



Effect of Sexual Orientation, Socioeconomic, and Lifestyle Factors on Coping Strategies of People Living with HIV Filipinos in a Community-Based HIV Hub in Metro Manila, Philippines



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BACKGROUND AND OBJECTIVES

Coping strategies are vital in reducing stress and improving the mental wellness of people living with HIV (PLHIV). However, epidemiological studies exploring coping strategies among PLHIV are very limited in the Philippines. This study examined the association of sexual orientation, socioeconomic and lifestyle factors with coping strategies of PLHIV Filipinos.

METHODS

- Study Site**
- Community-based HIV hub in Metro Manila, Philippines
- Study Population**
- 220 People living with HIV (PLHIV) Filipinos seen in the HIV hub
- Study Design**
- Cross-sectional study utilizing survey questionnaire and records review
- Inclusion Criteria**
- PLHIV patients enrolled in 2019, male, and at least 18 years old
- Exclusion Criteria**
- PLHIV patients who refused to answer the survey questionnaire
- Outcome Measurement**
- Utilized the Filipino Coping Strategies Scale (FSSC) to generate a coping dispositional profile to assess coping behaviors of PLHIV Filipinos
- Exposure Assessment**
- Ascertained socioeconomic and lifestyle factors (income, education, smoking/vaping and relationship status), sexual orientation and covariates using survey questionnaire and records review
- Statistical Analysis**
- Used generalized linear models with Poisson distribution, log link function, and a robust variance (common outcome) to estimate the association between sexual orientation, socioeconomic and lifestyle factors on coping strategies, adjusting for *a priori* confounding factor variables
 - Reported effect estimates: Adjusted prevalence ratio (aPR) with 95 % confidence interval (95% CI)

MAIN EFFECT

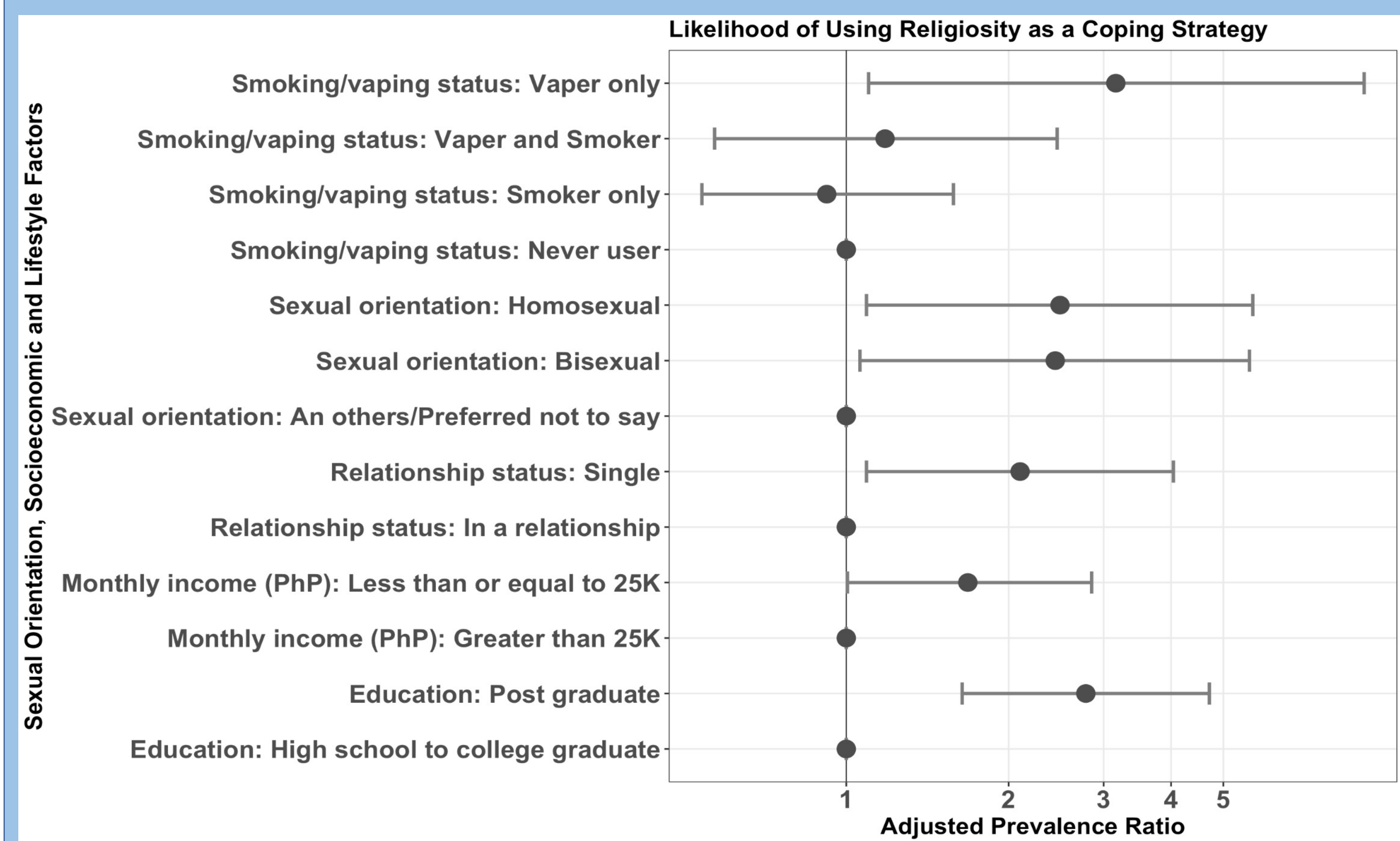
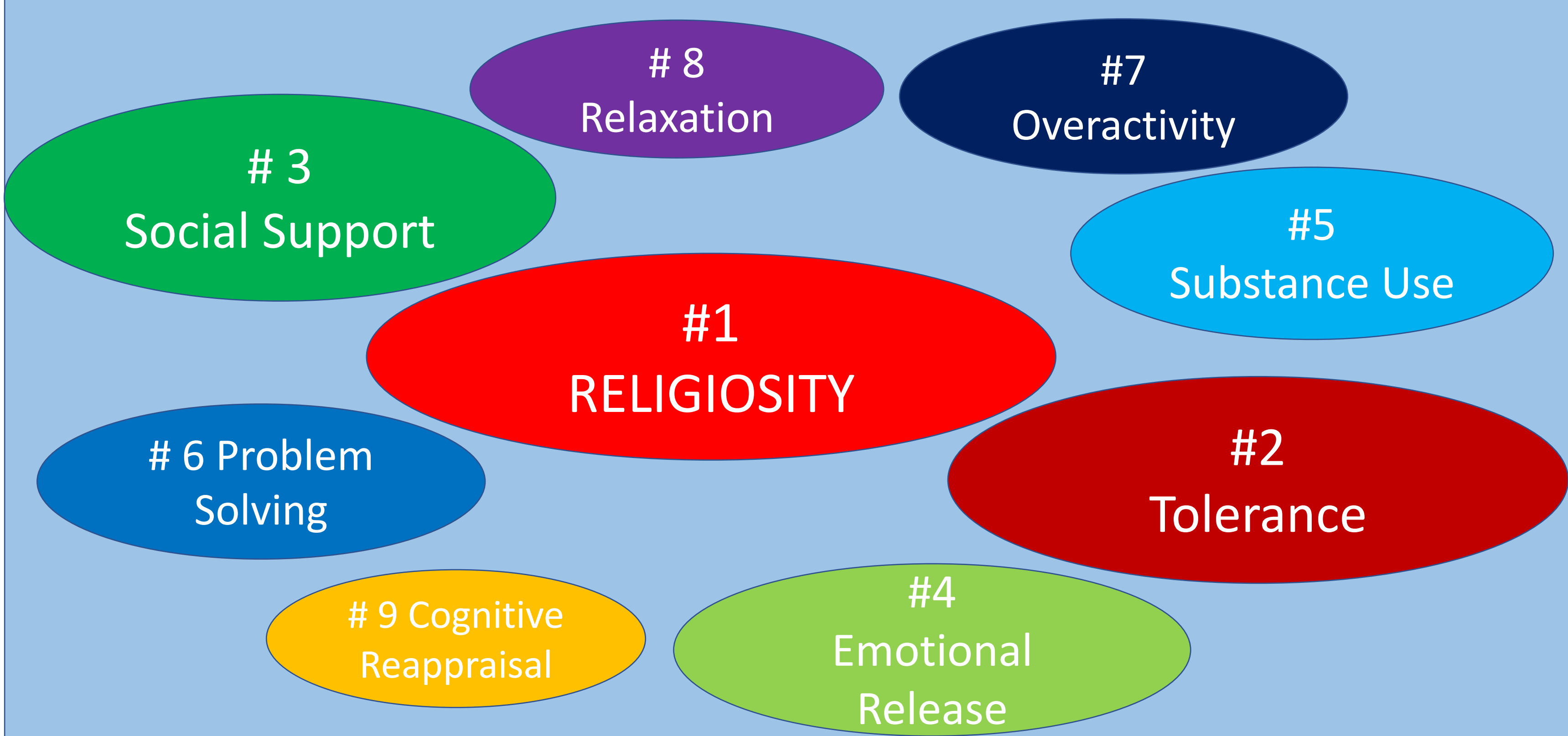


Figure 1. Adjusted prevalence ratio with 95% confidence interval for the association of sexual orientation, socioeconomic, and lifestyle factors with using religiosity as a coping strategy. The point with the error bar denotes the effect estimate with 95% confidence interval.

FILIPINO COPING STRATEGIES



STUDY POPULATION

Table 1. Characteristics of study population (N = 220), People Living with HIV (PLHIV), 2019

Characteristic	Value	Characteristic	Value
Age, years (mean ± SD)	29 ± 5	Monthly income, PhP [n (%)]	
Age category [n (%)]		<= 25,000.00	107 (49)
18 – 24	51 (23)	> 25,000.00	113 (51)
25 and above	169 (77)	Smoking/Vaping status [n (%)]	
Sexual orientation [n (%)]		Never Vaper/Smoker	123 (56)
Others/Prefer not to say	44 (20)	Ever vaper only	4 (2)
Bisexual	92 (42)	Ever smoker only	57 (26)
Homosexual	84 (38)	Ever vaper & smoker	36 (16)
Relationship status [n (%)]		Education [n (%)]	
In a relationship.	59 (27)	Post graduate	19 (9)
Single	161 (73)	High school to college	201 (91)
ART adherence [n (%)]		Family Hist. of Resp. Illness [n (%)]	
Poor adherence	19 (9)	With history	68 (31)
Good adherence	201 (91)	Without history	152 (69)

RESULTS

- Religiosity, tolerance, and social support were the top 3 coping strategies.
- Being a bisexual (aPR: 2.44; 95% CI: 1.06–5.59), homosexual (aPR: 2.49; 95% CI: 1.09–5.67), single (aPR: 2.10; 95% CI: 1.09–4.04), with post-graduate studies (aPR: 2.78; 95% CI: 1.64–4.71), earning <= PhP 25K monthly (aPR: 1.68; 95% CI: 1.00–2.85), or vaping (aPR: 3.16; 95% CI: 1.10–9.12) were approximately 2-3 times more likely to use religiosity as a coping strategy compared to preferred not to say/others sexual orientation, being in a relationship, high school to college graduate, > PhP 25K monthly earner, or a non-vaper/smoker, respectively.
- Null associations were observed for tolerance and social support as coping strategy outcomes.

CONCLUSION

Sexual orientation, socioeconomic and lifestyle factors may influence religiosity as a coping strategy of PLHIV Filipinos. Intervention programs that promote a healthy lifestyle and increase the livelihood of PLHIV Filipinos are warranted to reduce stress and improve their mental wellness.

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