleep disturbances
- ◆ Appetite changes, weight loss

## Phenomenology of Major Depression

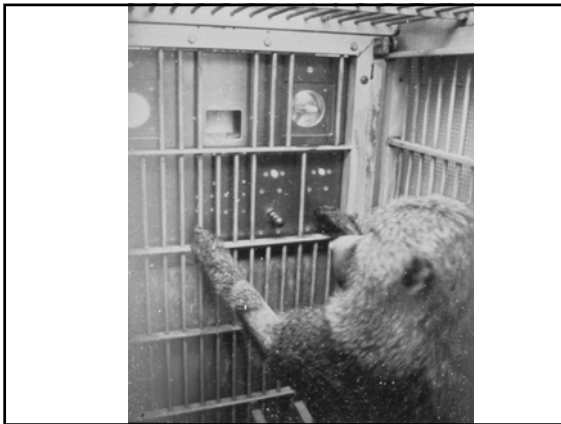
- ◆ Diminished Mood and Hedonic Responsiveness
- ◆ Decreased Vital Sense
- ◆ Decreased Self-Attitude
- ◆ Neurovegetative Signs
  - early morning awakening
  - appetite change
  - diminished libido
  - cognitive impairments

## Antidepressants

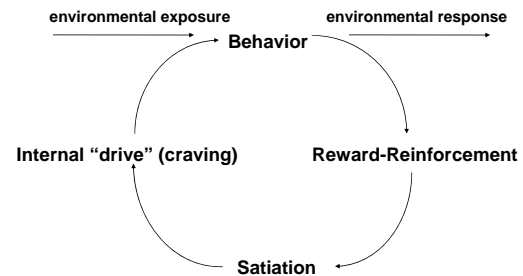
- ◆ **Tricyclic antidepressants**
  - Imipramine
  - Desipramine
  - Amitriptyline
  - Nortriptyline
  - Protriptyline
  - Doxepin
- ◆ **MAO Inhibitors**
  - Tranylcypromine
  - Phenelzine
  - Isocarboxazid
- ◆ **Bupropion SR and XL**
- ◆ **SSRI antidepressants**
  - Fluoxetine
  - Sertraline
  - Paroxetine
  - Fluvoxamine
  - Citalopram
  - Escitalopram
- ◆ **SNRI antidepressants**
  - Venlafaxine XR
  - Duloxetine
- ◆ **NASSA antidepressants**
  - Mirtazapine

## Principles of Psychotherapy for Depression

- ◆ **Behavioral**
  - Maintaining routine
  - Sleep
  - Exercise
  - Diet
- ◆ **Cognitive**
  - Recognizing "bad data"
  - Stopping "stinkin' thinkin'"



## Motivated Behavior



## The Perspective of Behavior

### STEPS IN TREATMENT

1. STOP THE BEHAVIOR
2. IDENTIFY SUSTAINING FACTORS AND ELIMINATE THEM (EXTINGUISH)
  - N-1. REPEAT AS NECESSARY
  - N. IDENTIFY INITIATING FACTORS AND ADDRESS THEM (IF NECESSARY)

## The Perspective of Behavior

- ◆ Sustaining factors of behaviors can be subdivided into two types
  - Mutable stimuli - those which can be changed or avoided
  - Immutable stimuli - those which cannot be avoided and for which responses must be directly extinguished

## Classical Conditioning

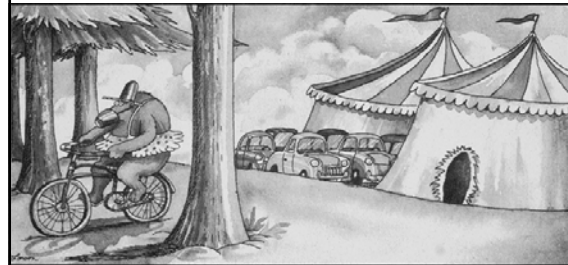
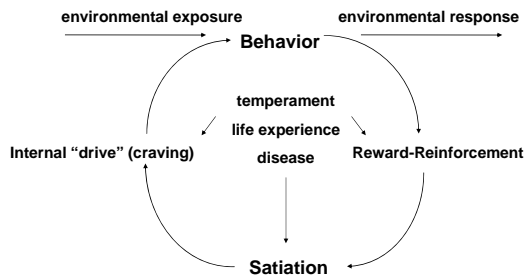
Unconditioned Stimulus → Unconditioned Response

Unconditioned Stimulus +  
Conditioned Stimulus → Unconditioned Response

Conditioned Stimulus → Conditioned Response



## Motivated Behavior



Bobo remained free the rest of his life, although he did find it necessary to seek counseling.

## Summary

- ◆ Mental illnesses are highly prevalent among patients infected with HIV.
- ◆ Major depression and demoralization are among two of the most prevalent mental illnesses in HIV-infected populations.
- ◆ Major depression is often differentiated from demoralization by the presence of persistent and pervasive anhedonia.

## Summary (continued)

- ◆ Major depression and demoralization are highly treatable conditions in patients with HIV infection.
- ◆ Addictions are disorders of behaviors that take over the lives of patients.
- ◆ Recognizing comorbid mental illnesses is the key to unlocking the "cage" of addiction from many patients.
- ◆ Addictions are treatable conditions that often require a full team approach to address the various aspects of the patient's problems.