

Social Relationships, Self-Stigma and Quality of Life  
Among People Living with HIV/AIDS in Hong Kong

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### Abstract

This cross-sectional study examined the significances of the variables attribute to the quality of life (QoL) of people living with HIV/AIDS. Participants recruited from two local HIV healthcare centers completed a self-report questionnaire. The study variables includes internal resources namely socioeconomic status, psychological flexibility and love attitude, environmental factors such as experienced stigma and social relationships, and the appraisals of self-stigma, anticipated stigma, moral emotions, and coping. Data were examined using descriptive statistics and correlation testing. Significant variables are carried out to a hierarchical regression analysis. Self-stigma are found to be the significant negative predictor while psychological flexibility, perceived social support and perceived relationship are significant positive predictors , accounting 66% of the variance in QoL. Study findings encourage the interventions of social support and mindfulness practice aimed at achieving better QoL.