

ABSTRACT

Quality of life issues and psychological well being have been receiving increasing attention in the clinical management of people with HIV infection since the life expectancies for this population have been increased due to the recent breakthrough in the pharmacological treatment. Past studies revealed that patients with HIV infection reported significantly lower quality of life but higher psychological disturbances compared with patients with other chronic illnesses. The aim of the present study was to explore the effectiveness of a 7-week group based cognitive-behavioral treatment on improving quality of life and psychological functioning in symptomatic HIV patients in Hong Kong. Participants were recruited from the Special Medical Unit of Queen Elizabeth Hospital. They were matched and randomly assigned to either cognitive-behavioral treatment group (CBT; $n = 6$) or a waitlisted control group (WLC; $n = 7$). Participants in the CBT group showed significant improvement in their depressed mood, as reflected by CES-D and the quality of life measure, whereas control participants showed no such changes. A marginally significant enhancement in overall quality of life was found in those participating in CBT group compared to those in WLC group. These preliminary findings demonstrated that a short-term cognitive-behavioral treatment was effective on improving the depressed mood and overall quality of life among symptomatic HIV patients.