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Resilience and Its Impact on Depression in Young Chinese MSM with HIV/AIDS: Understanding the Roles of Social Support and Antiretroviral Therapy

Abstract:

Background: Consistent evidence documents the positive role of resilience in mental health. However, it is unclear whether resilience has a consistent influence on mental health among people living with HIV/AIDS across subgroups in different phases of antiretroviral therapy (ART). This study investigated the direct and indirect associations between resilience and depressive symptoms through different types of perceived social support among young Chinese men who have sex with men living with HIV/AIDS. The heterogeneity of different phases of ART is also discussed.

Methods: The study drew on a sample of young Chinese men who have sex with men living with HIV/AIDS from a community-based survey (n = 1185). Moderated mediation analysis was used to examine the mediating role of different types of perceived social support in the relationship between resilience and depression and the moderating role of different phases of ART.

Results: Resilience was negatively related to depressive symptoms. The mediating effect of perceived social support from family members was significant. The phases of ART may moderate the association between resilience and perceived social support from family members and between perceived social support from friends and depressive symptoms.

Limitations: The study's cross-sectional research design restricted causal inferences. Non-probability sampling may have limited the generalizability of the study's findings. The self-report nature of the data may have introduced response biases

Biography

Zurong Liang is an Associate Professor in the Department of Sociology at Zhejiang University, his research focuses on the mental health of sexual and gender minority (SGM) youth and individuals with HIV/AIDS, emphasizing the effects of stigma and intersectionality on their well-being. Utilizing a mixed-methods approach, His aim to uncover the nuanced challenges these groups face, including discrimination and social isolation, to develop targeted interventions. His work particularly explores the role of stigma in mental health disparities, advocating for gender equality, enhanced social support, and culturally sensitive mental health services to mitigate these issues.