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Research article

## Health related quality of life of people living with HIV/AIDS on 2<sup>nd</sup> line Anti Retroviral Therapy (ART)

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### Abstract

**Background:** HIV/ AIDS is a fast spreading communicable disease and management of the disease has its own challenges. The current treatment strategies are based on 2<sup>nd</sup> line ART and considering the duration of the illness and risk of several other opportunistic infections, the health related quality of life is a major concern. We aimed to assess the HRQOL among the HIV/AIDS patients on 2<sup>nd</sup> line ART. **Methods:** This study was carried out as a cross sectional study among 334 adults visiting the ART center at Chennai. WHOQOL-BREF questionnaire was used to assess the health related quality of life. Statistical analysis was carried out using SPSS version 16 software. **Results:** The mean age of the study participants was 40.3 years. In this study, 6.9% were separated and 36.2% belonged to upper lower socioeconomic class. The mean score of QOL was highest for the spiritual domain, being 85.14, while the lowest score was observed with social relationship. **Conclusion:** This study elucidates the importance of social and societal component in the management of HIV/AIDS. The management of the disease should stress further on creating awareness and counseling, to not only the PLHAs but also to their first circle of family/ friends in order to improve their quality of life.

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