

# Personality Disorder: A Risk For HIV Infection



## Medical Science

**KEYWORDS :** HIV patients, Personality disorder, Risk behavior

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### ABSTRACT

**Background :** The prevalence of HIV among people who are having personality disorder is higher than general population rates worldwide. Many risk behavior like sensation seeking behaviour and high risk sexual behaviour among individual with personality disorder has been identified in studies from both developed and developing countries, though sampling limitation restrict the generalizability of their result. **Objective:** The purpose of the current study is to investigate the prevalence and correlates of risk behavior among patients with personality disorder. **Method:** To obtain a representative sample, we screened 107 newly diagnosed HIV individuals from Integrated counseling and testing center (ICTC) for information regarding risk behavior associated with personality disorder. **Result :** In males emotionally unstable personality disorder (10.28 %) was found to be most common followed by dissocial personality disorder ( 9.34 %). Among the individual having personality disorder 27.10 % of them history of sexual exposure with commercial sex worker. 40.18 of them having history of multiple sex partner, 68.22 % of them never use barrier method while having sexual activity. **Discussion :** Individuals with personality disorder are known to indulge in risk taking behavior due to impulsivity, inability to delay gratification and diminished judgment and insight. This may affect various area of life including substance use, sexual behavior and relational problems. Therefore these individuals may indulge in unsafe sexual practices leading to the sexually transmitted infection and contracting HIV infection. Study revealed that emotional unstable personality disorder was most common followed dissocial personality disorder.

### Introduction

HIV infection/AIDS is a global pandemic, with cases reported from virtually every country. In India, HIV disease is expanding at an alarming rate. According to NACO report (2010-2011) India has the third largest number of people living with HIV/AIDS. As per HIV estimates 2008-09, there are an estimated 23.9 lakh people living with HIV/AIDS in India with an adult prevalence of 0.31 percent in 2009.<sup>2</sup> Research on HIV often focuses on those who are most vulnerable, including men who have sex with men, injection drug users, and commercial sex workers.<sup>3</sup> In many countries, substance abusers engage disproportionately in sexual behaviours associated with increased risk for HIV. For example, data from the U.S. general population indicate that participants classified as “heavy drinkers” were more likely to report multiple sex partners and sex trading (i.e., exchanging sex for money, drugs, or lodging) when they were compared to “non heavy drinkers”<sup>4</sup>. Other data from the U.S. indicate that problem drinking is associated with greater likelihood of being infected with sexually transmitted disease (STD)<sup>5,6</sup> and that alcoholics in treatment are more likely to engage in risky sexual behaviours than the general population.<sup>7</sup>

Investigation of the prevalence, patterns, and correlates of HIV-related risk behaviours in the Indian context is needed to guide the development of behavioural risk reduction and prevention programs. The purpose of the current study is to investigate the prevalence and correlates of risk behaviour among patients with personality disorder and patients with alcohol or drug abuse problem in India. By identifying these risk characteristic, it may be possible to develop better educational and prevention approaches for this population.

### Material and Method

The individuals, who were newly diagnosed as HIV positive, were referred by counselor in Integrated Counseling and Testing Centre (ICTC) to the department of psychiatry. To obtain a representative sample, we screened newly diagnosed HIV individuals for information regarding risk behavior as well as its demographic, personality and substance use correlates.

The individuals and their relatives were explained the nature of the study. An informed consent was taken from the individual and relatives.

The following materials were used for assessment of selected individuals

A special proforma was prepared to collect the data like de-

mographical details, sexual history, awareness of HIV and its spread, family history, premorbid personality, mental status examination and clinical impression.

International personality examination scale<sup>8</sup> - The international personality disorder examination scale (IPDE), has been developed from the personality disorder examination (PDE), which was modified for international use and compatibility with the international classification of disease, 10<sup>th</sup> revision (ICD 10), and the American psychiatric association diagnostic and statistical manual of mental disorder, fourth version (DSM-IV). The current version of IPDE has been produced in two modules, one for ICD-10 and one for DSM-IV criteria for personality disorder. The advantage of semistructured interviews like the IPDE, is that they have a certain procedural validity that makes their conclusion more readily exportable, and less susceptible to institutional and regional biases. They proved the clinician and investigator with more uniform method of case identification and thus facilitate the comparison and replication of research finding. It was the opinion of most of the clinician who participated in the field trial, that the IPDE was a useful and essentially valid method of assessing valid method of assessing personality disorder for research purposes. Then clinical diagnosis is confirmed on discussion by two qualified psychiatrist in department of psychiatrist. The data obtained was pooled, tabulated and subjected to statistical analysis.

### Data Analysis

Descriptive analysis was carried out and chi-square test was performed for analysis of categorical data. The magnitude of association between putative risk factors and unsafe sexual behaviors was estimated by the odds ratio (OR) with 95 % confidence interval. The level of significance was 0.05. The independent effect of potential exposure variable was assessed by multivariate analysis using logistic regression. Statistical Analysis was done using the SPSS Software Package for window version 11.5 (Nouris, 1993)

### RESULTS

**Table 1: Descriptive analysis of participant**

Characteristics	Total (n)
Age group	
20-29(yrs)	31
30-39(yrs)	62
40-49 (yrs)	11
50-59(yrs)	3

Gender	
Male	68
Female	39
Occupation	
Skilled	25
Unskilled	54
Awareness about HIV	
Yes	84
No	23
Marital status	
Married	82
Unmarried	16
Separated/widow/ divorcee	9
Multiple sex partner	
Yes	75
No	32
Sex with CSW	
Yes	45
No	62
Use of barrier method	
Yes	73
No	34

#### \*CSW-Commercial sex worker

In our study, majority of the sample belonged to the age group of 30 to 39 years i.e. 57.9 %. In age group of 30-39 years 26.16 % were having at least one personality disorder. It was found that the personality disorder was not present significantly high in any particular age group.

In this group dissocial personality disorder was found to be more common i.e.10.28 % followed by emotionally unstable personality i.e.9.34 %.It was found that the personality disorder was present significantly high in males. Emotionally unstable personality disorder and dependent personality disorder were common in females.

In our study it was found that 70.9 % of individual with personality disorder were having history of multiple sex partners, while 29.90 did not have similar history. Individuals giving history of multiple sex partners 40.18 % were having at least one personality disorder. Among these individuals emotional unstable personality was most common i.e. 11.21 % followed by dissocial personality disorder i.e. 9.34 %. It was found that the personality disorder was present significantly high in individuals with history of multiple sex partners.

Those individuals who never used barrier method during sexual activity 31.77% of them were having at least one personality disorder. Among these emotional unstable personality disorder was most common i.e.9.34% followed by mixed personality disorder like histrionic personality disorder and dissocial personality disorder i.e. 6.54 %.It was found that the personality disorder was present significantly high in individuals who never use any barrier method during sexual activity

Those individuals who gave history of sexual activity with commercial sex workers, 27.10 % of them were having at least one personality disorder. Among these individuals, emotionally unstable personality traits are more common i.e. 9 (8.41 %) followed by emotionally unstable personality disorder i.e. 7.47 % and then dissocial personality disorder i.e. 5.60 %.It was found that the personality disorder was present significantly high in individuals who were having history of sex with commercial sex workers.

In present study, it was found that 78.50 % were having awareness about HIV and its various routes of spread, while 21.49 % individuals were unaware of HIV and its spread. Those who were having awareness about HIV and its various routes of spread, 39.25 % of them were having at least one personality disorder. Among these individuals emotionally unstable personality was most common diagnosis i.e. 11.19 % followed by personality traits (i.e. histrionic personality disorder /dissocial personality disorder /anxious personality disorder) i.e.10.28 % and then dissocial personality disorder i.e. 9.34 %.It was found that the personality disorder was present significantly high in individuals who were having awareness about HIV and various routes of spread of HIV.

#### Discussion

Personality disorder was present significantly high in males. Personality traits like (i.e. emotionally unstable personality disorder , histrionic personality disorder, dissocial personality disorder , anxious personality disorder) was more common in males. Emotionally unstable personality disorder and dependent personality disorder were common in females.

P.S. Chandra<sup>9</sup> et al found that 20.9 % of male had a comorbid personality disorder, in the form of antisocial personality disorder (18.60 %) and females were have anxious avoidant personality disorder (2.32 %).

Surprisingly personality disorder was present significantly high in individuals who were having awareness about HIV and various routes of spread of HIV. Such individuals were predominantly having emotionally unstable personality disorder. According to the ICD 10 diagnostic criteria<sup>10</sup> for personality disorder, this could be part of impulsivity and inability to delay gratification and diminished judgment and insight. Individuals with psychiatric disorders (including personality disorders, substance use disorders, and bipolar disorder) were having impulsive behavior. Due to which they indulge in unsafe sexual practices.<sup>11</sup> This area needs careful evaluation and the electronic data search on this issue did not yield any information.

Personality disorder was present significantly high in individuals who were having history of sex with commercial sex workers, individuals who were having history of multiple sex partners and individuals who never use barrier method during sexual exposure. According to the ICD 10 diagnostic criteria<sup>10</sup> for personality disorder, this could be part of impulsivity and inability to delay gratification and diminished judgment and insight.

Kelley JL et. Aa<sup>12</sup> reported that individuals with antisocial personality disorder have greater participation in lifetime sexual risk behaviors, including number of sexual partners and frequency of anal sex. In our study it was found that, individuals who were having history of sex with commercial sex worker | personality traits (i.e. emotionally unstable personality disorder, histrionic personality disorder, dissocial personality disorder, anxious personality disorder) was most common. Personality disorder was present significantly high in individuals who were having history of multiple sex partners. Kelley JL et al<sup>12</sup> reported that Individuals with antisocial personality disorder were participating in sexual practices with number of individuals. The present study reveals that emotionally unstable personality disorder was more in individuals with history of multiple sex partners.

Michael R. et al<sup>13</sup> reported that patients admitted in deaddiction center were thought to represent reward-seeking, relatively risk taking, not because of their drug use per se, but because of their overall personality. In present study, we find that individuals with personality traits (i.e. emotionally unstable personality disorder, histrionic personality disorder, dissocial personality disorder, anxious personality disorder) and dissocial personality

disorder were have risk taking behavior. Because of which they were not using any type of barrier during unsafe sexual practices. And ultimate they prone to get infected with sexually transmitted infection like HIV.

### Summary

Individuals with personality disorder are known to indulge in risk taking behavior due to impulsivity, inability to delay gratification and diminished judgment and insight. This may affect various area of life including substance use, sexual behavior and relational problems.

Therefore these individuals may indulge in unsafe sexual practices leading to the sexually transmitted infection and contracting HIV infection. The correlation of personality disorder and risk of HIV has been emphasized in the past but never adequately investigated. The main purpose of this study was to find out underlying the personality disorder and associated epidemiological and behavioral factors in the recently diagnosed HIV positive individuals.

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