Psychological Treatments for HIV/AIDS Patients
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HIV/AIDS is a devastating disease, which is no secret in today’s world. The words HIV/AIDS instills fear instantly because the first thing people associate with them is death. HIV has been thought to take about ten years to progress to AIDS and death occurs a few years later. Most people don’t realize that although there is no cure or vaccine, there is indeed hope and those numbers are being re-evaluated because of the improvement of treatments and a more holistic approach.

Many psychological studies have been conducted and are showing the importance of attitude toward having the disease and correlations with the rate of progression of the disease. A hopeful attitude and accepting the limitations of the disease while looking forward to living as long as one can is actually proving to lower depression rates and slow the progression of the disease. Social support is another important factor.

Magic Johnson is one of the many faces of HIV. People don’t usually think about him as a ray of hope for those who contract HIV, but his approach to coping with the disease has actually used the above principles to slow the progression of HIV. People wonder how he could have lived so long with HIV without it becoming AIDS. This presentation will provide a better understanding of how this could happen.