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Estigma i Discriminació en relació amb el VIH

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**UNIVERSITAT DE
BARCELONA**



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Barcelona, 4 de desembre de 2025

Stigma is related with poorer clinical outcomes

- Stigma impacts all steps of the HIV care continuum¹
- Stigma impacts on the access to STI and viral hepatitis diagnosis, treatment and prevention services, and specially in key populations^{2,3}

1. Poteat TC, van der Merwe LLA. Stigma reduction is key to improving the HIV care continuum. Lancet HIV. 2022 Mar;9(3):e144-e145.Lee ASD, Cody SL.

2. The Stigma of Sexually Transmitted Infections. Nurs Clin North Am. 2020 Sep;55(3):295-305.

3. Dunn R, Wetten A, McPherson S, Donnelly MC. Viral hepatitis in 2021: The challenges remaining and how we should tackle them. World J Gastroenterol. 2022 Jan 7;28(1):76-95.

European Journal of Public Health, Vol. 20, No. 4, 422–432

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doi:10.1093/eurpub/ckp231 Advance Access published on 1 February 2010

Barriers to HIV testing in Europe: a systematic review

Jessika Deblonde¹, Petra De Koker¹, Françoise F. Hamers², Johann Fontaine³, Stanley Luchters¹, Marleen Temmerman¹

SCIENTIFIC REPORTS

OPEN

Factors associated with late presentation for HIV care in a single Belgian reference center: 2006–2017

Received: 7 March 2018

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Published online: 05 June 2018

Gilles Darcis¹, Iseult Lambert¹, Anne-Sophie Sauvage¹, Frédéric Frippiat¹, Christelle Meuris¹, Françoise Uurlings¹, Marianne Lecomte¹, Philippe Léonard¹, Jean-Baptiste Giot¹, Karine Fombellida¹, Dolores Vaira² & Michel Moutschen^{1,2}

AIDS and Behavior (2018) 22:522–530
https://doi.org/10.1007/s10461-017-2005-1

ORIGINAL PAPER



Anticipated HIV Stigma and Delays in Regular HIV Testing Behaviors Among Sexually-Active Young Gay, Bisexual, and Other Men Who Have Sex with Men and Transgender Women

Kristi E. Gamarel^{1,2,3} · Kimberly M. Nelson^{3,4,5} · Rob Stephenson^{1,2,6} · Olga J. Santiago Rivera⁷ · Danielle Chiamonte⁷ · Robin Lin Miller⁷ · the Adolescent Medicine Trials Network for HIV/AIDS Interventions

.....
The European Journal of Public Health, Vol. 28, No. 3, 451–457

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doi:10.1093/eurpub/ckx225 Advance Access published on 8 January 2018
.....

Barriers to health care services for migrants living with HIV in Spain

Patricia Ndumbi¹, J. del Romero², F. Pulido³, M. Velasco Arribas⁴, F. Dronda⁵, J. Ramón Blanco Ramos⁶, P. García de Olalla^{7,8}, I. Ocaña⁹, J. Belda-Ibañez¹⁰, J. del Amo^{1,8}, D. Álvarez-del Arco^{1,8,11}, The aMASE Research Group

Bil et al. *BMC Infectious Diseases* (2019) 19:906
https://doi.org/10.1186/s12879-019-4477-2

BMC Infectious Diseases

RESEARCH ARTICLE

Open Access



Disparities in access to and use of HIV-related health services in the Netherlands by migrant status and sexual orientation: a cross-sectional study among people recently diagnosed with HIV infection

Janneke P. Bil^{1,2,3*} · Freke R. Zuure^{1,2,3} · Debora Alvarez-del Arco⁴ · Jan M. Prins³ · Kees Brinkman⁵ · Eliane Leyten⁶ · Ard van Sighem⁷ · Fiona Burns⁸ and Maria Prins^{1,2,3}

Review

Late HIV diagnosis among migrant women living in Europe — a systematic review of barriers to HIV testing ☆

Melvina Woode Owusu¹, Dagny Clea Krankowska^{2,3}, Panagiota Lourida⁴, Nina Weis^{5,6,*}

AIDS and Behavior (2021) 25:3574–3604
<https://doi.org/10.1007/s10461-021-03262-4>

SUBSTANTIVE REVIEW



Stigma, HIV Risk, and Access to HIV Prevention and Treatment Services Among Men Who have Sex with Men (MSM) in the United States: A Scoping Review

Riddhi A. Babel¹  · Peng Wang¹ · Edward J. Alessi² · Henry F. Raymond¹ · Chongyi Wei³

AIDS Behav (2016) 20:29–50
DOI 10.1007/s10461-015-1164-1



SUBSTANTIVE REVIEW

The Association of HIV-Related Stigma to HIV Medication Adherence: A Systematic Review and Synthesis of the Literature

Shannon M. Sweeney¹ · Peter A. Venable¹

Katz IT et al. *Journal of the International AIDS Society* 2013, 16(Suppl 2):18640
<http://www.jiasociety.org/index.php/jias/article/view/18640> | <http://dx.doi.org/10.7448/IAS.16.3.18640>



Research article

Impact of HIV-related stigma on treatment adherence: systematic review and meta-synthesis

Ingrid T Katz^{1,2,3}, Annemarie E Ryu⁴, Afiachukwu G Onuegbu⁵, Christina Psaros^{3,6}, Sheri D Weiser⁷, David R Bangsberg^{2,3,5,8} and Alexander C Tsai^{5,2,3,6}

PREVENTION RESEARCH

Association Between Internalized HIV-Related Stigma and HIV Care Visit Adherence

Whitney S. Rice, DrPH,* Kaylee B. Crockett, PhD,* Michael J. Mugavero, MD, MHSc,† James L. Raper, PhD, CRNP, JD,†‡ Ghislaine C. Atkins, MA,* and Bulent Turan, PhD*

Open Access

Research

BMJ Open Examining the associations between HIV-related stigma and health outcomes in people living with HIV/AIDS: a series of meta-analyses

Sergio Rueda,^{1,2,3,4} Sanjana Mitra,⁵ Shiyi Chen,⁵ David Gogolishvili,⁵ Jason Globberman,⁵ Lori Chambers,⁶ Mike Wilson,^{7,8} Carmen H Logie,⁹ Qiyun Shi,⁵ Sara Morassaei,⁴ Sean B Rourke^{2,5,10}

PSYCHOLOGY & HEALTH
2019, VOL. 34, NO. 7, 796–810
<https://doi.org/10.1080/08870446.2019.1572143>



Experiences of HIV-related discrimination and consequences for internalised stigma, depression and alcohol use

Kaylee B. Crockett^{a,b} , Seth C. Kalichman^b, Moira O. Kalichman^b, Dean G. Cruess^b and Harold P. Katner^c

Ageing with HIV

Intersectionality of stigmas and health-related quality of life in people ageing with HIV in China, Europe, and Latin America

Evelyn Hsieh, Rosa Polo, Han-Zhu Qian, Maria J Fuster-Ruiz de Apodaca, Julia del Amo



Stigma and discrimination is also present in healthcare settings and among healthcare providers

■ **Physical**

- Isolation

■ **Language**

- Gossip
- Expressions of blame and shame
- Labelling and/or use derogatory words to describe PLWH

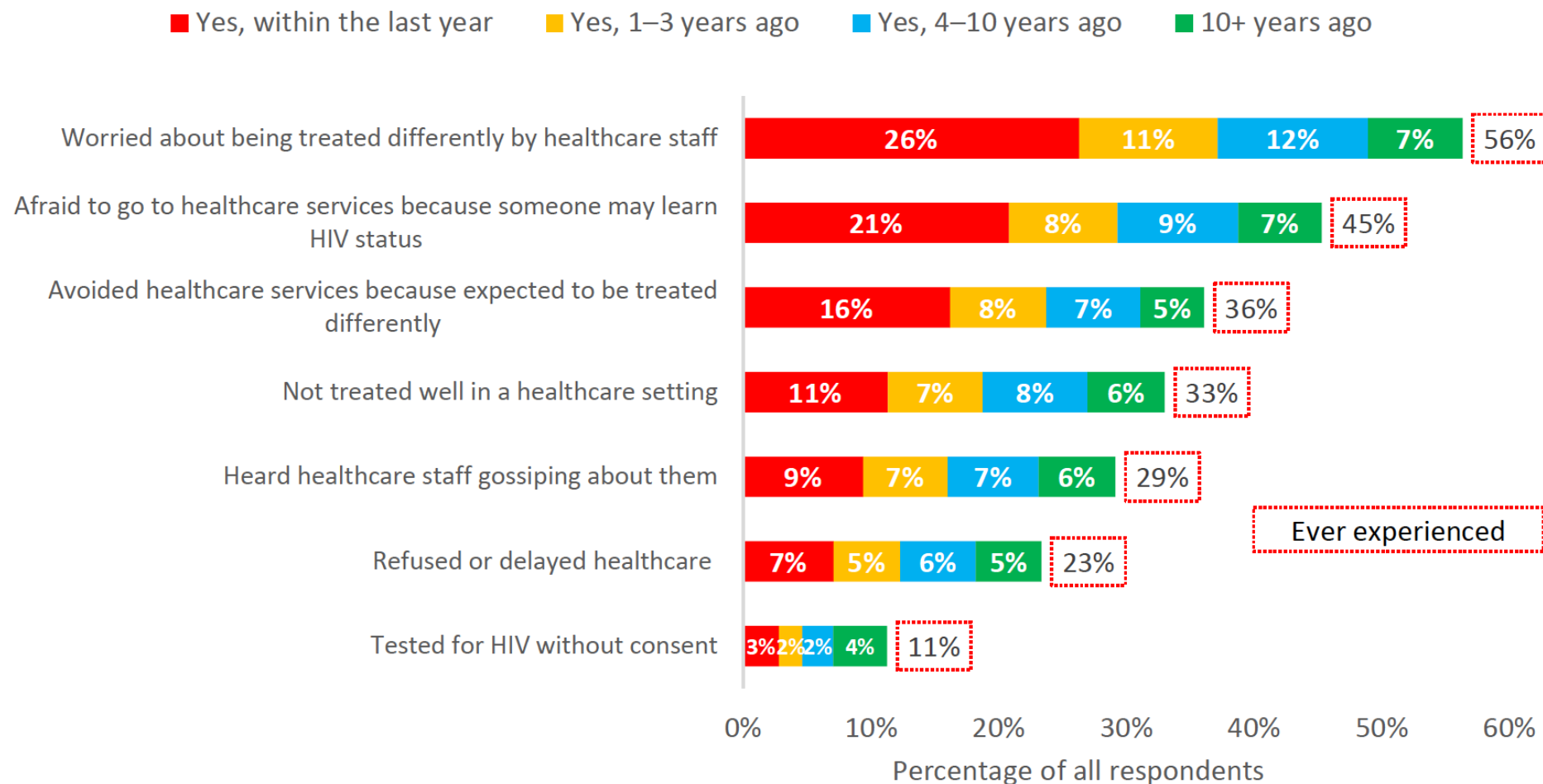
■ **Social**

- Isolation
- Gender identity /sexual orientation

■ **Institutional**

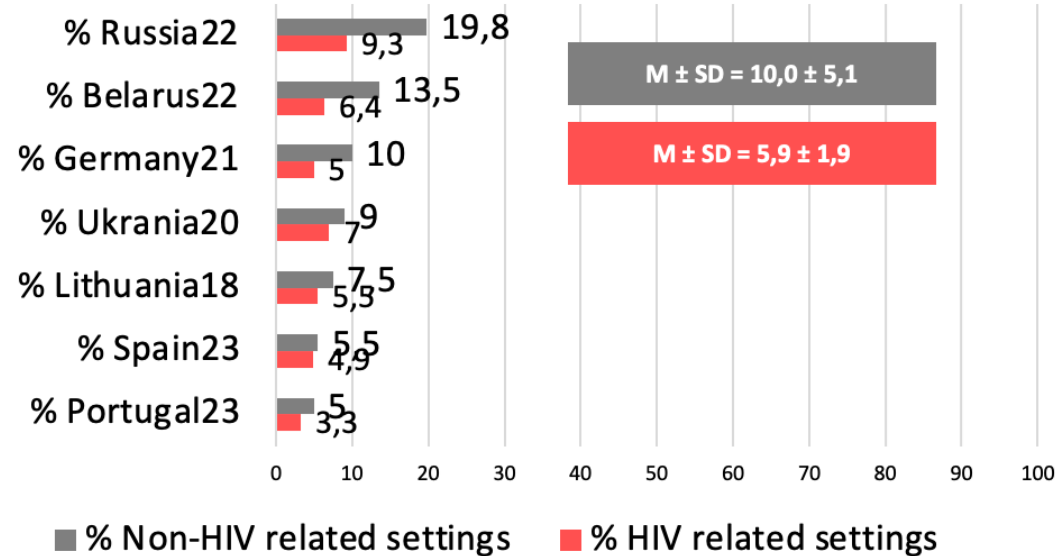
- Differential treatment in healthcare settings

Figure 11. Experiences of stigma in healthcare settings by how recently the experience occurred

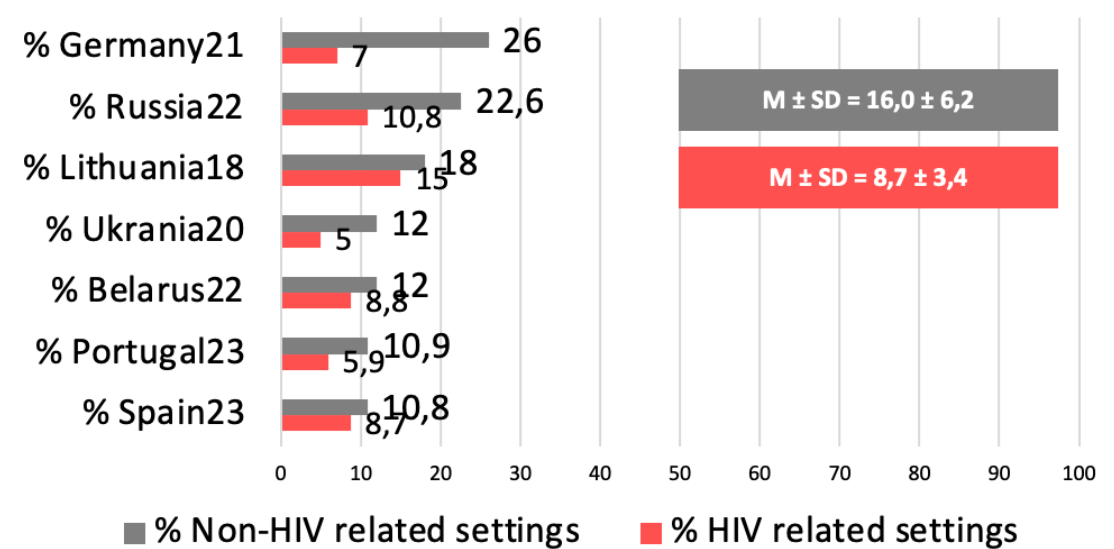


Experiences of discrimination because of HIV status

Being talked badly about or gossiped



Avoidance of physical contact or extra precautions

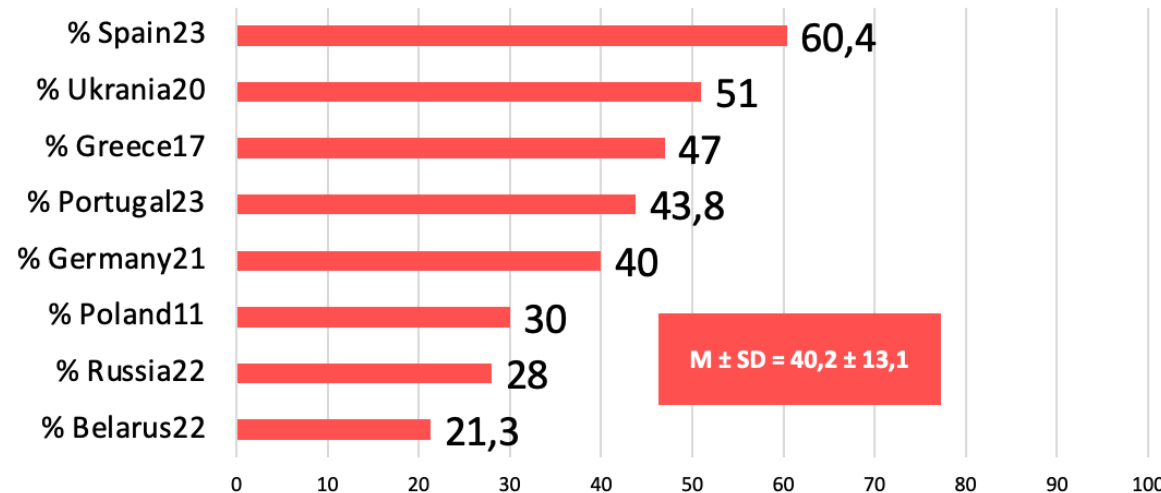


Data collected through the HIV Stigma Index

PHIV across Europe perceived they have been talked badly about or gossiped by health workers and that they had avoided physical contact or took extra precautions because of their HIV status. These stigma and discrimination experiences were higher in the non-HIV-related settings than in the specific ones.

Confidentiality issues

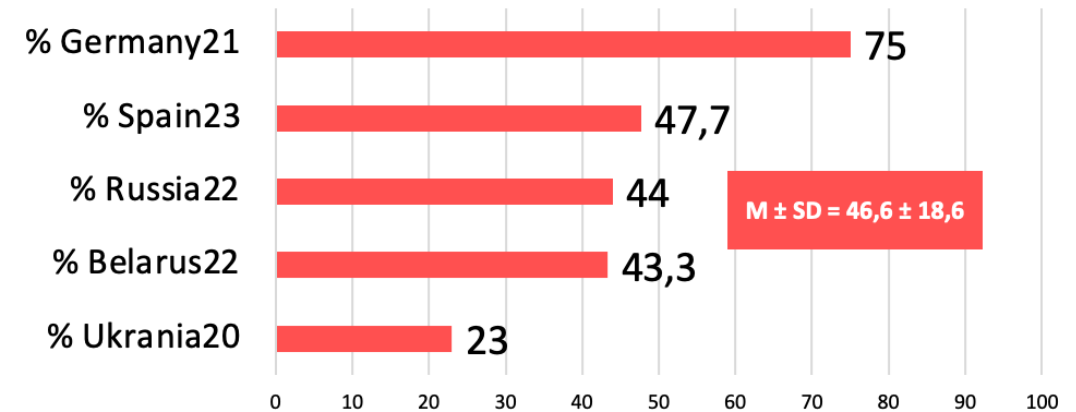
Trust in confidentiality of medical records



Data collected through the HIV Stigma Index

There was a significant variability in the confidence that PHIV in Europe have in the confidentiality of medical records, although the average was around 40% of them.

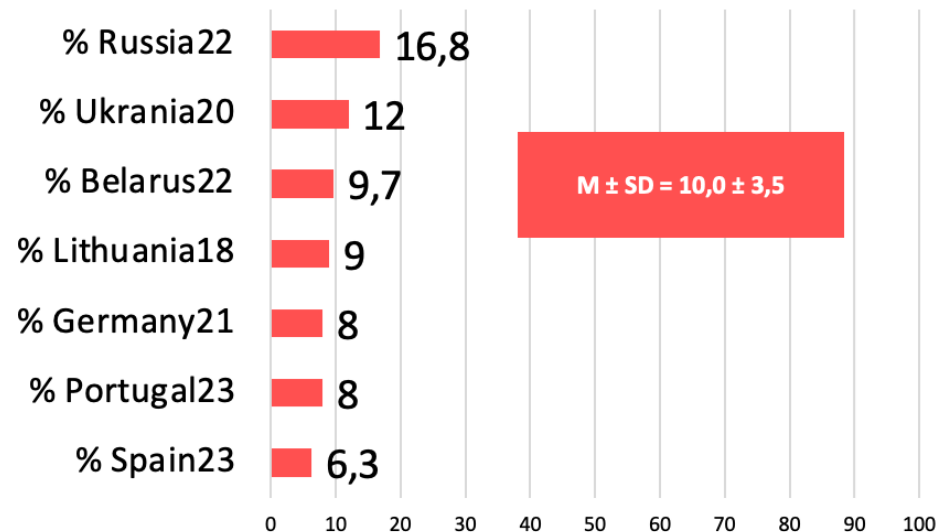
HIV disclosure in non-HIV specific clinical settings



The same happened for HIV disclosure in the non-clinical settings, where PHIV in Germany appeared to disclose the most and in Ukraine the less, although the average was near to half of PHIV who did not disclose their HIV status in these non-clinical settings

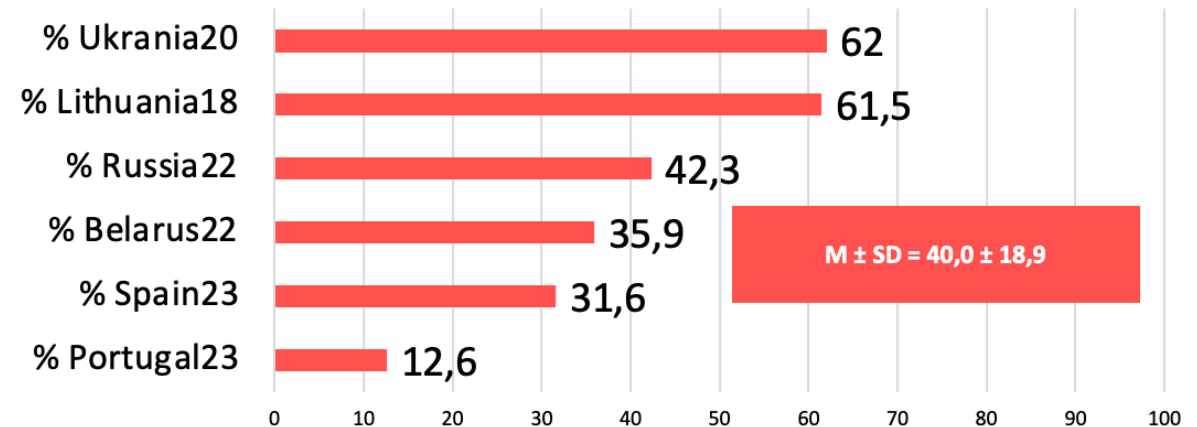
Self-exclusion

Avoidance of seeking clinical care (previous 12 months)



Data collected through the HIV Stigma Index

Hesitating, delaying or preventing getting care or ART because of fear of bad treatment or lack of confidentiality in HC



Experiences of discrimination, fear of discrimination or lack of confidentiality led an average of 10% of PHIV in Europe to avoid seeking clinical care, and 40% to hesitate, delay or prevent getting care or treatment. PHIV from Russia, Ukraine and Lithuania reported the highest avoidance behaviors.

Sample

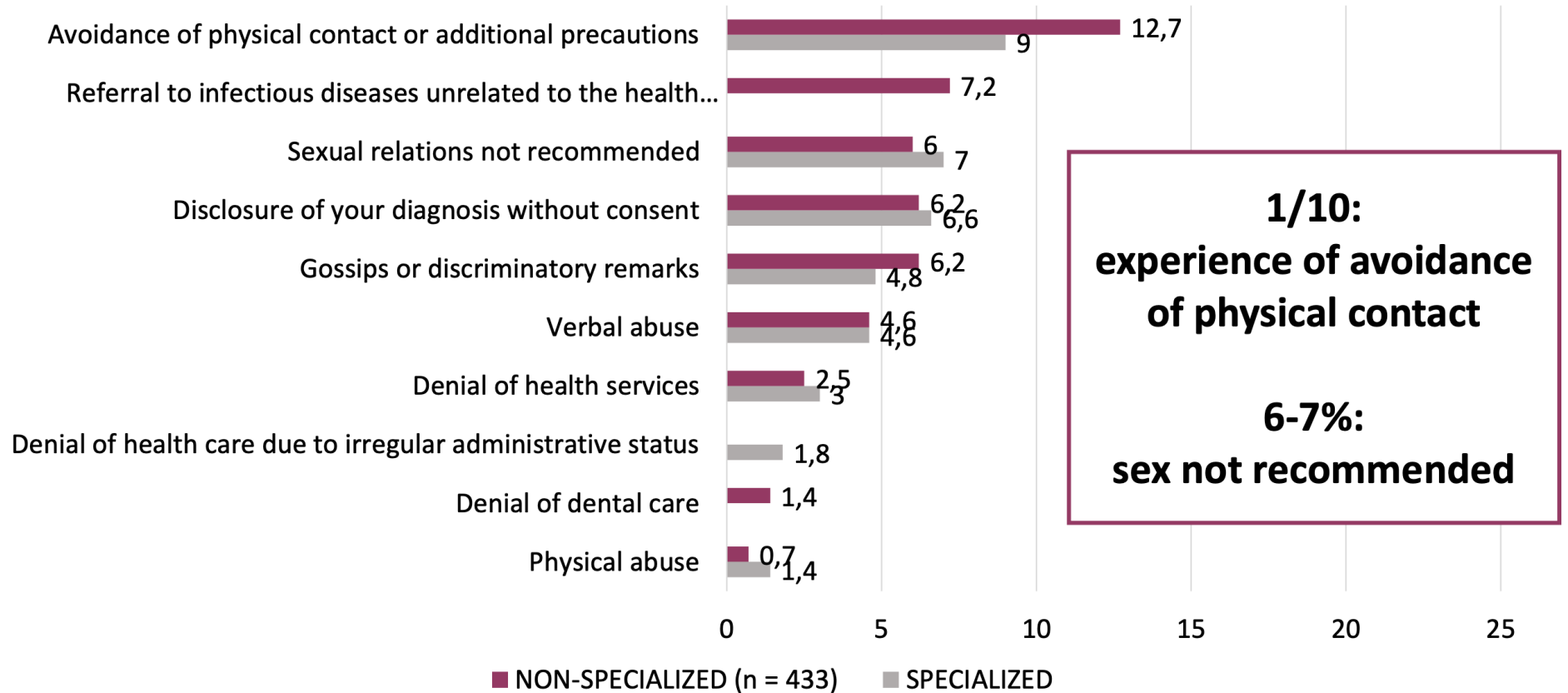
Age
45,4 ± 12,3 years

Time with HIV
15,5 ± 11,4 years

Gender
23,8% women
73,8% men
2,4% other

Transgender
4,2%

Enacted stigma in healthcare settings



HIV in Italian hospitals between knowledge and stigma

Self-compiled survey including 29 questions
915 respondents

Fig. 1 Knowledge

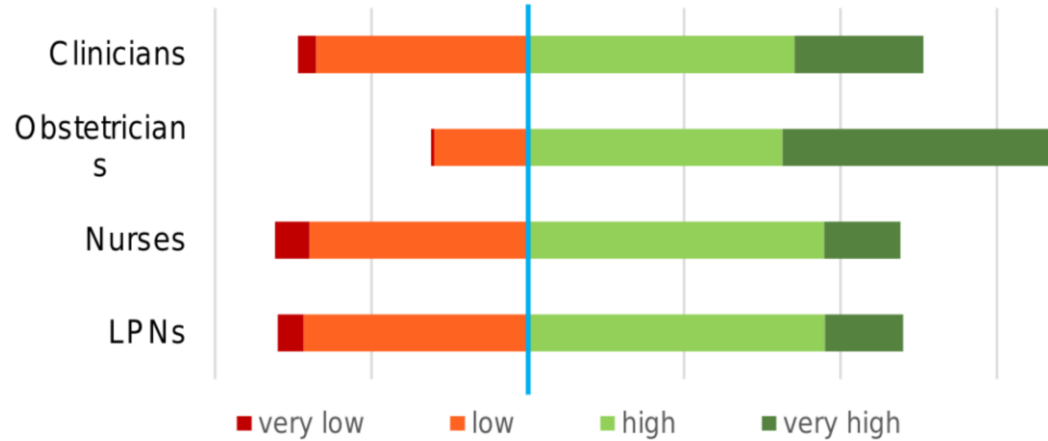
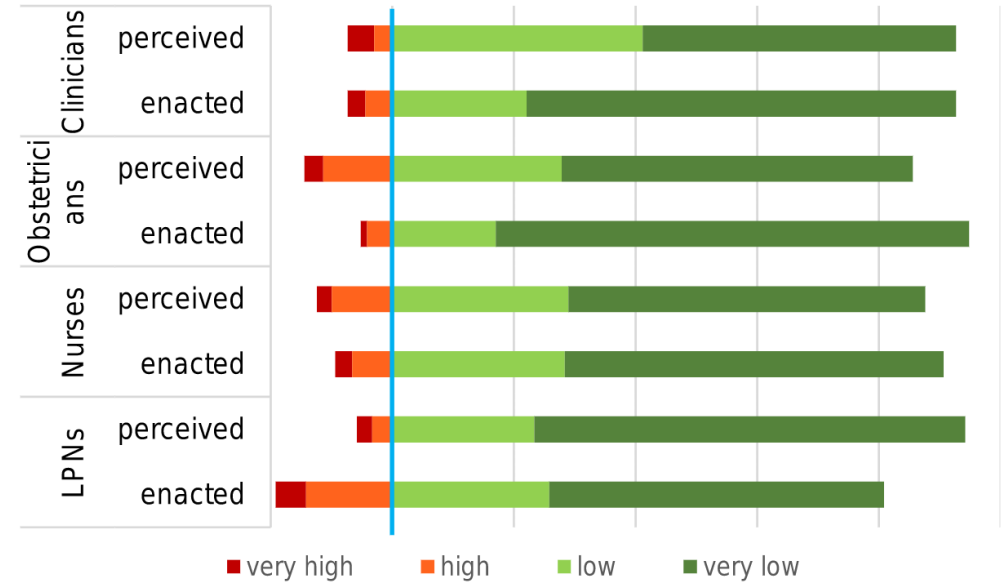


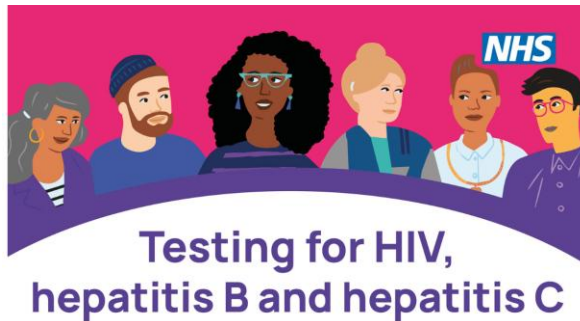
Fig. 2 Stigma enacted and perceived



Opportunities to Eliminate Stigma and Discrimination in Healthcare Settings

Improving Access to Testing

Opt Out Strategies



Self-Testing/Home Testing



Integrated HIV/STI/VH and TB testing strategies

Awareness of stigma attitudes among healthcare professionals

- **Surveys:** about knowledge (i.e transmission) and awareness of stigmatizing attitudes (talking, asking, writing...)
- **Educational programs:**
 - Healthcare professionals
 - Residency
 - University
- Institutional ***Good Practices*** documents regarding stigma and discrimination
- Collaboration with community organizations





Tackling HIV Stigma and Discrimination

Championing healthcare professionals to do more to end stigma around HIV



**Let's eliminate HIV
stigma and discrimination
in healthcare settings**

Take the survey



Treatment, Adherence and Retention in care

- **Individualization** of treatments and care taking in consideration quality of life issues, perception of stigma, social problems...
- **Friendly hospital environments**

Integrated response

- Across the care continuum
- Global strategies for HIV, STI, VH, TB
- Key populations
- Collaboration between Healthcare professionals and Community Organization
- In accordance with national strategical plans



Pacte social contra l'estigma i la discriminació de les persones amb el virus de la immunodeficiència humana (VIH)

Desmuntant mites: viure amb VIH

Gràcies als avenços mèdics de les darreres dècades, les persones que estan en tractament per VIH i tenen una càrrega viral indetectable no poden transmetre el virus.

Aquestes persones poden portar una vida familiar, social, sexual, laboral... 100% plena.

Avui dia és una patologia crònica.

🔗 Sabies que...?

Les persones que estan en tractament per VIH i tenen una càrrega viral indetectable no poden transmetre el virus

Un estigma que perdura

Les persones amb VIH encara són víctimes de discriminació en diversos àmbits de la societat. L'estigma en entorns com el laboral o social, segueix limitant l'accés a crèdits, assegurances, hipoteques...

🔗 Sabies que...?

Les persones amb VIH sovint tenen problemes per accedir a:

- 🏠 **Crèdits**
- ✅ **Assegurances**
- 🏠 **Hipoteques**

Aprèn, no discriminis

El desconeixement és una de les causes per les quals s'estigmatitzen les persones que viuen amb VIH.

La discriminació contribueix de manera activa a la propagació del VIH, ja que l'estigma pot provocar que les persones vulguin amagar la seva situació i no siguin diagnosticades ni tractades.

La discriminació vulnera els drets humans, i contribueix a fer que el VIH continuï existint.

L'educació és una peça clau per eliminar el VIH.

🔗 Sabies que...?

L'educació és una peça clau per eliminar el VIH

Sigues part del canvi

L'educació en el respecte, la diversitat, la no discriminació, la informació i la conscienciació poden desmantellar pors i prejudicis i contribuir a la construcció d'una societat més justa i inclusiva.

Totes les persones podem marcar la diferència en la resposta enfront la discriminació.

Defensa la igualtat, comparteix contingut contra la discriminació en xarxes socials, subratlla les campanyes que promoguin la igualtat o denuncia qualsevol forma de discriminació que presencis.

➡ Forma part del canvi

Promou la igualtat i denuncia la discriminació. Cada acció compta

Defensa els teus drets

Si ets víctima de discriminació pel VIH, recorda que la llei t'empara.

Davant de qualsevol senyal no dubtis a denunciar-ho a l'Oficina d'Igualtat de Tracte i No-discriminació o a les nombroses entitats que donen suport a persones seropositives. També pots buscar ajuda i assessoria trucant al 061 Salut Respon.

Defensa els teus drets, denuncia la serofòbia

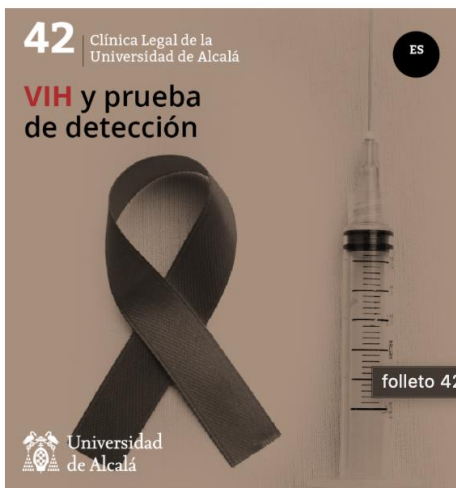


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Moltes gràcies!

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