

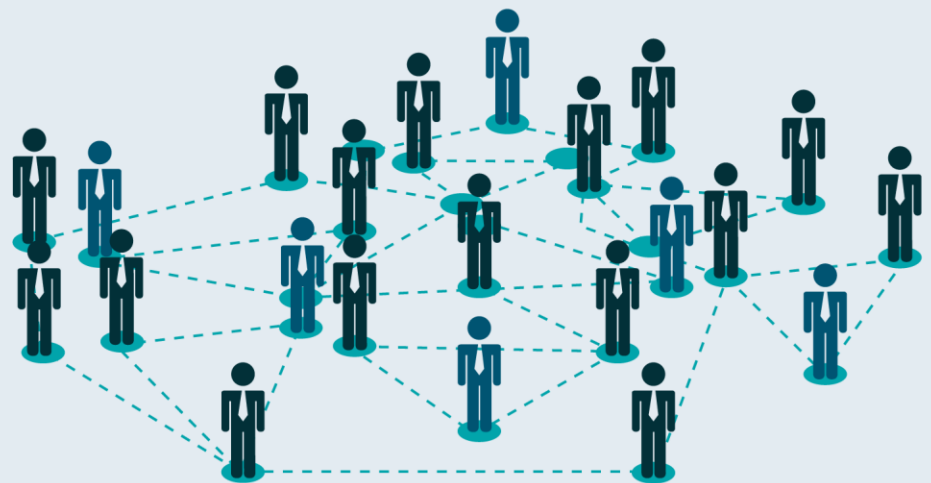
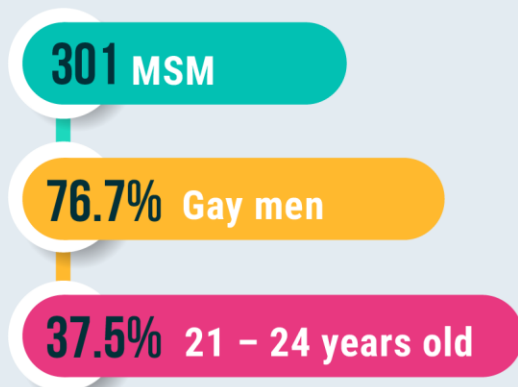
# INSIGHTS INTO MENTAL HEALTH *and Needs* IN MENTAL HEALTH CARE WITHIN HIV CONTEXT

among gay men, bisexual men, and other men who have sex with men in Viet Nam

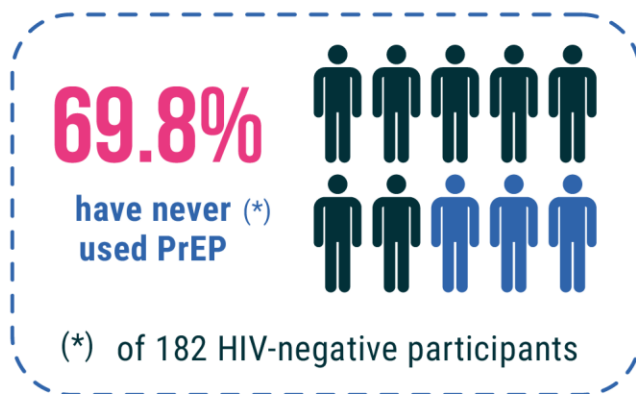
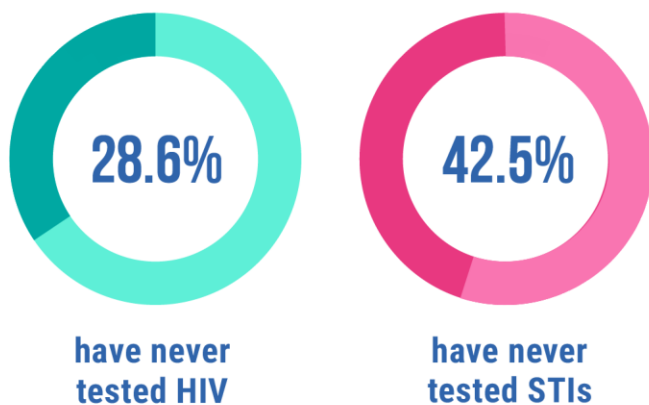
There are over 200,000 estimated men who have sex with men (MSM) who are at high risk for HIV infection in Vietnam (PEPFAR, 2019, VAAC, 2017). However, Self-stigma and discrimination have still been leading challenges they had to cope with and contributed to increasing the risk of psychological disorders (Philbin et al., 2018).

Many studies proved that poor mental health along with other psychosocial problems among MSM populations could increase HIV transmission risk behaviors, interfere with the efficacy of HIV prevention and treatment interventions. Therefore, the study was carried out to consider the mental health status, related factors, and the access and implementation of mental health care among the Vietnamese MSM.

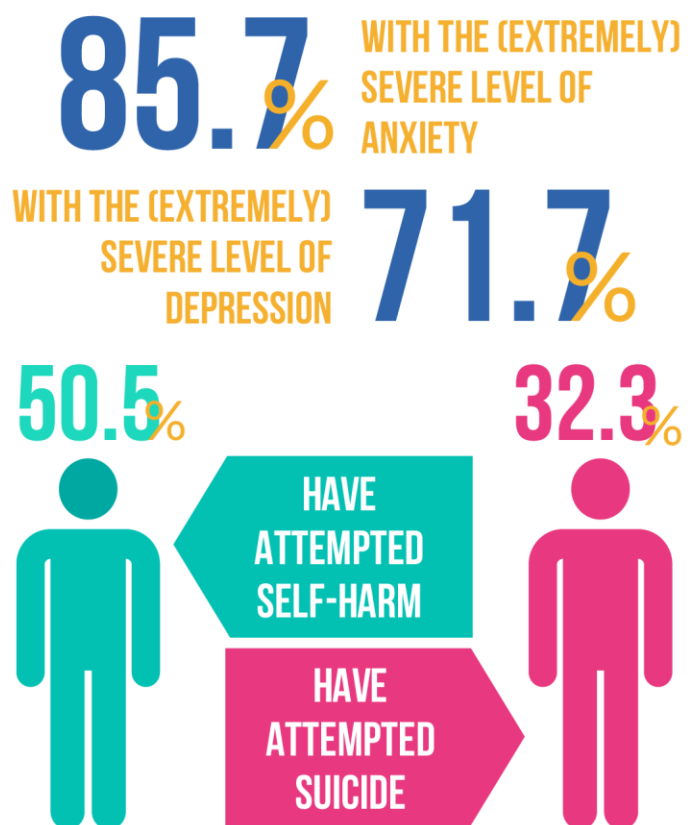
## PARTICIPANTS' PROFILE



## SEXUAL HEALTH AND HIV



## MENTAL HEALTH SELF-ASSESSMENT



## MENTAL HEALTH AND RELATED FACTORS

**14.6%**  
**SELF-STIGMA**

14.6% self-reported a high level of self-stigma towards homosexuality. Those who had a higher level of self-stigma had more symptoms of psychological disorders.

**42.2%**  
**ALWAYS USED  
CONDOMS**

42.2% always used condoms when having sex. There is a negative correlation between safe sex behaviors and psychological disorders

The support from families, friends negatively correlates with the risk of psychological disorders ( $\beta = -0,182, p = 0,002$ )

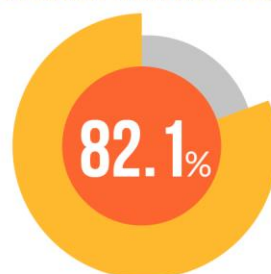
## THE STATUS OF MENTAL HEALTH CARE

Among 209 participants who were concerned about having any psychological disorders, there are:

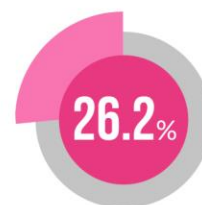
**19.1%** have been diagnosed with anxiety

have been diagnosed with depression **18.2%**

The community organization was a place where the most number of participants treated mental health issues.



82.1% appreciated the necessity of mental health care



**BUT** only 26.2% reported that they could access it easily.

## RECOMMENDATION

for promoting mental health communication and related services

### OUTREACH AND COMMUNICATION

Anyone who concerned about mental health

- Intergrated offline and online communication
- Design platforms for MSM to exchange and share
- Build scientific and formal information pages

### COMPASION AND SUPPORT

Health workers, peers, anyone trained about mental health first aid

- Develop peer-to-peer mental health networks
- Improve the health workers' knowledge and counseling skills in mental health care

### PROFESSIONAL SERVICES

Psychologists, counselors, therapists, psychiatrists

- Build a network between peers and mental health care facilities
- Reduce stigma and foster friendly-MSM services