Treating the Chemically-dependent, HIV-infected Patient with Mental Illness
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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*Unpublished observation.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

Disclosures
- Consultant to Biomarin, Boehringer-Ingelheim.
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

Conditioned Stimulus  Conditioned Response

Motivated Behavior

environmental exposure  environmental response

Behavior

temperament

life experience

disease

Reward-Reinforcement

Satiations

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.