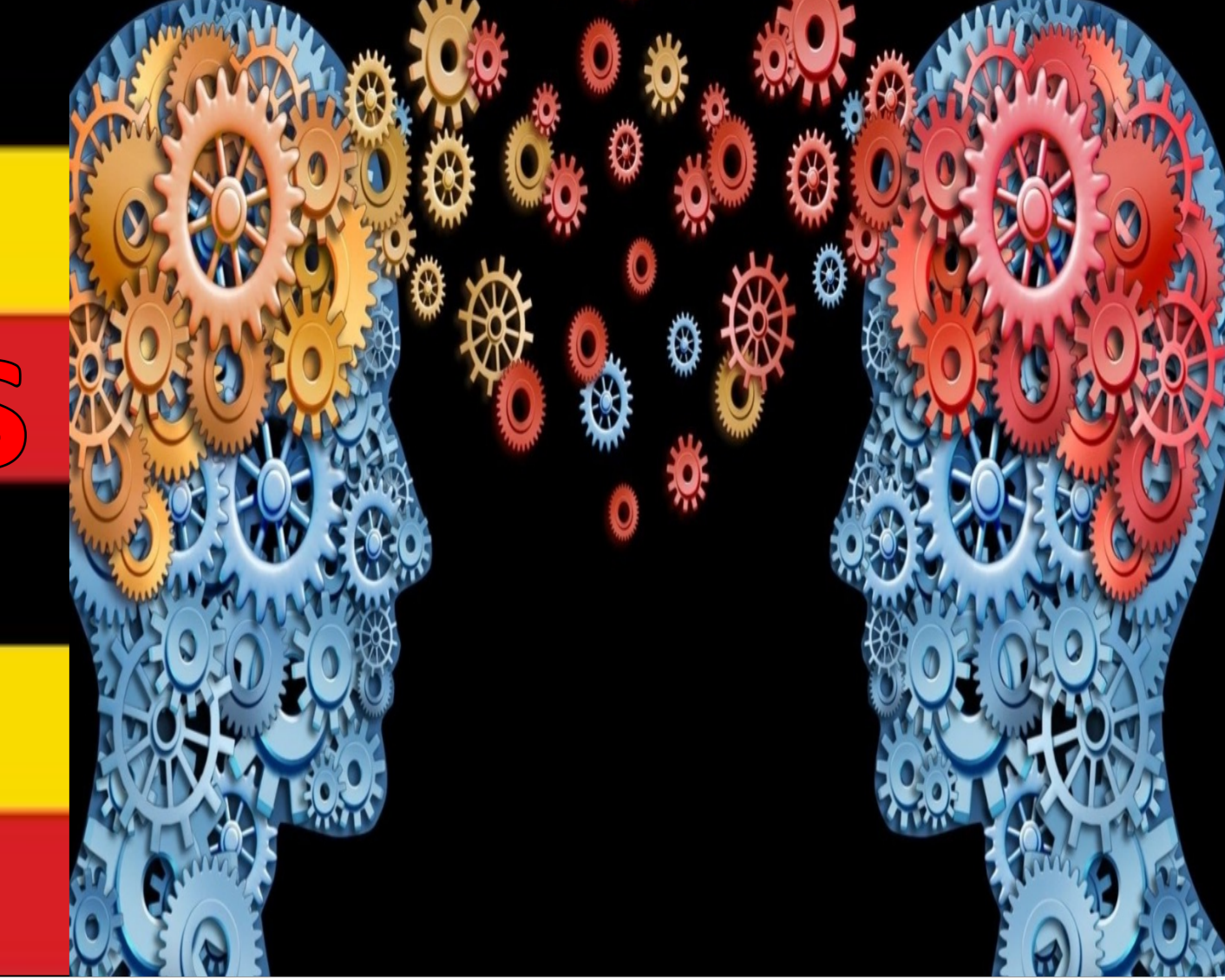


The therapeutic healing power of narratives: an exploration of lived experiences of HIV positive patients that develop comorbid psychiatric disorders in Uganda



Introduction

- HIV is a significant health problem in the sub-Saharan Africa, despite advances in treatment and improvements in survival over the last 3 decades. (Mugisha et al., 2013).
- A progressive report confirmed that approximately 70% of those living with HIV/AIDS in the world reside in the sub-Saharan Africa.
- And 76% of AIDS related deaths occurred in this region in 2007 alone, sub-Saharan Africa still faces a pandemic that has already cost over 20 million lives (UNAIDS, 2013).
- This is the most severe large-scale threat to the public, in living memory.

Aim/Purpose

- To explore the lived experiences of HIV patients that develop comorbid psychiatric disorders using a psychotherapeutic approach.

Design/Methodology

- Qualitative thematic narrative inquiry based on the social constructionist paradigm and social constructivist position aimed to collect data viewed from peoples lived experiences representing people's stories as told (Etherington, 2000).
- A pilot study conducted six face-to-face semi structured transcribed interviews from outpatients attending the GP surgery at Butabika Hospital Uganda.

Ethical Approval

- Ethical approval secured from UVRI, UNCST, Butabika Hospital and concurrently Metanoia Institute/Middlesex University.



Source: Conducting life histories Interviews:
Davies J., et al. (2018)

Preliminary Pilot Study findings

- Pilot study results identified five themes: discrimination, stigmatisation, shame, hopelessness, and resilience.
- Respondents appreciated sharing their narratives expressing a sense of relief, deep meaning, understanding and anticipated narrative therapeutic power in confronting stigmatisation and discrimination experienced daily.

Research limitations

- Limited generalisability of results and representation of a wider population due to a small-scale qualitative study.

Preliminary implications

- This study will have wider implications for service design and patient education in the country.
- Pilot study findings provided insights into the lived experiences of this vulnerable group, under-represented in the research literature, and a deep understanding of how individuals cope with co-diagnoses and engage with therapy and help-seeking behaviours.

References

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