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Engagement in Care, Psychological Distress, and Resilience are Associated with Sleep Quality among HIV-Positive Gay, Bisexual, and Other Men Who Have Sex with Men

Martin J. Downing Jr., Ph.D.¹, Steven T. Houang, B.A.¹, Roberta Scheinmann, M.P.H.¹, Irene S. Yoon, M.Sc.¹, Mary Ann Chiasson, Dr.PH.¹, and Sabina Hirshfield, Ph.D.¹

¹Public Health Solutions, New York, NY

Abstract

Objectives—We investigated risk and protective factors associated with sleep quality among a national sample of HIV-positive gay, bisexual, and other men who have sex with men (GBMSM).

Design—This study reports on findings from both an eligibility survey and baseline assessment for an online HIV risk reduction intervention.

Participants—There were 16,466 completed eligibility surveys. A total of 1,205 eligible men completed a baseline assessment after consenting to participate in the intervention.

Measurements and results—Among participants with a completed eligibility survey, men with an HIV-positive status had significantly worse sleep quality and more frequent use of sleep medications during the past month than HIV-negative men. Within the intervention sample (n = 1.205 HIV-positive participants), men with symptoms of anxiety (Adjusted odds ratio [AOR]=2.80; 95% confidence interval [CI]: 1.93–4.06) and depression (AOR=1.66; CI: 1.14–2.43), and who reported a detectable viral load in the past six months (AOR=1.57; CI: 1.06–2.33) had increased odds of poor sleep quality after controlling for demographic characteristics, socioeconomic status, ART use and adherence, substance use, and CD4 count. However, men with greater perceived resilience had decreased odds of reporting poor sleep quality during the past month (AOR=0.68; CI: 0.51–0.89).

Conclusions—Findings from this online study call for more attention to the role of sleep in immune system functioning and engagement in HIV care. Results further suggest a need to design and test culturally-appropriate sleep health interventions for GBMSM living with HIV that promote protective factors and target particular behavioral changes (i.e., stress reduction, substance use).

Keywords

sleep quality; HIV; psychological distress; resilience; gay and bisexual men

Corresponding author: Martin J. Downing, Jr., Ph.D., Research Scientist, Public Health Solutions, 40 Worth Street, 5th Ploor, New York, NY 10013, Phone: 646-619-6528, Fax: 646-619-6777, indowning@healthsolutions.org.

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Fisher, 2007-03-26 View the author's companion website for more information and extra materials Whether they have full governance powers or are just there in an advisory capacity trustees on library boards need to understand the complex issues that affect a library s ability to provide its community with materials and services that support lifelong learning jobs and quality of life Authors Ellen G Miller and Patricia H Fisher have created a strategic guide that will help library board leaders handle important issues such as managing risk local values and first amendment rights leadership capable of achieving the library s ideal vision getting and growing diverse funding sources and becoming part of the community s leadership team These issues are discussed in laymen s terms designed for busy trustees and directors who have only a few hours per month together to consider options and make decisions Library Board Strategic Guide Going to the Next Level seeks to help trustees and their directors in three broad areas understanding complex issues and their local impact assessing the trustee's role in addressing those issues and reviewing experiences and best practices from other libraries With many other uses including use as a tool for board meeting discussions for self study or as a benchmark for assessing your board's performance this guide will help your library leaders reach that next level of community support **The Perils of Pedagogy** John Greyson, 2013 The first book to examine the works of controversial film and video maker queer activist and agent provocateur John Greyson University of Chicago Law Review: Volume 79, Number 3 - Summer 2012 University of Chicago Law Review, 2012-11-12 A leading law review offers a guality ebook edition This third issue of 2012 features articles from internationally recognized legal scholars and extensive research in Comments authored by University of Chicago Law School students Contents for the issue include ARTICLES Orwell's Armchair by Derek E Bambauer Jury Nullification in Modified Comparative Negligence Regimes by Eli K Best footnotes are fully linked and properly numbered graphs and figures are reproduced legibly URLs in footnotes are active and proper eBook formatting is used The University of Chicago Law Review first appeared in 1933 thirty one years after the Law School offered its first classes Since then the Law Review has continued to serve as a forum for the expression of ideas of leading professors judges and practitioners as well as students and as a training ground for University of Chicago Law School student editors Bad Attitude/s on Trial Brenda Cossman, Shannon Bell, Lise Gotell, Becki Ross, 1997-01-01 Mainstream or straight pornography still flourishes while those centering on gay and lesbian sex and s m sex are the focus of censorship A critical analysis of pornography after the Supreme Court's Butler 1992 decision Media-Mediated Relationships Frank Hoffmann, B Lee Cooper, Linda K Fuller, 2023-07-28 Creating a nexus between techno science and more fundamental disciplines a phenomenon is emerging in our personal lives we are beginning to preempt traditional sources for relationship formation we are becoming more insular and more cautious in starting relationships. 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