

## The Concept Analysis of Body Image of People Living with HIV/AIDS

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### Abstract

*This was a report of a concept analysis of body image of people living with HIV/AIDS. Rodgers's evolutionary method of concept analysis was used. Data were collected from published literature related to body image of people living with HIV/AIDS. Body image of people living with HIV/AIDS was identified with two antecedents and one attribute, and two consequences. The antecedents of the body image of people living with HIV/AIDS were "HIV infection & AIDS diagnosis" and "previous body perception". The attribute of the body image of people living with HIV/AIDS was "HIV related stigma" whereas the consequences of the body image of people living with HIV/AIDS were "negative health outcomes" and, "lower quality of life". In conclusion, to identify the body image of people living with HIV/AIDS is important in the care of people living with HIV/AIDS.*

**Keywords:** HIV/AIDS, Body Image, Concept Analysis

### 1. Introduction

Human immunodeficiency virus (HIV) is transmitted primarily via unprotected sexual intercourse, contaminated blood transfusions, hypodermic needles, and from mother to child during pregnancy, delivery, or breastfeeding. Acquired immune deficiency syndrome (AIDS) is a sexually transmitted disease caused by an HIV infection that weakens the immune system by attacking immune cells, thus increasing the likelihood of the patient to acquire infections, including various kinds of opportunistic infections, and may eventually lead to death.

During the initial infection, a person may experience a brief period of influenza-like illness, which is typically followed by a prolonged period without any symptoms. As the illness progresses, it increasingly impacts the immune system, and consequently increases the likelihood of the person to acquire infections, including opportunistic infections and tumors that do not usually affect people who have a normal immune system [1].

In the early 1980s, HIV/AIDS was recognized as a symbol of death. However, with medical advances and the development of new classes of potent antiviral agents, HIV/AIDS has become a chronic disease instead of a deadly disease. Furthermore, considering that the life expectancy of people living with HIV/AIDS has increased to > 40 years, it is now recognized as a chronic disease [2].

The incidence rate of HIV/AIDS in Korea (0.03%) is low [3]. Hence, most people feel apathy towards people living with HIV/AIDS without considering it a serious problem, and even if they recognize this as a serious problem, they believe it is an irrelevant issue and are severely prejudiced regarding people living with HIV/AIDS [4]. Hence, people living with HIV/AIDS fail to maintain a social life.

Due to a false cognition of HIV/AIDS disease, people living with HIV/AIDS will experience stigma. As a result, people living with HIV/AIDS have a negative body image.

Moreover, individuals receiving antiretroviral therapy(ART) experience new challenges, such as metabolic changes and morphological body changes, which may affect their self-perceived body image.

The changes in body shape and composition that are associated with lipodystrophy can impact body image. HIV patients with HAART-related lipodystrophy are significantly more likely to report issues with body image as compared to HIV patients without HAART-related lipodystrophy[5]. Furthermore, self-perceived lipodystrophy is a significant predictor of poor body image, distress, and non-adherence [6].

Despite the many ways in which HIV can affect body, there is a scarcity of research into its effects upon body image.

There was no concept analysis of body image of people living with HIV/AIDS, just the infected male patient's body image of phenomenological research or infected women's grounded theory based on qualitative research are all one thing.

In order to enhance the quality of care provided to people living with HIV/AIDS, we aimed to understand the similarities and differences between similar concepts and meanings of ambiguous concepts of body image of people living with HIV/AIDS. We sought to clarify these conceptual properties in the present study.

In this study, we identify the properties of the body image of people living with HIV/AIDS using an evolutionary method of Rogers which attempts to have clearer understanding.

## 2. Method

Concept analysis is a strategy to investigate the concept of attributes or characteristics. Concept has the defined characteristics or attributes that some phenomenon can be determined whether or not a good example of the concept [7]. A clear understanding of the concept is essential to the development of a knowledge-based discipline, ambiguous vague concept of clarification in the field of nursing, verification, classification can be achieved through a concept analysis[8]. Rodgers has suggested that the human visual associated with nursing phenomenon, constantly changing rather than stagnant, and universal, and context rather than absolute. Thus, we thought appropriate method for a clear understanding of the concept of body image of people living with HIV/AIDS due to Rodger's evolutionary method is a concept to be analyzed and used, and the meaning of the situation is constantly changing, and is affected by context.

### 2.1. Study Design

In the present study, we aimed to clarify the attributes of body image of people living with HIV/AIDS and provide a theoretical basis. This study was conducted using Rodgers's conceptual analysis process. This seems applicable to body image in people living with HIV/AIDS as its meaning has changed over time, and correspondingly its associative attributes have changed in relation to its significance, use, application in environmental situation.

Detailed analysis phases are as follows:

- 1) Identify the concept of interest and surrogate term.
- 2) Establishes periods, disciplines to be included in the data, and the areas of literature form.
- 3) Collect relevant data to investigate the concept of property and the contextual basis.
- 4) Analyze data related to the concept of contextual characteristics.
- 5) Identify model case of concept.
- 6) Identify implications and hypotheses for the concept development.

### 2.1. 1. Researcher Preparation

Researchers completed nursing theory course related to a concept analysis to analyze body image of people living with HIV/AIDS and analyzed through literature review the meaning of body image of people living with HIV/AIDS in the literature. In addition, researchers reviewed literature using various conceptual analytic methods and concept analysis method. After that time, researchers prepared the meaning of body image of people living with HIV/AIDS and attributes by being fully aware of concept analysis using Rodgers's evolutionary method.

### 2.2. Sampling and Data Collection

Samples were selected from Korean and English language literature published in the respective fields of all aspects without any fixed period.

We searched the PubMed, and the National Library of K-eArticle (search engine of domestic and international electronic journals and scholarly database) databases using the terms 'body image' and 'HIV/AIDS' or 'Body' and 'HIV/AIDS'. The articles were limited to the Korean and English language and all had abstract (total 286 articles). The duplicate articles (40articles) and articles that were not related to the topic (143 articles) were deleted. In total, 103 articles were used to determine or clarify the concept of body image of people living with HIV/AIDS.

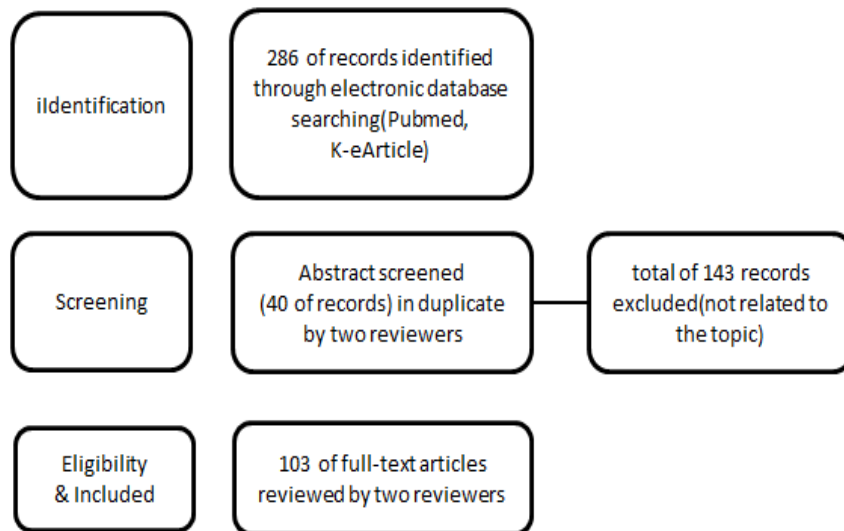


Figure 1. Flow Diagram of Article Selection

### 2.3. Ethical Consideration

A literature review was performed using the PubMed, National Library of K-eArticle (search engine of domestic and international electronic journals and scholarly database) databases.

### 2.4. Data Analysis

In total, 103 articles were examined to determine or clarify the concept of body image of people living with HIV/ AIDS.

### **3. Results**

#### **3.1. The Meaning of Body Image in the Literature**

##### **3.1.1. Dictionary Definitions and Etymological Underpinnings**

In the dictionary, the definition of body image only concerns the individual's perception of one's own body image. The dictionary defines body image as that which is acquired by the sense and as a phenomenon that appears in the mind and is interpreted.

The literature on body image states 'obtained by the sense in the mind played a phenomenon as', whereas in, psychology, body image is considered as 'a previous experience; is one that appears as a visual in my mind'.

##### **3.1.2. Concept of Body Image**

To our knowledge, no research has been performed on the body image of people living with HIV/AIDS. In the psychological and psychoanalytic fields, body image has been defined by many scholars.

The concept of body image is complex and encompasses an individual's perception of their existential self, physical self and social interpretation of their body by others [9].

First, body image is seen as an important part of self- image.

The most primitive form of ego is physical ego, and this ego influences body perception and the concept of body image, including the feelings associated with that body image, as discussed by Freud.

Thus, body image is the basis for the development of self, a concept that has a significant effect in forming a character [10].

Body image includes both conscious and unconscious, and the overall measure of self-evaluation and mental health was an important element by Brunner (1982).

Body image is within the human experience which is the basis of self-identity and provides the meaning of existence by O'Brien (1980).

Second, a dynamic concept of body image (the change of life-cycle) has been proposed [10]. According to Fujita (1972) body image was formed or was reorganized through growth and development, and interaction experience among human for a lifetime.

According to Kaufman (1971)'s study, pediatric patients with diabetes recognize that their body is subject to physical damage due to diabetes, which means that physical illness affects body image.

Third, body image is also determined by interpersonal relationships and the relationship with the environment [4].

According to Horowitz (1966) Self's, body is determined by interpersonal relationships, the relationship of the environment and Self's body is a psychological aspect. It also includes expanding the social meaning of curiosity through body image, emotional expression, with social relevance, and obligations were included.

Murray (1972) said that body image depends closely on people's interpersonal relationships, dependencies etc.

Fourth, body image is a way to maintain stability and adaption [10].

Head's (1926) body image in terms of the neuro-medical is called a concept that is the standard measure that each individual adapts to changes in sensory stimulation and maintains safety.

##### **3.1.3. Definitions of Body Image in the Literature**

Body image is defined as an individual's attitude and perception regarding the physical self [11], and includes cognitions, affects, and behaviors [12].

Body image is a complex entity, formed from both an Individual's mental representation of the integrity and competence of their own physical self, as well as their

awareness of how others perceive them- the social interpretation of their physical self [13]. Body image is widely recognized as an important psychosocial variable among individuals living with HIV/AIDS due to the variety of changes in physical appearance and bodily function resulting from illness and treatment [14]. Body image were negatively related and appeared to influence unsafe sex, anal sex, and any sex in different ways [15].

The concept of body image is complex, encompassing both individual's perception of self and the social interpretation of their body others body [16].

According to HIV/AIDS patients research, HAART used from progression to AIDS have a significant negative impact on individuals' body image, quality of life, and mood [17] HAART, which can include fat accumulation in the abdomen, breasts, and dorso-cervical region as well as localized fat loss in the face, buttocks, and extremities [18, 19].

### **3.2. Surrogate Terms / Related Concepts**

Various terms have been used interchangeably to express the concept of body image.

Some of these terms were actually found to express related concepts, and also serve as surrogate terms for body image. This was determined based on an analysis that revealed that there were occasionally subtle differences in expressions and some authors provided more precise definitions of alternate terms. For example, self- image has had various interpretations, including a feeling that an individual has about their skills and value, judgment, attitude, emotions, including with as a concept, self-concept, self - perception, self- assessment, and self- worth.

The dictionary definition of self-image is self's existence, powers, roles, and on self's own subjective assessment and the opinion (NAVER Knowledge Encyclopedia, 2013). Self- image cannot match evaluation of self- image of others. Sometimes Freud may be used to a similar meaning like ego and the self-image, but self has meant mainly to comprehend the reality and urge to control the functional aspects, on the other hand, self-image is distinguished as self and feelings and thoughts about his own.

If you receive the recognition and respect from others, a positive self-image can be formed. There is a self- concept similar to the concept of self-image.

Although such term was presented frequently as a surrogate, there was a distinct difference in the attributes of each associated concept. This interchange of term not only adds to confusion in this area, but undermines the effectiveness of these various ways of characterizing unique aspects of a body image concept.

### **3.3. The Concept of Attributes**

We observed that the attribute of body image of People living with HIV/AIDS is "HIV related stigma".

The dictionary defines stigma as the shame or disgrace attached to something regarded as socially unacceptable. In such a situation, there may be a feeling of 'us and them'. Goffman(1974:130-131) suggest that stigmatized individuals can neither embrace nor reject their own because stigma may be internalized and directed not only towards oneself but also towards others. People who are stigmatized are marked out as being different and are blamed for that difference (AIDSmap internet data).

HIV patients reported feeling "unclean" and "contaminated", and the act of taking ART medications is a daily reminder of the viral infection they possess. HIV/AIDS has a significant impact on the feeling of body contamination [19].

AIDS-related stigma and discrimination refers to prejudice, negative attitudes, abuse, and maltreatment directed at HIV/AIDS patients.

### **3.4. The Concept of Antecedents and Consequences**

The antecedents of body image of people living with HIV/AIDS include “HIV infection & AIDS diagnosis” and “Existing body perception”. Whereas the consequences of body image of People living with HIV/AIDS include “negative health outcomes” and, “lower quality of life”.

#### **3.4. 1. Antecedents**

##### **(1) HIV infection & AIDS diagnosis**

HIV infection is a condition caused by the human immunodeficiency virus (Medical Encyclopedia, 2012). Acquired immunodeficiency syndrome (AIDS) is defined in terms of either a CD4<sup>+</sup> T- cell count below 200 cells per  $\mu\text{L}$  or the occurrence of specific diseases in association with an HIV infection [20]. A diagnosis of AIDS is significantly related to poorer body image, although laboratory markers of disease progression are not. The label of AIDS, independent of other factors, has the power to detrimentally change the body image of a person with HIV [13, 22, 23].

HIV infection, with presence of symptomatic disease and AIDS diagnosis has all been independently associated with poor self-perceived body image [16].

##### **(2) Existing body perception**

Self-perception of body image may have important implications for medication adherence, mental health and quality of life.

A person with HIV/AIDS can perceive that a person is fearful of contagion through casual contact or recognize that a person pities or blames them for their illness or assigns guilt and punishment for being a person with HIV/AIDS [24].

#### **3.4.2. Consequences**

Body image and HAART-associated body changes have been linked to physical discomfort, worries about disclosure, social isolation, suboptimal, adherence, low quality of life and mental health problems [16, 17, 25-27].

The changes in body shape and composition that are associated with lipodystrophy can impact body image. HIV-infected individuals with HAART-related lipodystrophy are significantly more likely than HIV-infected individuals without HAART-related lipodystrophy to report body image dissatisfaction [28- 32].

Lipodystrophy is associated with diminished self-esteem and depression, fear of stigmatization, problems with dressing and social isolation [18].

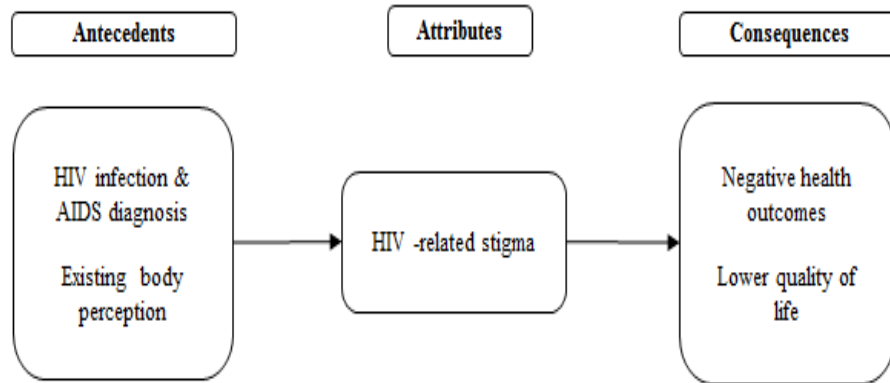
### **3.5. Definition of the Concept**

The body image of people living with HIV/AIDS is found to be determined by negative health outcomes and decreased quality of life through HIV- related stigma after acquiring an HIV infection and being diagnosed with AIDS.

## **4. Discussion and Conclusion**

There are several factors that impact the body image of people living with HIV/AIDS. Body image varies depending on gender, gender identity, and medical factors associated with the disease symptoms, based on the presence or absence of side effects of drugs, which may differ according to the country (including environmental factors) and ethical and cultural factors.

HIV/AIDS is no longer an incurable disease due to the rapid development of anti-viral drugs but is instead a chronic disease. Hence, nurses should assess the body image of people living with HIV/AIDS for providing the holistic nursing.



**Figure 2. Attribute, Antecedents and Consequences of the Body Image of People Living with HIV/AIDS**

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