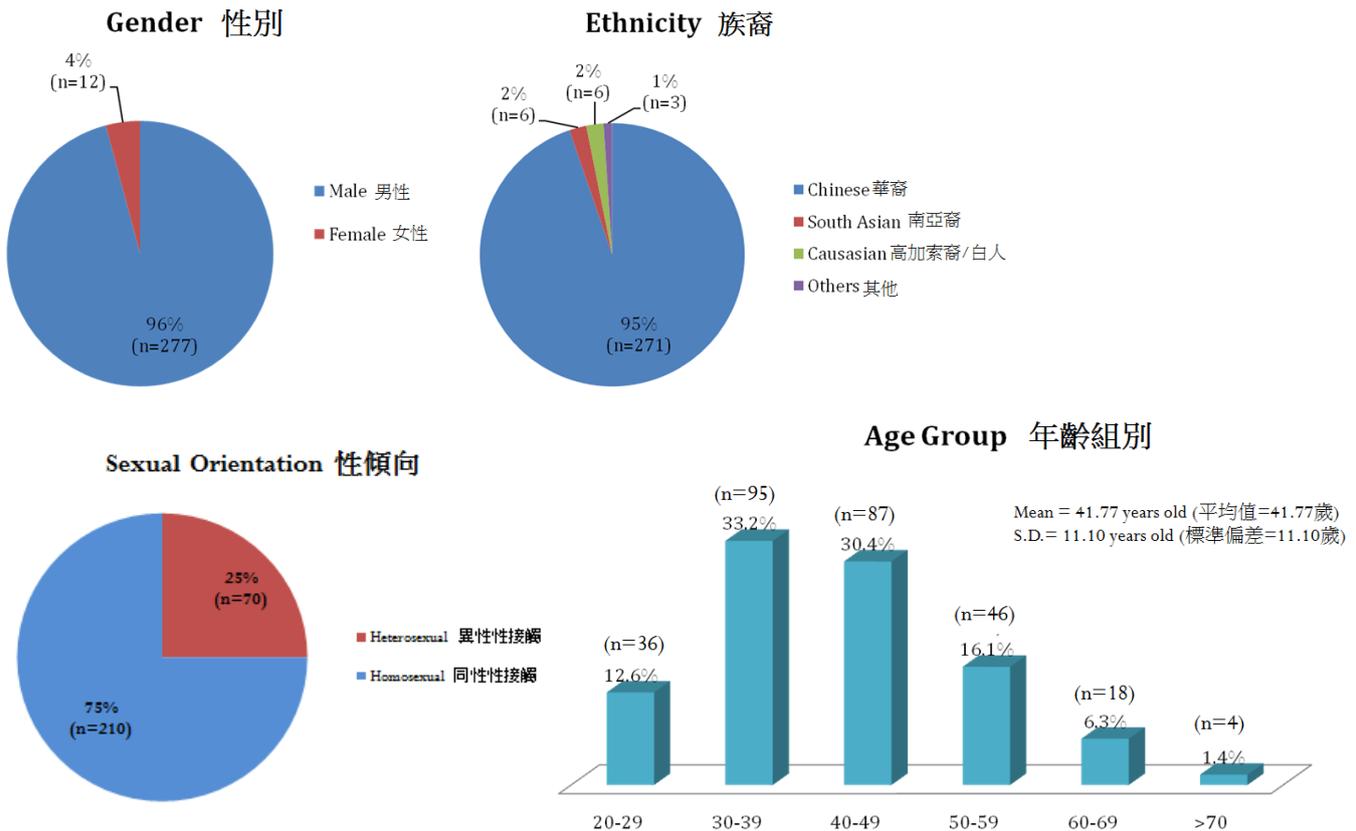




## (Appendix 1) 【Hong Kong HIV Stigma Watch】 Brief Report

### Basic Demographics

291 people living with HIV (PLHIV) were recruited in the study. 96% (n=277) of the participants were male and majority (95%, n=271) of them were ethnically Chinese. They had a mean age of 41.77 years. Three fourths (75%, n=210) of the participants were homosexuals. They had a mean year of diagnosis of 5.25 years.

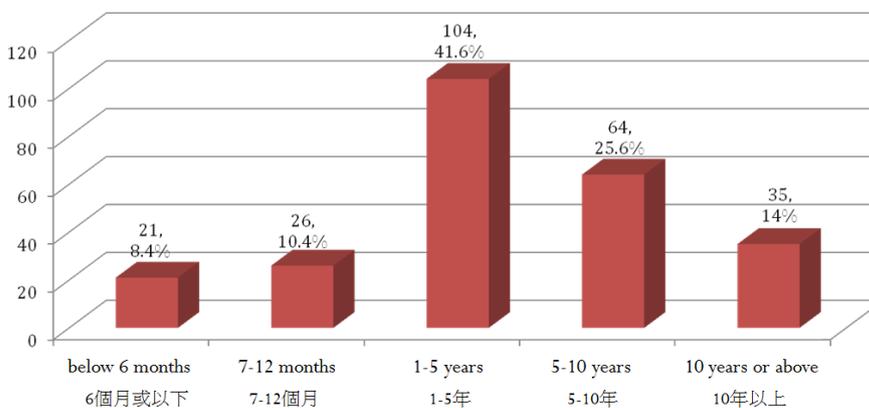


### How long has it been since being diagnosed with HIV?

由確診感染到現在有多久？

Mean = 5.25 years (平均值=5.25年)

S.D. = 4.70 years (標準偏差=4.70年)



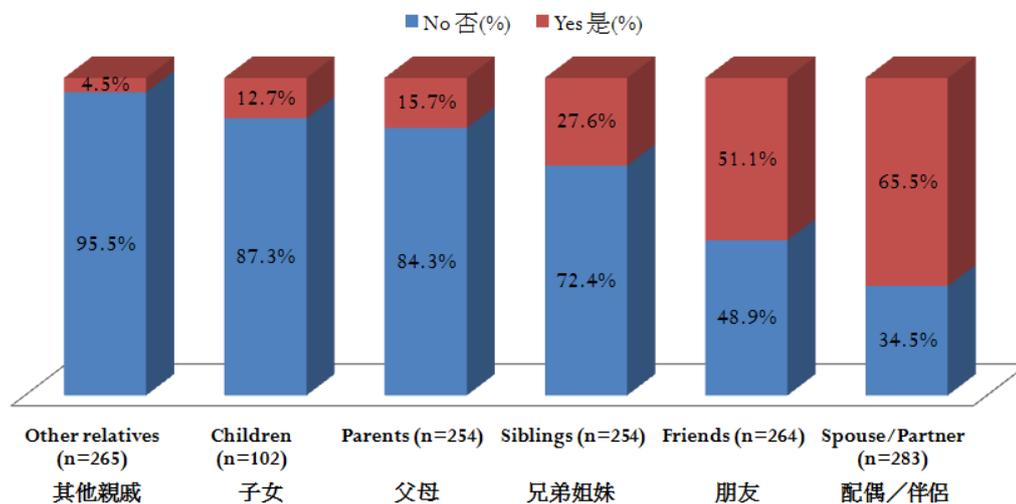


## Research Findings

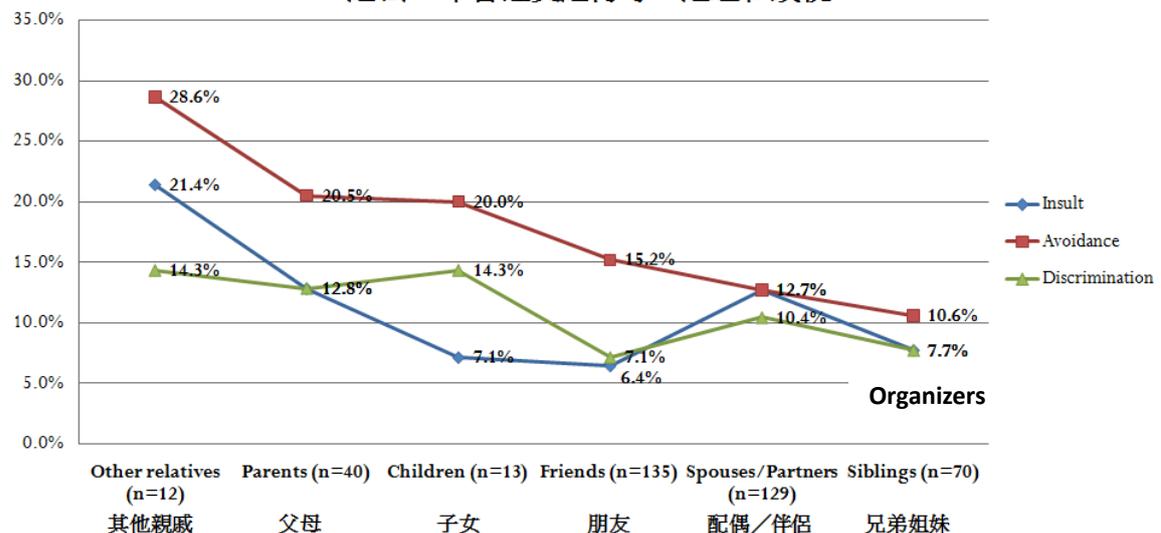
### 1. Disclosure of HIV status to family members, partners and friends

75.9% (221 out of 291) of the participants have disclosed their HIV status to their family members, partners or friends. In particular, relatively more participants (65.5%) have revealed their HIV status to their spouses or partners, whereas only a few of them (4.5%) have disclosed their HIV status to other relatives. 16.7% (37 out of 221) of the participants who disclosed their HIV status, have experienced insults, avoidance or discrimination from their family members, partners or friends.

**If you are involved in the following social relationships, does anyone in the relationship know of your HIV status?**  
**若你有以下社交關係/接觸以下社交圈子，圈子裡有人知道你的感染狀況嗎？**



**Insult, avoidance and discrimination experienced in the past year**  
**過去一年曾經受過侮辱、迴避和歧視**



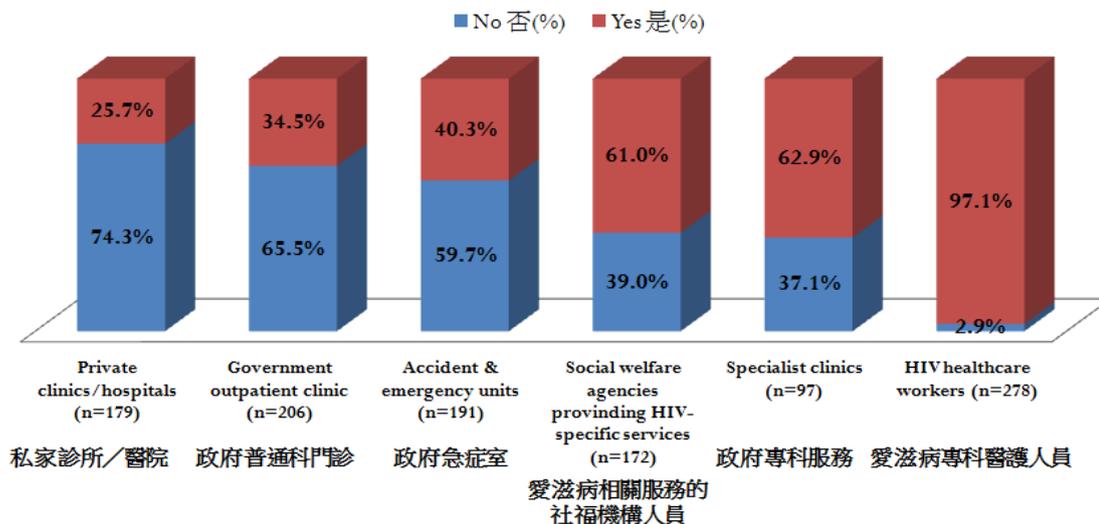


## 2. Disclosure of HIV status to healthcare and social service providers

48.8 % (142 out of 291) of the participants have disclosed their HIV status to general healthcare professionals. In particular, relatively few participants (25.7%) revealed their HIV status to the healthcare workers from private clinics or hospitals. 26.8% (38 out of 142) of the participants who disclosed their HIV status, have experienced insults, avoidance or discrimination from general healthcare workers. In particular, relatively more participants have experienced avoidance and discrimination from the healthcare workers at the accident and emergency units as well as general out-patient clinics.

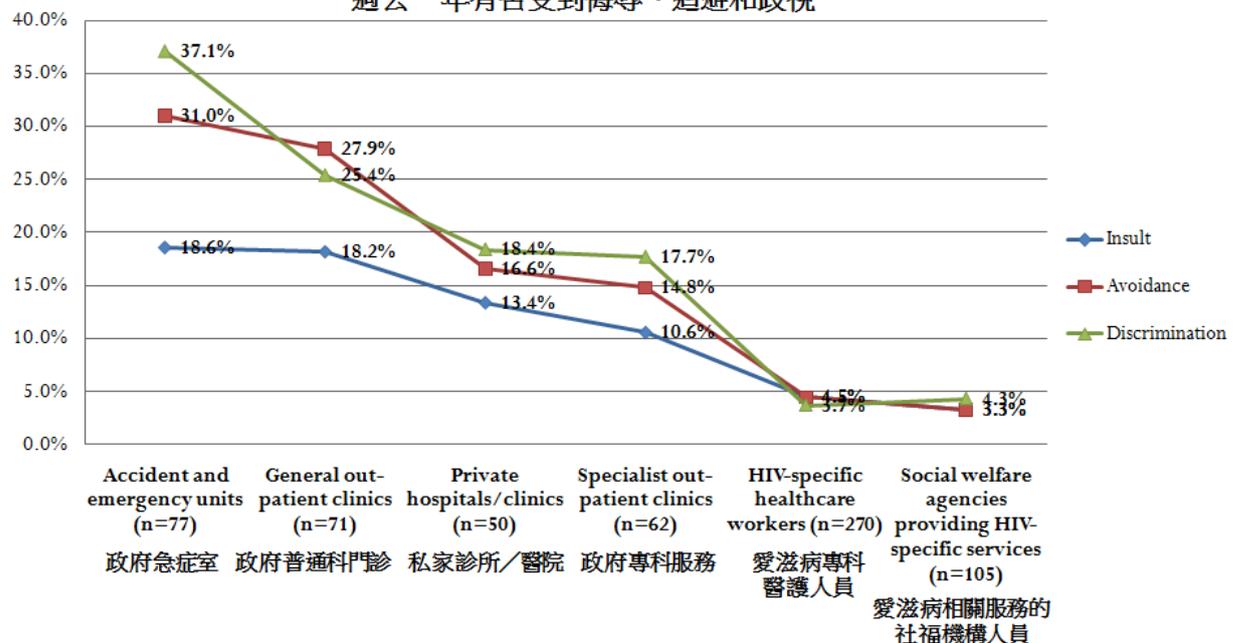
If you are involved in the following social relationships,  
does anyone in the relationship know of your HIV status?

若你有以下社交關係/接觸以下社交圈子，  
圈子裡有人知道你的感染狀況嗎？



Insult, avoidance and discrimination experienced in the past year

過去一年有否受到侮辱、迴避和歧視

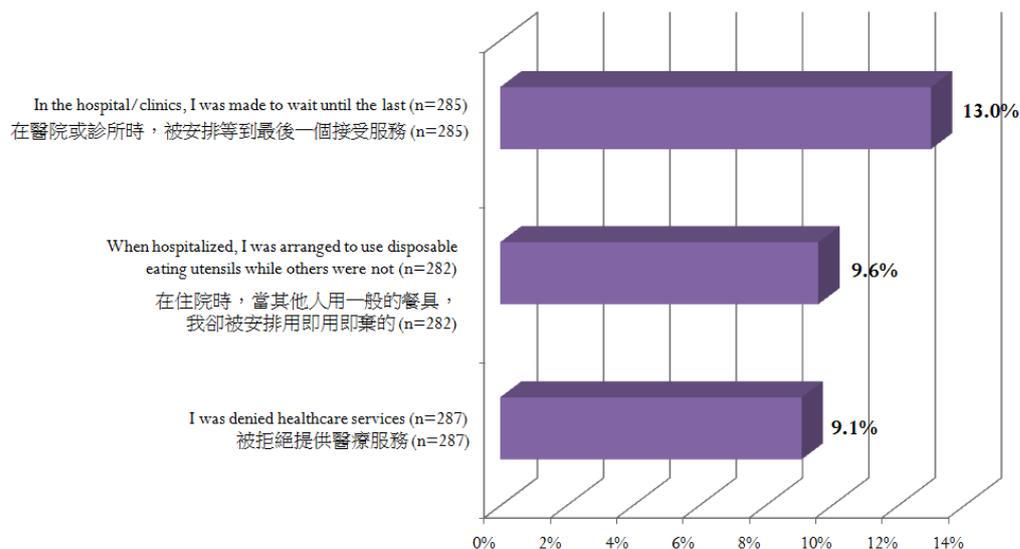




### 3. Unfair treatment from healthcare service providers

During the past one year, 13% (37 out of 285) of the participants were made to wait until last in the hospital or clinics. 9.6% (27 out of 282) of the participants were arranged to use disposable eating utensils during hospitalization while others were not. 9.1% (26 out of 287) of the participants were denied healthcare services.

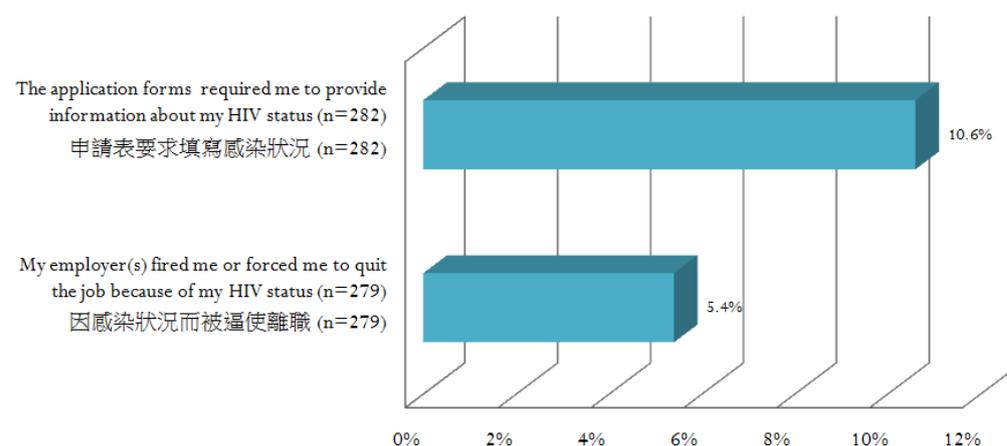
**Unfair treatment from healthcare service providers over the past year**  
過去一年曾受到醫療服務提供者不公平對待



### 4. Unfair treatment from employers

During the past one year, 10.6% (30 out of 282) of the participants were required to provide information about their HIV status on the application form when applying for jobs. 5.4% (15 out of 279) of the participants were fired or forced to quit the job because of their HIV status.

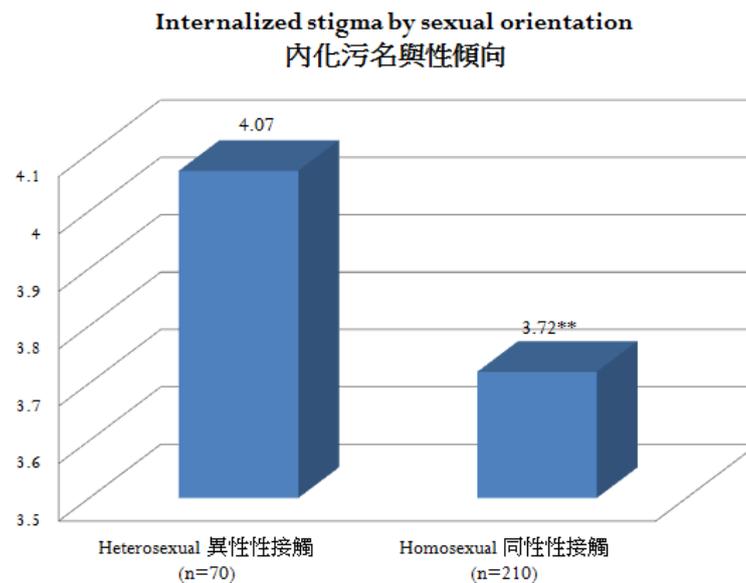
**Unfair treatment from employers over the past year**  
過去一年曾受到僱主不公平對待



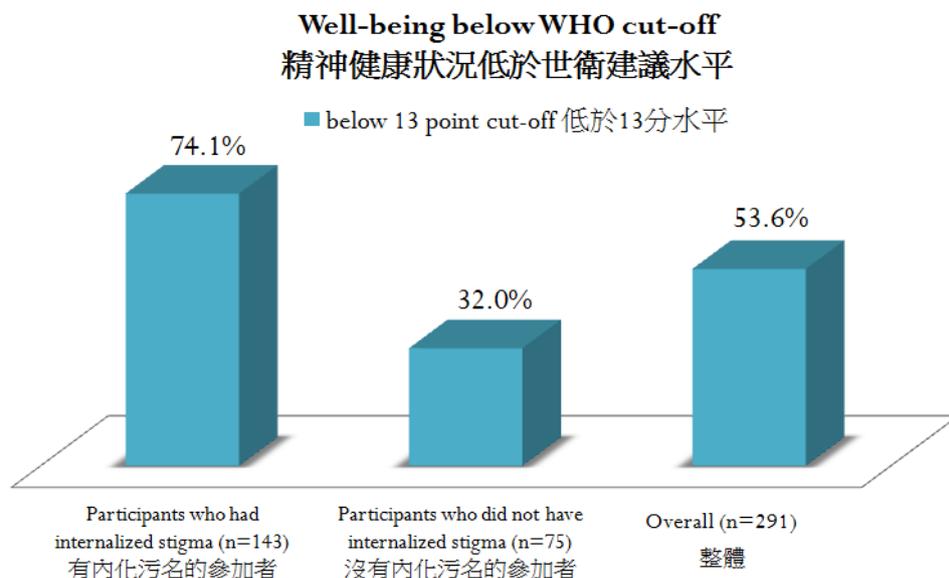


## 5. Internalized stigma and well-being

49.3% (143 out of 291) of the participants had internalized stigmatizing beliefs about their identity as a person with HIV. (On a scale from 1 to 6, mean=3.82, SD=1.16) Specifically, homosexual participants had a significantly lower internalized stigma ( $p=.03$ ) than heterosexual participants.



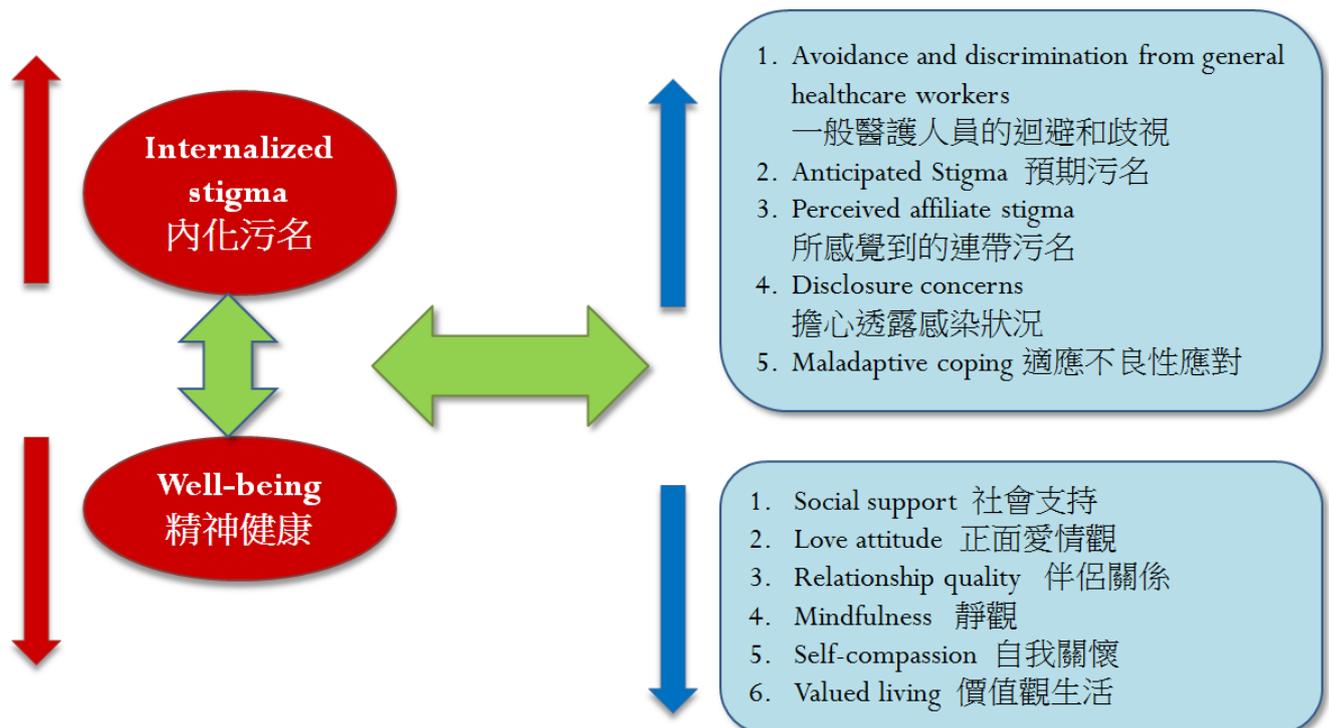
53.6% (156 out of 291) of the participants' WHO5 score was below the WHO's recommended cut-off point of 13, indicating poor well-being. (Full score=25, Mean=12.68, SD=4.64) Among participants who had internalized stigma (n=143), majority (74.1%) of them had a WHO5 score that was below the cutoff. Their well-being was worse than those who did not have internalized stigma.





## 6. Correlation among Internal stigma, mental health and other factors

Avoidance and discrimination from general healthcare workers, anticipated stigma, perceived affiliate stigma, disclosure concerns and negative coping were positively correlated with internalized stigma, and were negatively correlated with well-being. In addition, social support, love attitude, relationship quality, mindfulness, self-compassion and valued living were negatively correlated with internalized stigma, and were positively correlated with well-being.





## HIV/AIDS and HIV Stigma Watch Glossary

Anticipated stigma	Members of stigmatized groups expect how the public would endorse the negative labeling, prejudice and discrimination towards the stigmatized group in general.
HIV antibody test	Antibodies are made in one self's blood when his/her body is exposed to HIV infection. HIV antibody testing is a blood test carried out to find out if one self has contracted HIV. If HIV antibodies are present, the test is positive. It means that the person is HIV-infected. If one self receives a negative result after the window period, it means that he/she not been exposed to the infection.
Internalized stigma	Members of stigmatized groups internalize the negative labeling, prejudice and discrimination from the public, resulting in negative perception and devaluation towards themselves.
Maladaptive coping	Coping strategies that are not favorable to adaptation are used for stress management, for example self-blame, denial, escape, etc.
Mindfulness	Intentionally and non judgmentally bringing moment-to-moment attention and awareness to the present experience (Kabat-Zinn, 1990)
People living HIV, PLHIV	The term "People living with HIV "(PLHIV) reflects the fact that an infected person may continue to live well and productively for many years. AIDS has long been categorized as a chronic disease and with proper treatment, PLHIV can lead healthy lives just like the others. And since most of the time, a person with AIDS is not in the role of patient, using the term "AIDS patients" does not reflect the real-life situation.
Perceived affiliate stigma	Members of stigmatized groups perceive their associates (such as family members, partners and friends) would face the negative labeling, prejudice and discrimination from the public.
Safer Sex	Safer sex refers to sexual behavior which avoids direct contact with partner's body fluid like, semen and blood with consistent and correct usage of condoms. It is important to note that practicing safer sex greatly reduces chance of contracting sexually transmitted infections (STI) and HIV.
Self-compassion	Caring and compassionate attitude towards oneself in the face of hardship or perceived inadequacy. (Bennett-Goleman, 2001)
Valued living	Perceived importance and consistency of life values in various domains of life.

## References

- Bennett-Goleman, T. (2001). Emotional alchemy: How the mind can heal the heart. New York: Three Rivers Press.
- Kabat-Zinn, J. (1990). Full catastrophe living: Using the wisdom of your body and mind to face stress, pain and illness. New York: Delacorte.