



“HIV disclosure: how, when, to whom”



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Anonymous self-reported **questionnaire**
with a longitudinal perspective, based on multiple choice
and open questions.

23 items, 6 macroareas: epidemiology, disclosure's
quantity, disclosure's quality, discrimination/law, support,
disclosure obstacles.

Pilot study run from June 2015 to April 2016 at Amedeo di
Savoia Hospital and Arcobaleno AIDS Association, Torino.

Sample: 243 out of 250 respondent volunteer outpatients.



Median age	46 yrs	21 - 77
male	202	83%
unemployed	35	14 %
High school or university degree	148	61 %
Yrs with HIV		
1- 5	82	15 %
6-10	34	14 %
> 10	110	49 %



HOW

Impulsive: 133

Pondered: 60

No answer given: 50



WHEN

Immediately after diagnosis: 168

After 1 year: 14

No answer given: 61



TO WHOM

Partner: 175

GP: 157

Family: 149

No answer given: 11



First disclosure to:
partner, friend, mother.

What were your feelings
right after disclosure?
Understanding, support,
concern, relief

What were
interlocutor's reactions?
Understanding, support

What were your feelings in
long term?
Relief, support, understanding

What were interlocutor's
reactions in long term?
Understanding, support, trust



Have your emotions changed since disclosure?

YES: 46

NO: 99

No answer given: 98

(11 never disclosed)

Among “**YES**” answers,
some specifications:

More: tranquility,
acceptance, serenity,
awareness, trust;

Less: fear, shame.

Resignation, sense of
guilt, avoidance mostly in
sexual approaches.



DISCRIMINATIONS RESTRICTIONS LIMITS

- **NO: 64%**

“hidden” seropositivity

No answer given: 6%

- **YES: 30%**

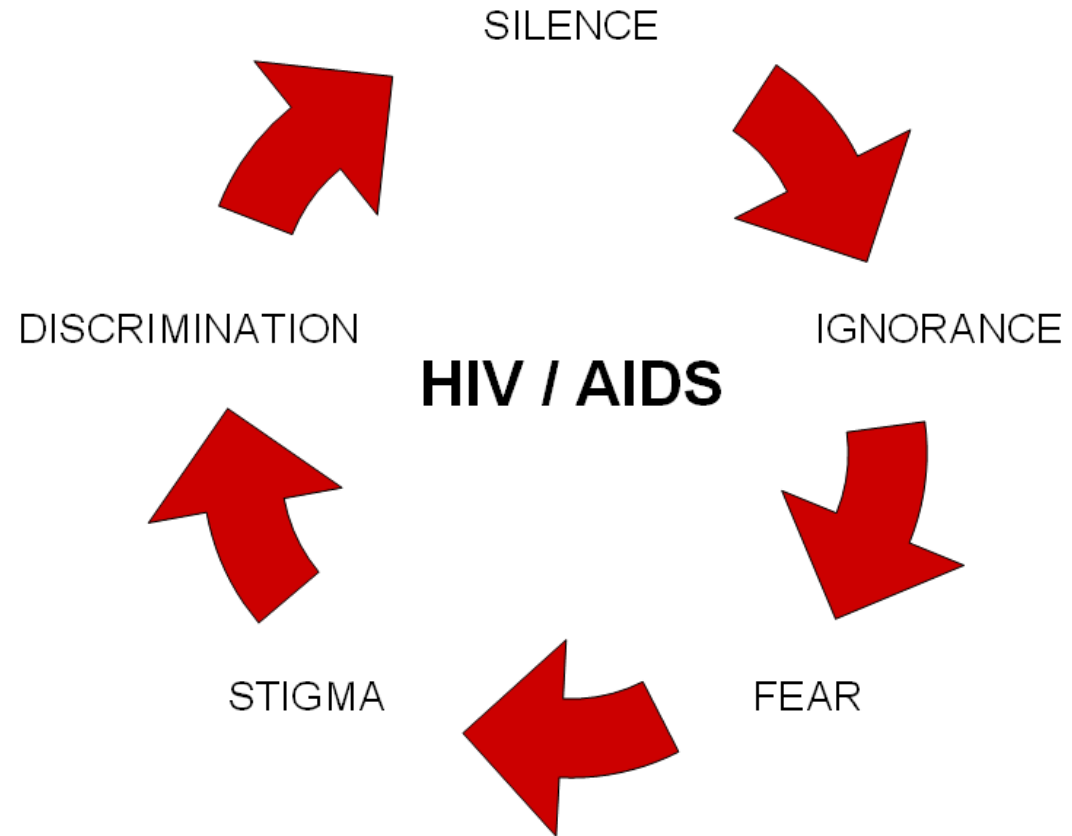
workplace (5.3%)

hospital (4.5%)

Health professionals, dentists, school



WHY?





Conclusions:

- 243 out of 250 questionnaires returned.
- Only 11 respondents out of 243 have not disclosed ...yet
- **1/3** of the sample has been **discriminated**: in workplaces, hospitals, schools.
- **Fear of not being accepted** is very common among respondents and may inhibit disclosure. 6% talked about their HIV status for the first time only after 10 years.
- There are “fragile” categories of PLWHA, such as **women**, **adolescents** and **migrants**, for whom it may be even more difficult to disclose.
- Results report **support** and **relief** as the main emotions felt after disclosure. As time goes by, neither the emotions nor the number of people to talk to appear to show a high degree of change.
- The most common interlocutors are **partners, friends, relatives**.
- 33% have not disclosed to GP (yet ?).



Grazie per l'attenzione



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