

Research article

AnsiedAIDS: as the anxiety factor can develop the disease

Maria Lucia Moura

Nurse, Professor at St. Camillus, Master, Doctoral in Environmental and Experimental Pathology.
Occupational Nurse.

Address: Rua Dr. Satamini, 245, Tijuca. CEP. 20270-233

Rio de Janeiro, Brazil

E-mail: lucidalv@yahoo.com.br

ABSTRACT

The research and findings in relation to Human Immunodeficiency Virus (HIV) lead us to reflection, from observations of known people who found serum positive for HIV. We propose to observe the increased level of anxiety, stress, lack of appetite, causing a radical change in life, reduce your immunity, making the disease Acquired Immune Deficiency Syndrome (AIDS) itself, it is installed. It is the purpose of this reflection search studies that have been published on this subject, to alert people mainly health professionals, who deal with HIV patients about the need for special attention to their reactions, so that your system remains unchanged and the disease opportunistic, not take advantage. It was concluded that the results are still preliminary on the subject requiring further research.

Copyright © WJER, all rights reserved.

Keywords: Anxiety; Stress; HIV

INTRODUCTION

Anxiety is a feeling of psychic malaise characterized by the fear of an impending real or imagined danger. It is an affective state characterized by a feeling of insecurity.^[1] Feeling anxious is a common experience for any human being. Who has not felt apprehensive with headache, palpitations, rapid breathing, chest tightness, abdominal discomfort or uneasiness?

Given this statement anxiety is a normal response to many events in the life: for a baby threatened with expulsion from parents to children on the first day of school, even teenagers on a first date, for adults that include old age and death and for anyone who will tackle a disease.

Continuing anxiety is an emotional state that is part of the normal spectrum of human experiences and presents psychological and physiological components. Anxiety is a normal accompaniment of growth, of change, of new and unique experiences, the meeting of their own identity and the meaning of life of a human being. ^[2]

Based on this idea when anxiety causes extreme or long lasting inappropriate reactions probably involve the immune system deficiency, there is a break in the epidemiological structure, where the etiologic agent, host and environment coexist, causing many opportunistic diseases that anyone with health or can not acquire even stress.

Stress can be defined as general wear and tear of the body, caused by the psychophysiological changes that occur when the individual is forced to confront situations that irritate, excite, frighten, or even if they do immensely happy. ^[3]

Therefore the stress for any reason, such as worry, fear, anxiety, sadness or depression, aggression powerfully affects the ability of the immune system and predisposes to molecular derangements, which will translate into health problems, since it is a physiological response may be favorable or do not. ^[4]

This argument makes it clear that it is a "eustress" which is a physical and mental strain that gives us pleasure and brings benefits and "distress" a "wear can generate clutter (physical and emotional), malaise and glare a negative wear" ^[5].

Obviously many factors involved in the outcome of health or disease and there is no way yet to prove conclusively that there is a cause and effect relationship between psychological status and pathological events. ^[4] In this context it is known that people who discover the HIV virus, fall into depression with anxiety and angst, despair with healing and the process of waiting for the disease itself.

Although an individual being a carrier of the virus, does not mean one AIDS patient. Over that time, nothing you can say will influence the feeling of loss of health.

Authors state that certain psychic states can be related to an increased biological vulnerability even if these psychic states are not the cause of the disease may be necessary for the appearance of the same conditions. ^[5]

In this situation the case of infection by HIV and perhaps the manifestation of the disease AIDS, changes and alterations produced in the nervous and endocrine system associated with depressive or stress states, could influence the development of disease and the evolution of it. ^[6]

Continuing the virus carrier spends his days struggling in anguish, unable to eat, sleep, live normally, and anxiety makes it so fragile helpless dehydrated malnourished. And there is of course, as is to be expected, the diseases are enjoying, and that is when you realize the result of the excessive anxiety.

Therefore, while recognizing the priority of medical treatment, it is important to highlight the need to consider the psychological aspects of the disease and incorporate psychological assistance to treatments for HIV. Some researchers presented studies on the influence of psychological factors on various organic diseases, as well as the relationship between psychological and biological aspects. ^[6]

Thus, the importance of identifying the psychological factors related to the process of evolution of HIV infection and the establishment of psychological interventions, the clinical psychologist must not forget that in the case of infection, the virus itself does not cause emotional changes (except in cases which occurred neurological allocation). ^[6]

To monitor and assess the changes observed are , rather , linked to the consequences of the disease itself (incurable , and given time , terminal) and social consequences (rejection , loss of support , isolation , blaming , etc) . So it reinforces the importance and effectiveness of psychological intervention in people with HIV, as a source of help and support to deal with the difficulties arising from disease by providing an improved quality of life of patients. [6]

It is known that depressive disorders are often a frequent being among the concerns of the World Health Organization , up to because you can add facts that under some conditions people can show some kind of vulnerability as in the case of AIDS . [7]

In this context, major depression is currently the leading cause of disability worldwide and ranks fourth among the ten leading causes of disease worldwide. If projections are correct, it will be up to the depression in the next 20 years, the dubious distinction of being the second leading cause of disease worldwide. [8]

Animal studies suggest that the neuroendocrine mechanisms may also be involved in other infections and AIDS among them can explain why chronic stress worsens the clinical course of this disease. Psychological stress is typically an important risk factor for the development of numerous diseases [9]

Given these considerations , most diseases , mental and physical , is influenced by a combination of biological, psychological and social factors , and with that understanding we report us the idea that becomes eminent stimulate expansion policies for mental health care in basic , and can be evaluated regularly, as becomes a way of responsibility for health promotion [8]

Regarding nurses, it is essential to recognize their own limitations and anxieties, as they will deal with depressed people, anxious, some perhaps under stressed situation. Therefore it is necessary to listen carefully, decoding their reactions, it is known that the glass speaks, and emotional intelligence at that time, is essential.

Therefore we can not fail to mention the psychiatric reform commitment, since they must be based on the principles of the Health System, and the pursuit of efficiency in these practices, should unite completeness and fairness. Viewed in this light the epidemic in Brazil , is a summation of microregional subepidemics in permanent interaction , due to migration , trade flows and transport , displacement of labor and tourism , or more generally , population mobility. [9]

This perception of a hand, Brazil has been recognized internationally for its innovative character of its Mental Health Policy, from this reform that has struggled to achieve, due to the complex and heterogeneous scenario that took place marked by poverty, discrimination and social exclusion of patients [10].

With this, the country gained international notoriety in their fight against AIDS, as it is recognized as the first developing country to ensure free and universal access to antiretroviral therapy to all patients. This government initiative has been supported by a bold policy to prevent HIV / AIDS and STDs, with messages that promote a broad, frank and open discussion of sexuality fighting stigma. [10]

“WHO is making a very simple statement: mental health - neglected for too long - is essential to the overall well-being of individuals, societies and countries, universal

mind and should be seen in a new light
Brundtland, 2001". [8]

Continuing the necessary integration of these policies will enhance successful experiences and will certainly contribute to significant advances in both fields, since it is a type of intervention that should be planned according to the needs of each patient, although there are common aspects to all HIV-infected or those in which the disease has already manifested (AIDS) people. [6]

To review the stress can cause the development of diseases associated with stressful condition. Acute stress repeated countless times can, therefore, bring unpleasant consequences, including impairment of immune defenses. In general, one can say that the human body is very well suited to deal with acute stress, if it does not occur very often. [11]

Continuing, when the individual's reaction to stress is highlighted by a loss situation and pessimism, the immune system suffers significant risks affecting the central nervous system, and endocrine system, but when this condition becomes chronic or repetitive; its effects multiply cascading seriously wearing the body. [11]

It is believed that this study works with beliefs, representations, attitudes, habits, values and beliefs, so it is qualitative, where all findings were used in relation to the quality of life of patients with HIV, so deepen the thoughts and feelings, seeking facts and meanings. [12]

It is worth recalling that family involvement and participation of society as a source of support is crucial at this time, as the individual feels guilty and may feel rejected too. Attitudes of humanization and host demonstrate that there is still hope in the preservation, human rights of those people who still feel stigmatized by society.

In this situation, there are still no actions that can inform and guide both to family, friends and society in general, that the carrier of the virus, is an individual like any other with dignity, and the right to citizenship because only changed his serology, the his character and how to relate with people remains the same. Social life continues work and leisure.

"Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, color, sex, language, religion, political or other opinion, national or social origin, wealth, birth or other status." Section II [13].

Continuing the diagnoses of anxiety, low self-esteem and situational fear were identified in a few patients. Anxiety was characterized by insomnia, nervousness, and decreased productivity related to health status.

In this sense situational low self-esteem was characterized by assessment of yourself as incapable of dealing with situations or events associated with functional impairment resulting from the disease. Fear was a diagnosis characterized by reports of increased tension, related to the separation of the support system in a potentially stressful situation. [14]

In view of this statement is accurate full family support so that they regain their self-esteem, and start to think otherwise, consulting the doctor regularly, taking medication, using condoms in any sexual relationship, and remembering that human rights advocate dignity in health and disease

The importance of this reasoning reminds us that the vaccine as expected despite the efforts of the

scientific community of large financial investment and scientific and technological progress achieved to date, we still can not get an HIV vaccine capable of controlling the pandemic .

The world urgently needs an effective HIV vaccine, seems to be a too difficult task, because the virus has developed multiple mechanisms to prevent being detected in the system, and can still be counted on the subtypes and variants [15].

Viewed from another perspective the interaction between the central nervous system (CNS) and the immune system there revealing evidence of Psycho neuroimmunology, since the immune system plays an important role in the central nervous system on survival and neuronal death.

Cytokines may act on the central nervous system such as nerve growth factor and as neurotoxins , thus playing a role in diseases such as Alzheimer's dementia , neuro -AIDS , and brain trauma that are released during an infection, induces a number of changes behavior and malaise associated with the disease called *sickness behavior* .

This consists of a set of nonspecific symptoms that include fever, weakness, malaise , apathy , inability to concentrate, feelings of depression, lethargy, anhedonia , and loss of appetite. [16]

It is known that the field of psychoneuroimmunology has been growing by leaps and bounds, contributing substantially to that nasty dualism continues to day in medicine, separating with an outdated paradigm, mind and body.

METHODOLOGY

With the purpose of defining the object of study and field research to the reality that it was intended to apprehend was selected productions in the form of random articles published in national journals and international , lifting items over the internet , books and magazines , considering a time limit where the author chose to cover the year 1997 to 2012 .

The instrument contained the data: Article or matter, the author (s), year of publication, in the case of a qualitative descriptive study. In this situation the research is classified as:

"Activity of the basic sciences in their inquiry and discovery of reality. It is an attitude and a constant pursuit of theoretical practice that defines an inherently unfinished and ongoing process. It is an activity of successive approximation of reality that never runs out, making a particular combination of theory and data " [17].

The selection was based on the similarity of the goals of this study subjects, those who disregarded, although they reveal themselves in the search result , did not address the issue from the point of view of anxiety and AIDS.

Another author already reflects the research as:

" Critical and creative systematic questioning more competent intervention in reality or critical dialogue standing with reality in theoretical and practical " sense. [18]

RESULTS AND DISCUSSION OF STUDIES

The analysis of data extracted from the articles was descriptive form, enabling to observe, count, describe and classify the data in order to gather the knowledge produced on the theme explored in the review. Thus describe and classify count is a prerequisite for a good observer:

”The research is a formal, systematic process of development of the scientific method. The fundamental objective of the research is to discover answers to problems by employing scientific procedures “. [19]

This is a qualitative study in which we identified a total of 14 surveys of books, electronic magazines and printed; twelve studies in Portuguese available in full and on line, with the majority of the authors belongs to the field of health, but also found directors of institutions, administrators, teachers, nurses who contributed research and studies available on the internet.

The analysis of the selected studies, in relation to research design, and synthesis of data extracted from the publications were conducted in a descriptive way, allowing observing, count, describing and classifying the data, in order to gather knowledge on the subject produced explored in the review. [12]

In the year 1997, 2000, 2011, 2012 there were two publications, and in the years 1998, 2002, 2004, 2008 and 2010, only two publications were found

Follows the table of the studies

Table I. Articles found through the Internet, books and magazines.

Article name	Author (es)	Year of publication
New Dictionary of the English Language Rio de Janeiro, 1975	Ferreira ABH	
General aspects of the schools reviewed Anxiety São Paulo The Stress within you São Paulo 2009	Andrade LHSG; Gorenstein EC Lipp Men	1998
Anxiety and Optimism Rio de Janeiro 2011	Azambuja DR	
From research to clinical practice 2010 HIV/AIDS. São Paulo	Casseb J, Duarte SJA.	
Contributions of cognitive psychotherapeutic model, psychological evaluation and treatment of a patient with HIV in São Paulo. Porto Alegre.	Remor AE	1997
Treatment of depression São Paulo 2007	Ballone GJ	
Mental Health. New Conception.	Brundtland HG	

new Hope
 Genebra..
 2002

Risk behavior of the Brazilian Army conscripts. An assessment of HIV infection seconds socio economic differentials.	Scwarcwald CL	1998
Brazil. Public policies for prevention and attention to STDs HIV / AIDS services Mental health care in Brazil. Brasília, 2008	Ministry of Health	
Stress as it undermines the body's defenses. Rio Grande do Sul	Bauer EM	2002
Fundamentals of Nursing research Porto Alegre,	Poli DF; Beck, CT; Hungler BP	2004
The Universal Declaration of Human Rights. United Nations	UNESCO	1998
Nursing diagnoses in patients with Immunodeficiency virus Human / Immune Deficiency Syndrome Acquired in outpatient care São Paulo	Cunha HG ; Galvão GTM	2010
International AIDS Vaccine Initiative (IAVI). United States, 2008	Wong H; Isbell MT	2008
Psychoneuroimmunology: the relationship between central nervous system and the immune system. SãoPaulo	Marques-D;Andrea SE	2004
The knowledge challenge São Paulo.	Minayo MCS	1993
Research and knowledge building 1996 Rio de Janeiro.		Demo P.
Methods and Techniques of Social Research 1999		Gil AC

REFERENCES

[1] Ferreira ABH. Novo dicionário da língua portuguesa. Rio de Janeiro: Nova Fronteira,; 1975.

[2] Andrade LHSG, Gorenstein EC. Aspectos gerais das escolas de avaliação de ansiedade. Revista de Psiquiatria Clinica vol. 25 n° 6 dez. 1998.

- [3] Lipp MEN. O stress está dentro de você. São Paulo: Contexto; 2000.
- [4] Azambuja DR. Ansiedade e Otimismo. Sociedade Brasileira de Dermatologia. Rio de Janeiro, 2011
- [5] Casseb J, Duarte SJA. Da Pesquisa à Prática Clínica - HIV/AIDS. Atheneu.; São Paulo, 2010
- [6] Remor AE. Contribuições do modelo psicoterapêutico cognitivo avaliação e tratamento psicológico de uma portadora de HIV. Universidad Autónoma de Madrid – Espanha. Revista psicología; Reflexão e Crítica. Vol. 10 nº 2 Porto Alegre, 1997.
- [7] Ballone GJ. - Tratamento da Depressão - in. *PsigWeb*, São Paulo, 2007.
- [8] Brundtland HG. Saúde mental. Nova concepção. Nova Esperança. Relatório Mundial da Saúde. Direção Geral da Saúde. World Health Organization. Genebra, 2002.
- [9] Szwarcwald CL. Comportamento de risco dos conscritos do Exército Brasileiro. Uma apreciação da infecção pelo HIV segundo diferenciais socioeconômicos. Sobre a epidemia de AIDS no Brasil: distintas abordagens. Brasília, 1998.
- [10] Brasil. Ministério da Saúde. Políticas públicas de prevenção e atenção às DST HIV/AIDS nos serviços de saúde mental no Brasil. Secretaria de Vigilância em Saúde. Programa Nacional de DST e AIDS. Análises desafios e perspectivas. Brasília, 2008.
- [11] Bauer EM. O estresse. Como ele abala as defesas do organismo. Inst. de Pesq. Biomédicas. PUC. Ver Ciência Hoje, vol. 30 numero 179. Rio Grande do Sul, 2002.
- [12] Poli DF; Beck, CT; Hungler BP. Fundamentos de pesquisa em enfermagem. nº 5 Artmed. Porto Alegre, 2004.
- [13] Declaração Universal dos Direitos Humanos. Adotada e proclamada pela resolução 217 A (III) da Assembleia Geral das Nações Unidas em 10 de dezembro de 1948 Nações Unidas, 1998.
- [14] Cunha HG ; Galvão GTM. Diagnósticos de enfermagem em pacientes com o Vírus da Imunodeficiência Humana/ Síndrome da Imunodeficiência Adquirida em assistência ambulatorial. Rev ;Acta paul. enferm. vol.23 no.4 São Paulo, 2010.
- [15] Wong H; Isbell MT. International AIDS Vaccine Initiative (IAVI). Department de politic Public. Revista Ciencia pelas massas. Partner of the Global HIV Vaccine Enterprise. United States Agency International Development (UNAIDS). United States, 2008
- [16] Marques-Deak, Andrea and Sternberg, Esther Psiconeuroimunologia: a relação entre o sistema nervoso central e o sistema imunológico. Rev. Bras. Psiquiatr., Set 2004, vol.26, no.3, p.143-144. ISSN 1516-4446.
- [17] Minayo, Maria Cecília de Souza. O desafio do conhecimento. São Paulo: Hucitec 1993.
- [18] Demo, P.. Pesquisa e construção de conhecimento. Rio de Janeiro: Tempo Brasileiro 1996.
- [19] Gil, A. C. Métodos e técnicas de pesquisa social. 5ª Ed. São Paulo: Atlas, 1999.