

Secondary Data Analysis: A Non-Pharmacology Treatment for Individuals Living with HIV/AIDS.

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Research Question

How Does Massage Therapy Affect Stress Coping of People Living with HIV/AIDS?

Introduction

At the end of 2015, 36.7 million people were living with HIV/AIDS world wide (WHO, 2017). Living with this disease puts individuals at increased risk for mental and physical health complications. Opportunistic infections and increased serious mental health conductions are common (NIH, 2016). Advances in anti-retroviral therapies have been made to increase life expectancy but often times can adversely affect the individuals quality of life.

Complementary and alternative medicine (CAM) is one way to help improve quality of life. One form of CAM, massage therapy may offer benefits to PLWHA in terms of ability to cope with stress.

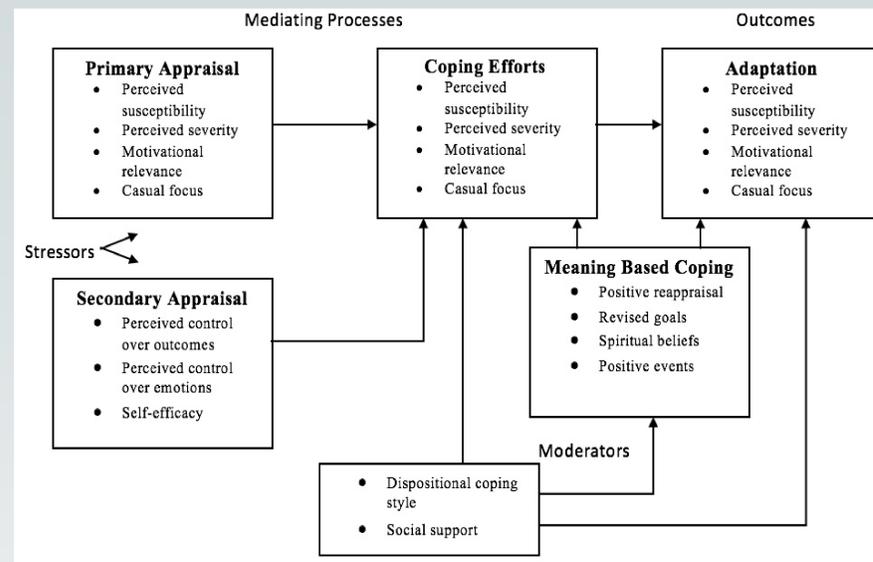
Methods

The purpose of this secondary analysis study is to identify how stress coping mechanisms were affected after a massage therapy treatment was giving to individuals living with HIV/AIDS. This secondary qualitative data analysis utilized data originally gathered by the study *Human Touch: Perception of Self-Efficacy from a Non-pharmacology Treatment for Individuals Living with HIV* conducted by Dr. Annie E. Wiseman.

The data was explored through the lens of the Transactional Model of Stress and Coping using a thematic coding process. The study intends to understand the relationship between massage therapy for people living with HIV/AIDS and the ability of participants to cope with stressors that accompany living with a chronic disease.

A research protocol was submitted and approved by the University of Las Vegas, Nevada Institutional Review Board (IRB). The IRB protocol number for this study is 1072294-1.

Figure 1. Transactional Model of Stress and coping

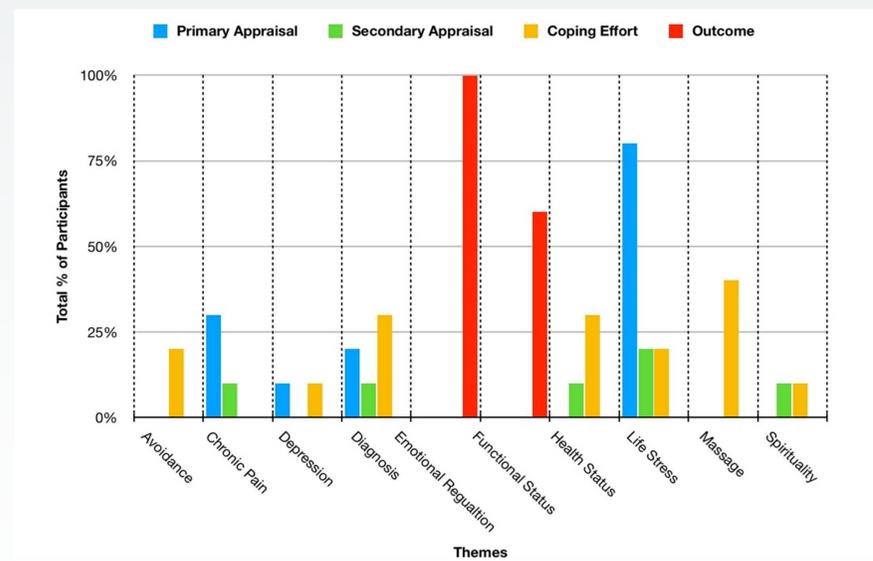


Note. Figure of the transactional model of stress and coping. Adapted from *Health Behavior and Health Education* (p. 216) by K. Glanz et al, 2008, San Francisco, CA: Jossey-Bass. Copyright 2008 by John Wiley & Sons, Inc.

Results

Four concepts of the Transactional Model of Stress and Coping were identified in each participant's narrative. These concepts included; primary appraisal, secondary appraisal, coping efforts, and outcomes. From these concepts ten unifying themes were identified. Figure 2 illustrates all themes identified under the four concepts of the Transactional Model of Stress and coping. The most significant experiences described in the narratives of the participants were in relation to outcomes. Participants described a shared experience of changes in emotional well-being after receiving one treatment of massage therapy. Most described a change in functional status, regarding chronic pain or health status post treatment. Participants also described various shared experiences in relation to general life stressors. Participants expressed primary appraisals to general life stressors, some even describing coping efforts.

Figure 2. Percentage of Concepts and Themes in Narratives



Conclusion

The purpose of this study is to identify how massage therapy affects coping mechanism for individuals living with HIV/AIDS in regards to the Transactional Model. The study was able to identify that with one treatment of massage therapy participants experienced a shared change in emotional well-being and functional status. However, further research should be conducted in attempts to identify if outcomes were long term and added in changes of health behaviors.

Limitations included: only conducting one massage therapy session and one post interview.

References

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World Health Organization. (2017). 9448e7973cc658ca4ff97935ce4cd15ac113f043 @ www.who.int. Retrieved from <http://www.who.int/hiv/en/>