Associations between physical inactivity, major depressive disorder, and alcohol use disorder in people living with HIV in a Ugandan fishing community

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First Published: September 27, 2019 - Research Article - Find in PubMed - https://doi.org/10.1177/0269983219862924

Abstract

The aim of this cross-sectional study was to explore how variables were associated with physical inactivity, major depressive disorder, and alcohol use disorder in people living with HIV in a fishing community in Uganda. Secondary aims were to explore the reasons for and barriers to physical activity (PA). Two hundred and sixty individuals living with HIV (77 men, 83.5 ± 10.3 years) completed the Physical Activity Vital Signs (PAVS), Patient Health Questionnaire-9 (PHQ-9), and the Alcohol Use Disorders Identification Test. Women had a 1.62 (95% CI: 1.01 – 2.57), those not having a job had a 2.81 (95% CI: 2.00 – 3.84), and those with depression 1.67 (95% CI: 2.27 – 14.17) times the odds for not being physically active for 100 min/week at moderate intensity. Employment and depression status were the only independent significant predictors explaining 27.7% of the PAVS variance. Becoming more healthy and energetic again and reducing stress were the most important PA motivators, and musculoskeletal pain, body weakness, and lack of time were the most important PA barriers.

Keywords

Physical activity, depression, alcohol, employment

References


