The role of stigma in HIV/AIDS: An experience sampling study

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DISCRIMINATION

INTERNALIZED STIGMA

- ADHERENCE
- RETENTION IN CARE

Previous Research

1. Global reports

   In general, how ashamed do you feel because of your HIV status?

2. Between participant analyses

Current Study: Experience Sampling Method

Also called:

- Ecological momentary assessment
- Ambulatory assessment

Right now, how ashamed do you feel because of your HIV status?

Ask the same questions:

- 3 times a day
- for 7 days

Smart Phones

- VISIT 1:
  - Questionnaires
  - Each participant is given a smart phone
- EXPERIENCE SAMPLING
  - Signal participants at random times 3 times a day for 7 days (signal contingent vs. event contingent)
  - Participant answers same set of questions each time
- VISIT 2:
  - Return smart phone
  - More questionnaires

Global Reports vs. Experience Sampling

Global reports

In general, how ashamed do you feel because of your HIV status?

Experience Sampling

Right now, how ashamed do you feel because of your HIV status?

- Please answer the 6 questions below for each person you interacted with since your last report?
  - Does the person know that you are HIV+?
  - How hard did you try to hide your HIV status from this person during this interaction?

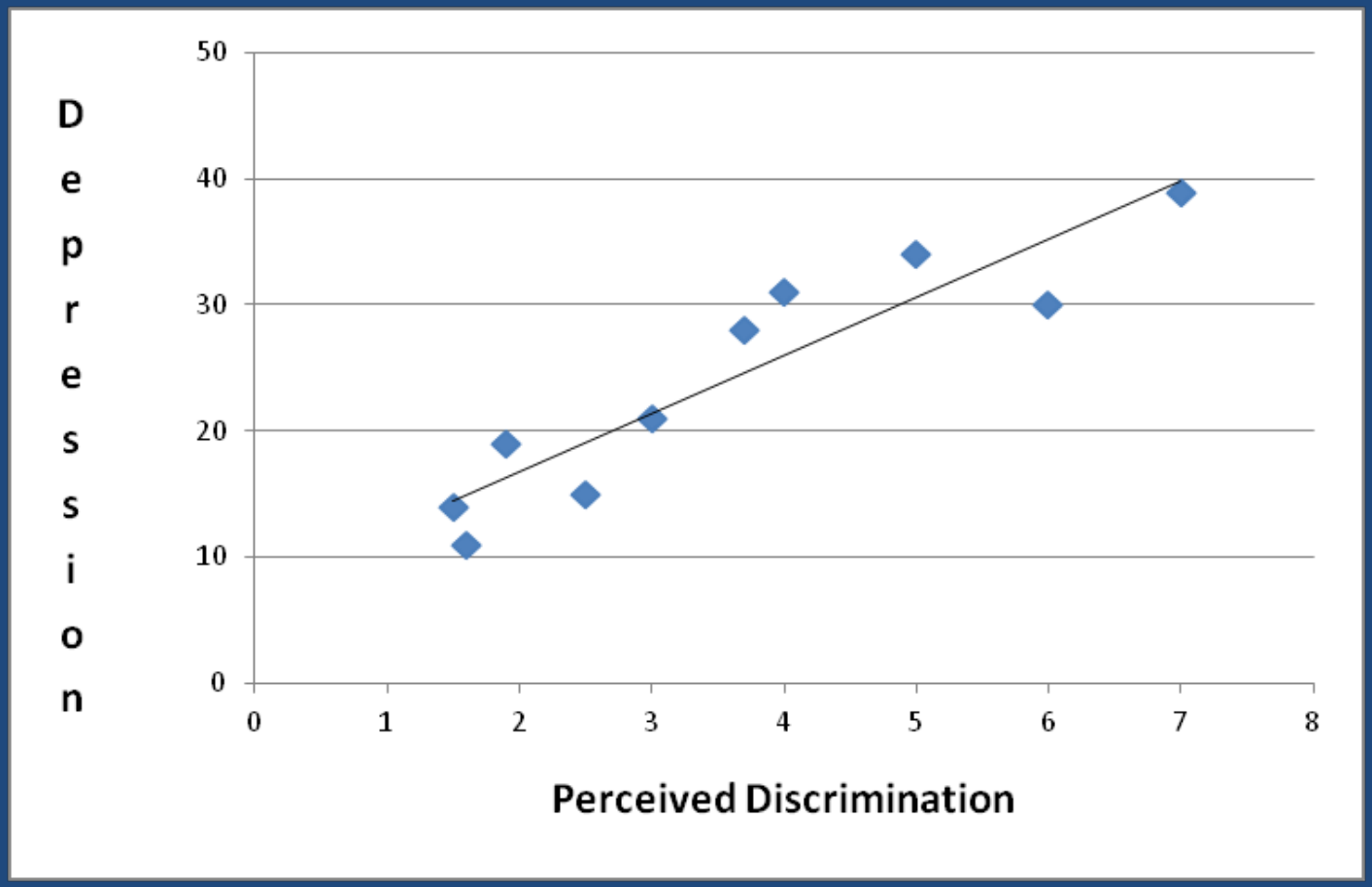
- Discrimination events: Since your last report, did you feel that someone discriminated against you based on your HIV status?
  - Did you feel that someone treated you negatively?
  - Did you feel that someone kept their distance from you?

- Feelings of Internalized Stigma:
  - Since your last report, did you feel ashamed about having HIV /AIDS?
  - Since your last report, did you feel guilty because you are HIV+?
- Mood: Please rate how you are feeling each of these emotions RIGHT NOW: Ashamed, embarrassed, proud, sad, angry, accepted, supported, confident, satisfied, alienated, unwelcome etc.
- Right now, how well do you feel you can fight HIV and do whatever is necessary to remain healthy?

Advantages

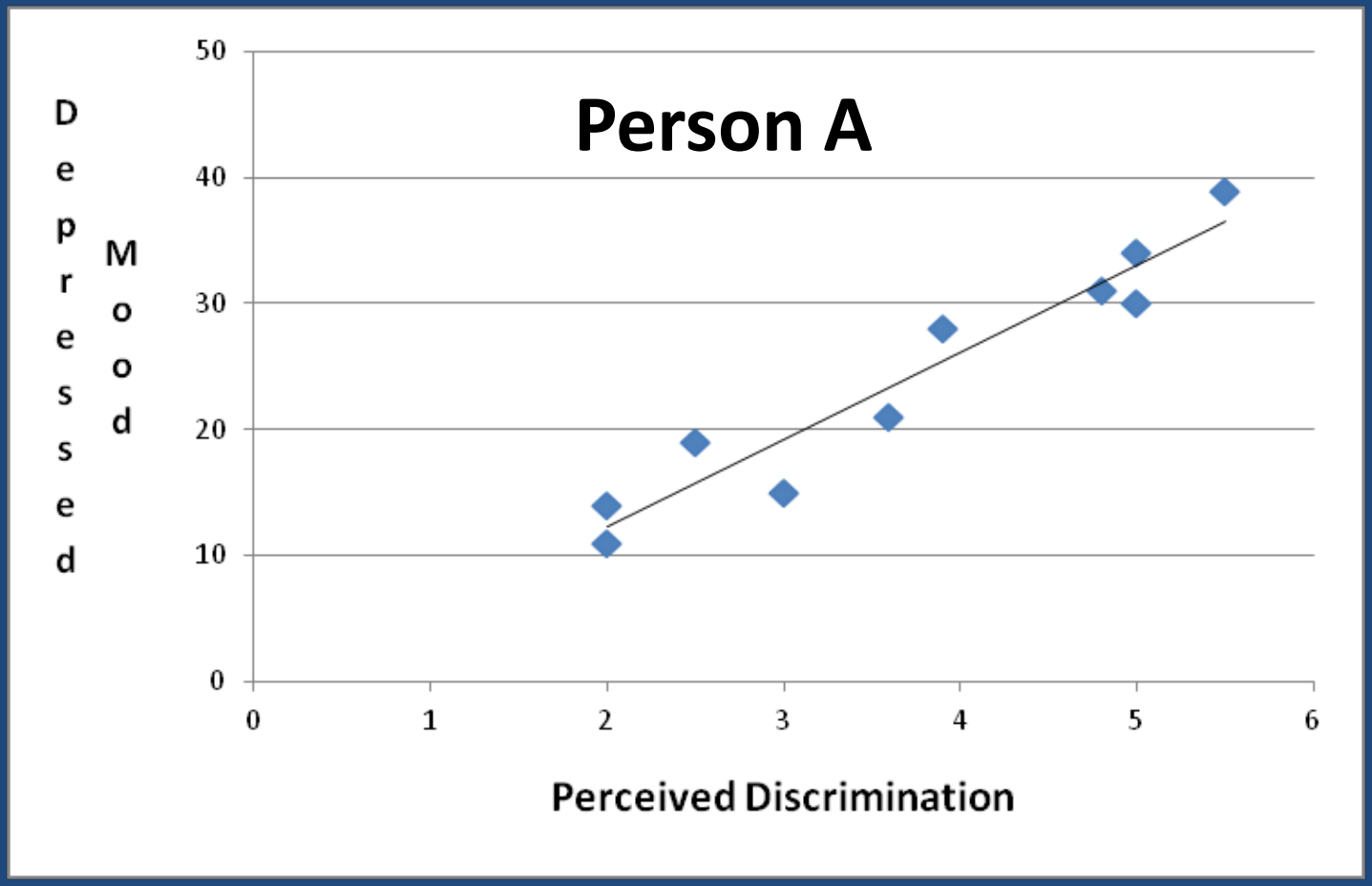
- Assess stigma in a way that is not affected by biases
- Within-person analyses

Between person

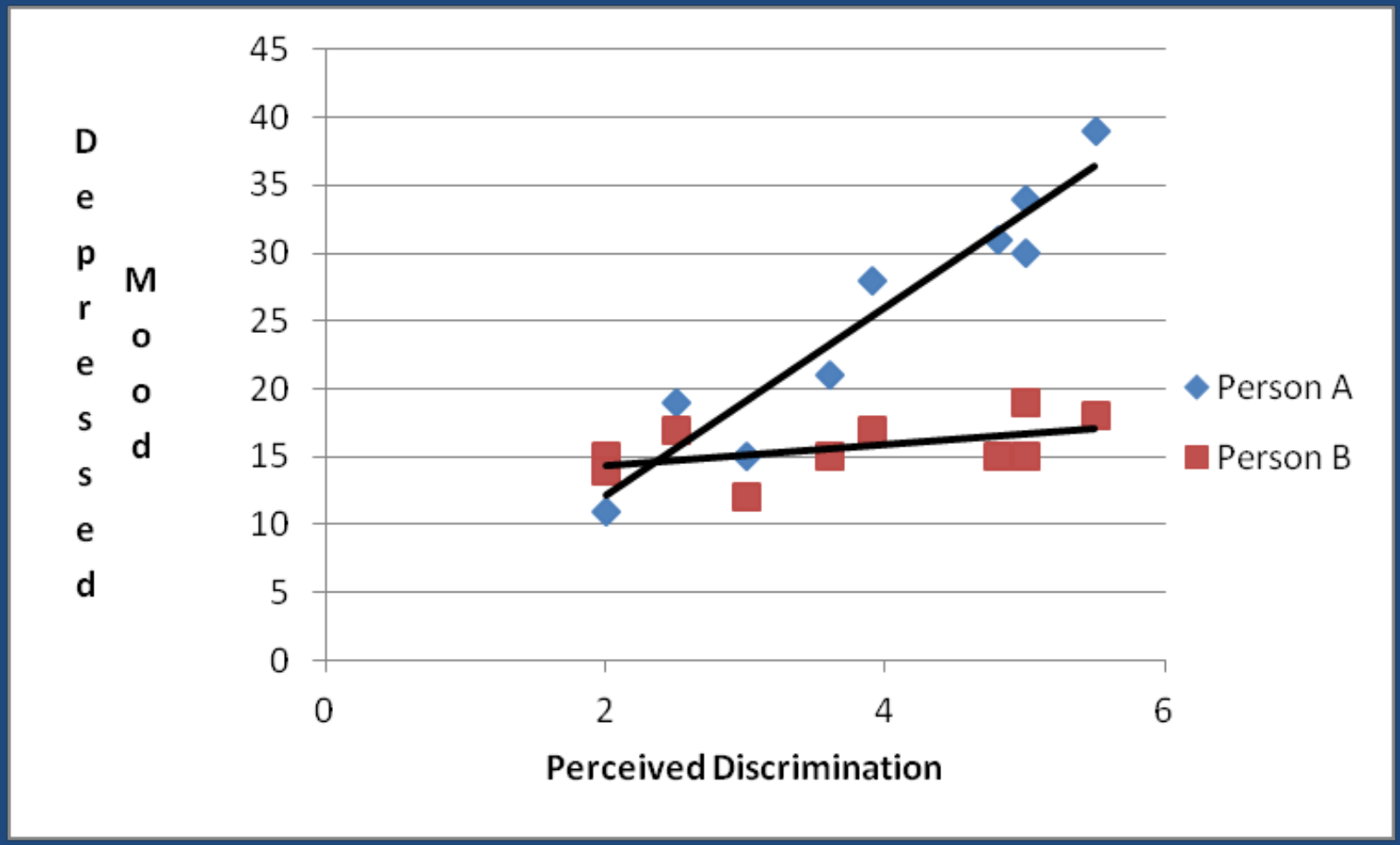


Within person

(can be different than between person)



Individual Slopes



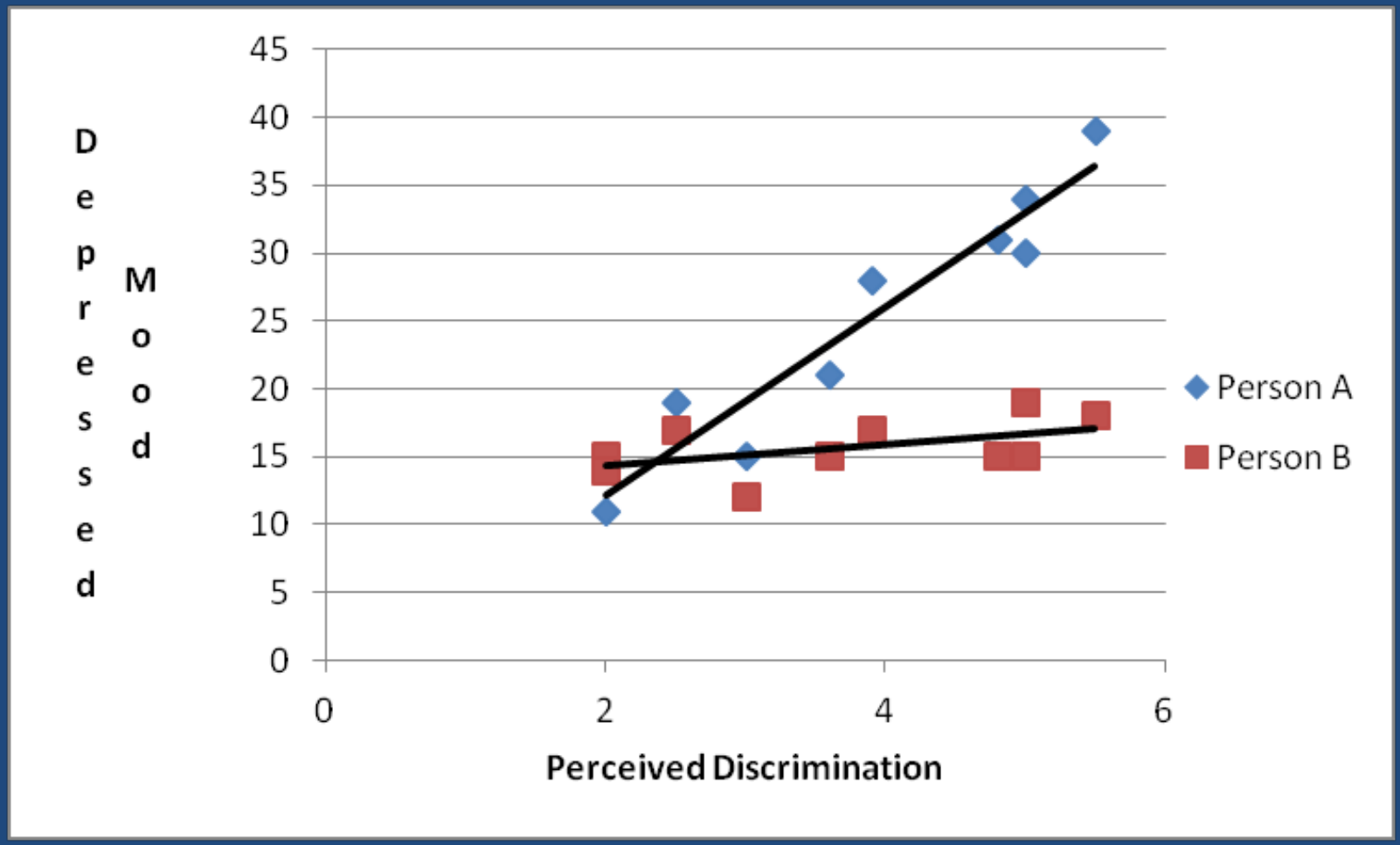
Within person associations

Multi-level analyses:

Are within-person shifts in perceived stigma (or in actual acts of discrimination) associated with state levels of:

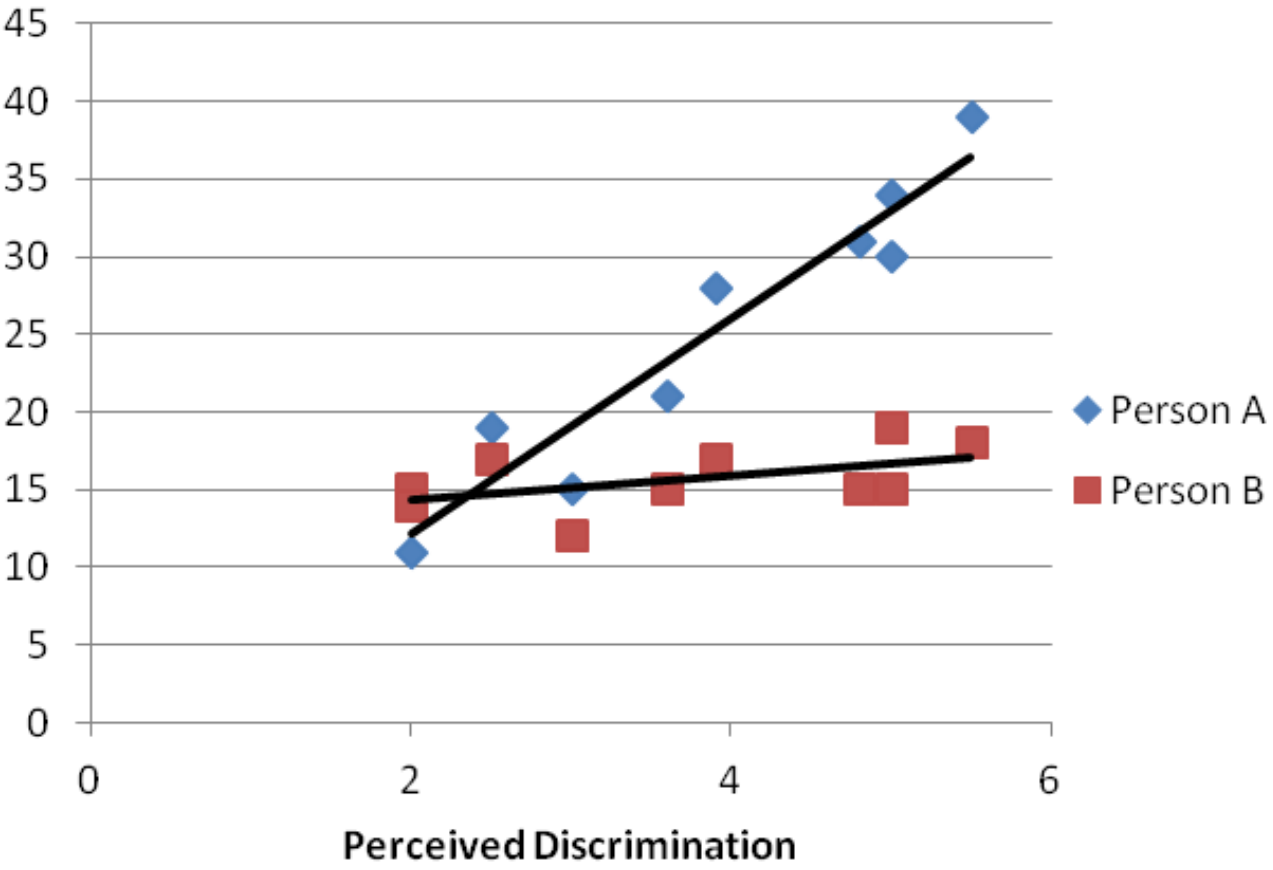
- Self-esteem
- Mood

Are individual slopes on average different than 0?



Are individual slopes on average different than 0?

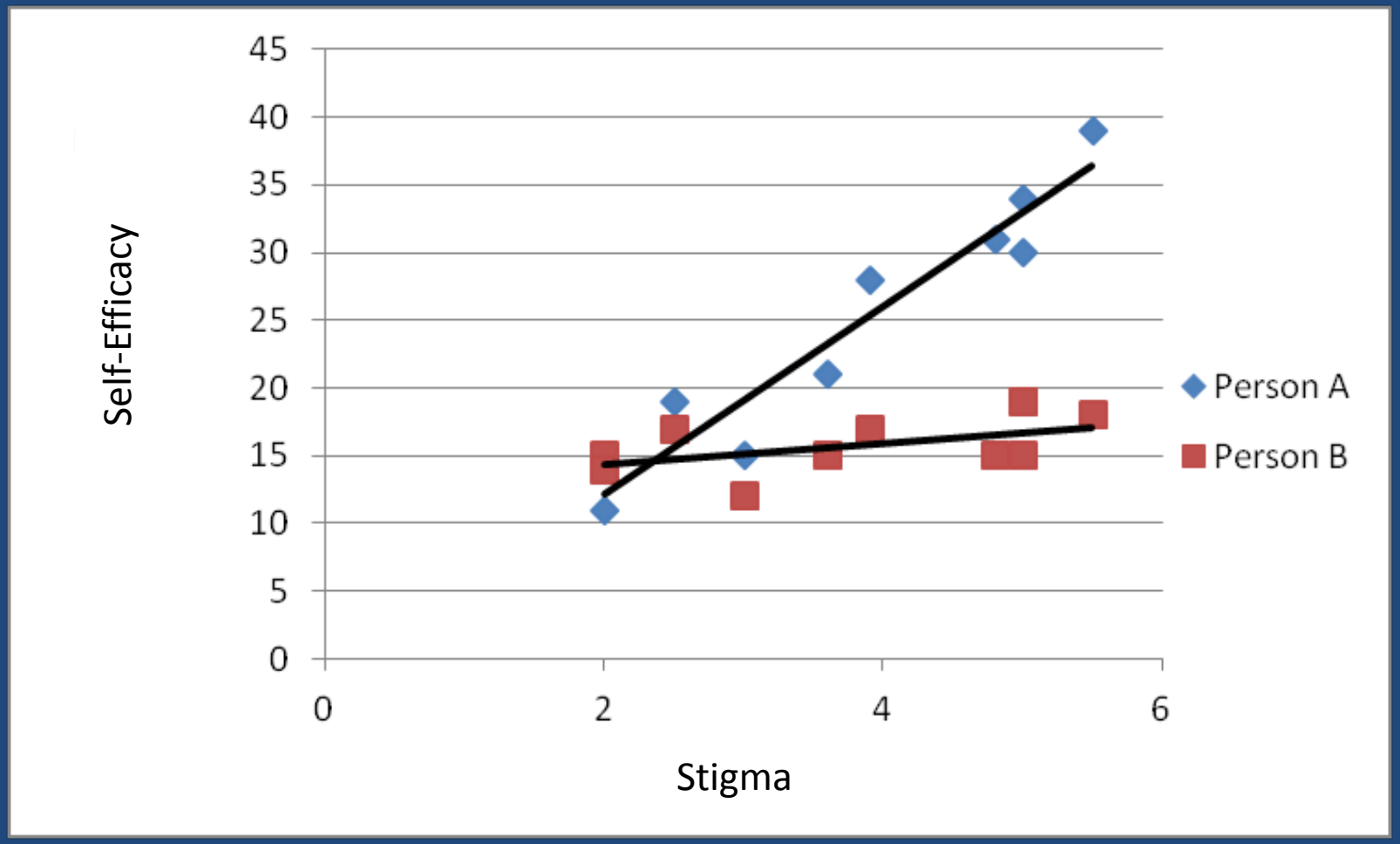
- Self-esteem
- Mood
- Autonomy
- Relatedness
- Self-efficacy in coping with HIV



Does trait level variables (e.g., depression) predict the association between state stigma and state self-efficacy?

That is, does stigma affect self-efficacy more strongly for depressed people?

Does a person high on **depression** get affected more?

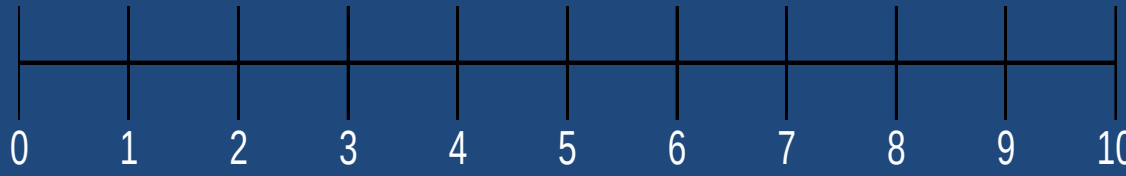


Hierarchical Linear Modeling
HLM

Pain

Right now, how much physical pain do you feel?

WHAT NUMBER WOULD YOU GIVE YOUR PAIN RIGHT NOW?



NO PAIN AT ALL

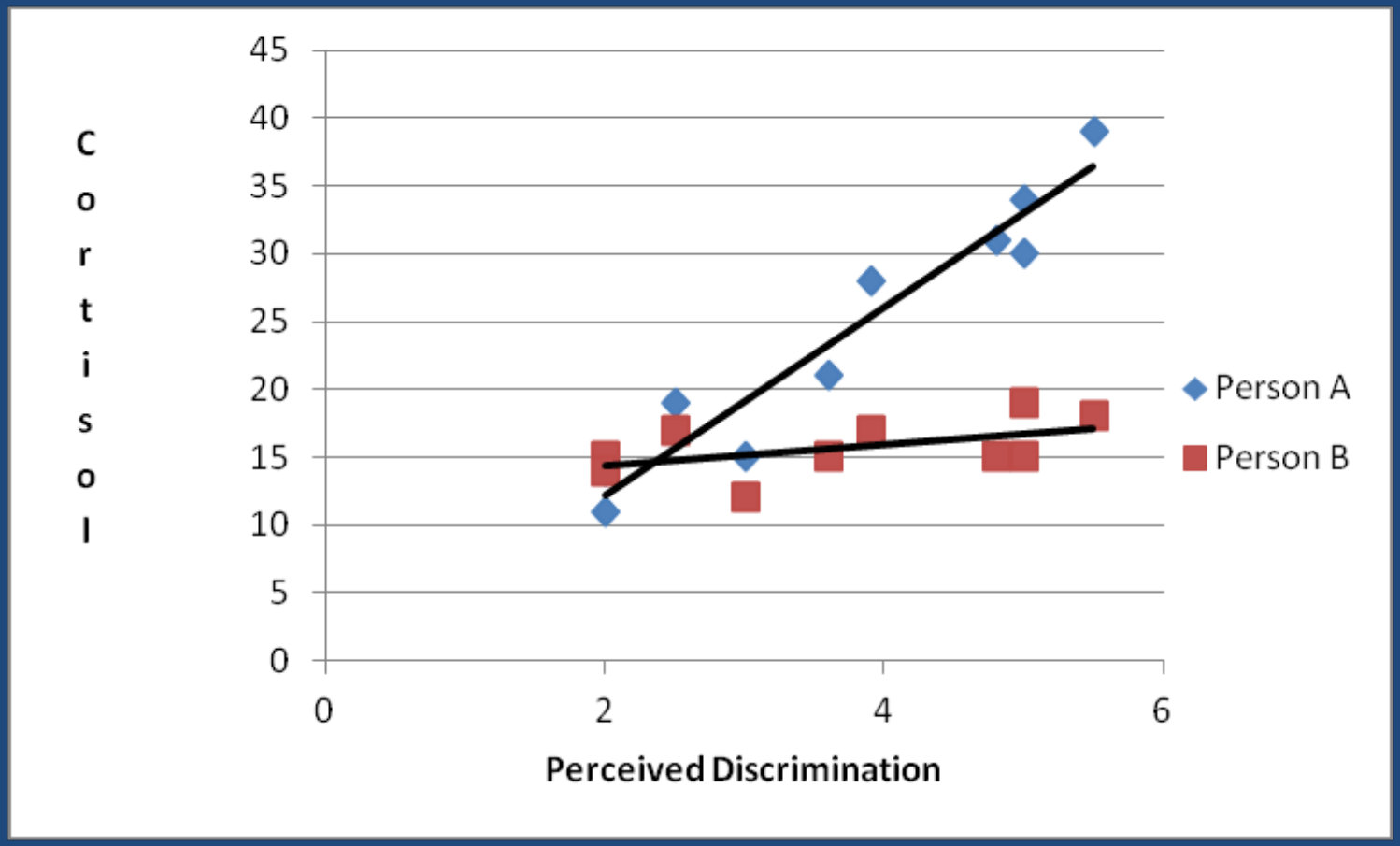
WORST IMAGINABLE PAIN

Cortisol

Are events of discrimination and stigma associated with a biomarker of stress?

Saliva

- Participants provided saliva samples 3 times a day on 3 of the 7 days
- These saliva samples are then assayed for cortisol and alpha amylase


Cortisol
45
40
35
30
25
20
15
10
5
0
0
2
4
6
Perceived Discrimination
Person A
Person B

Questions ???