



Investigating the mental health of HIV-positive pregnant women

Sepideh Moradi¹, Nasim khademi²

¹Department of midwifery, Nursing & Midwifery sciences Development Research Center, Najafabad Branch, Islamic Azad University, Najafabad, Iran.

²Department of midwifery, Nursing & Midwifery sciences Development Research Center, Najafabad Branch, Islamic Azad University, Najafabad, Iran.

Abstract

Many women are newly diagnosed with HIV during pregnancy. Receiving a positive HIV test result is a shocking life event that causes concern about one's future and fear of passing the virus to one's unborn child. In addition, stigma and discrimination after HIV status disclosure continue to be a concern in many communities. 32% of women reported being discriminated against because of their HIV status, and 12% reported being left or divorced after disclosing their HIV status. A positive HIV test can affect all stages of pregnancy and psychologically impose many negative consequences on the pregnant woman. Symptoms of depression and anxiety are common in HIV-infected pregnant women, and a significant number of positive depression and anxiety screenings have been reported. Mental health disorders in HIV-positive pregnant women should be understood in the context of their life circumstances.

Key words: Mental health, pregnant women, AIDS Virus, HIV positive.