ABSTRACT

In this study an attempt has been made to find out the impact of Psycho-education on Stigma and Quality of life among people living with HIV/AIDS. The HIV Stigma scale developed by Berger (2001) was employed to measure level of stigma in four domains: personalized stigma, perceived public attitude, disclosure concerns and negative self-image. HAT-QOL (HIV/AIDS Targeted Quality of life) instrument developed by Holmes (1999) was employed to measure the level of quality of life in nine domains: overall function, life satisfaction, health worries, financial worries, medication worries, HIV mastery, disclosure worries, provider trust, and sexual function. The researcher selected 120 people living with HIV/AIDS, who have high score on stigma scale and low score on Quality of life scale. The participants screening scores were considered as pretest score. The participants were divided randomly into two groups i.e, experimental group which consists of 60 PLWHA: 30 men + 30 women who received Psycho-education in seven sessions and control group which consists of 60 PLWHA: 30 men + 30 women. After the very next day of last session of intervention, Stigma scale and Quality of life scales were administered once again as part of post test for both the groups. Data analysis involved General linear model - repeated measures of ANOVA to measure the effect of Psycho-education on Stigma and Quality of life. Cohen’s d was used to find out the size of effectiveness in experimental group. Findings indicated that the Psycho-education was effective in reducing stigma and improving Quality of life among the targeted population. Implications of the study have been discussed along with the remedial measures for Stigma and Quality of life in people living with HIV/AIDS.