

Repetitive Negative Thinking and HIV: A Review of Literature



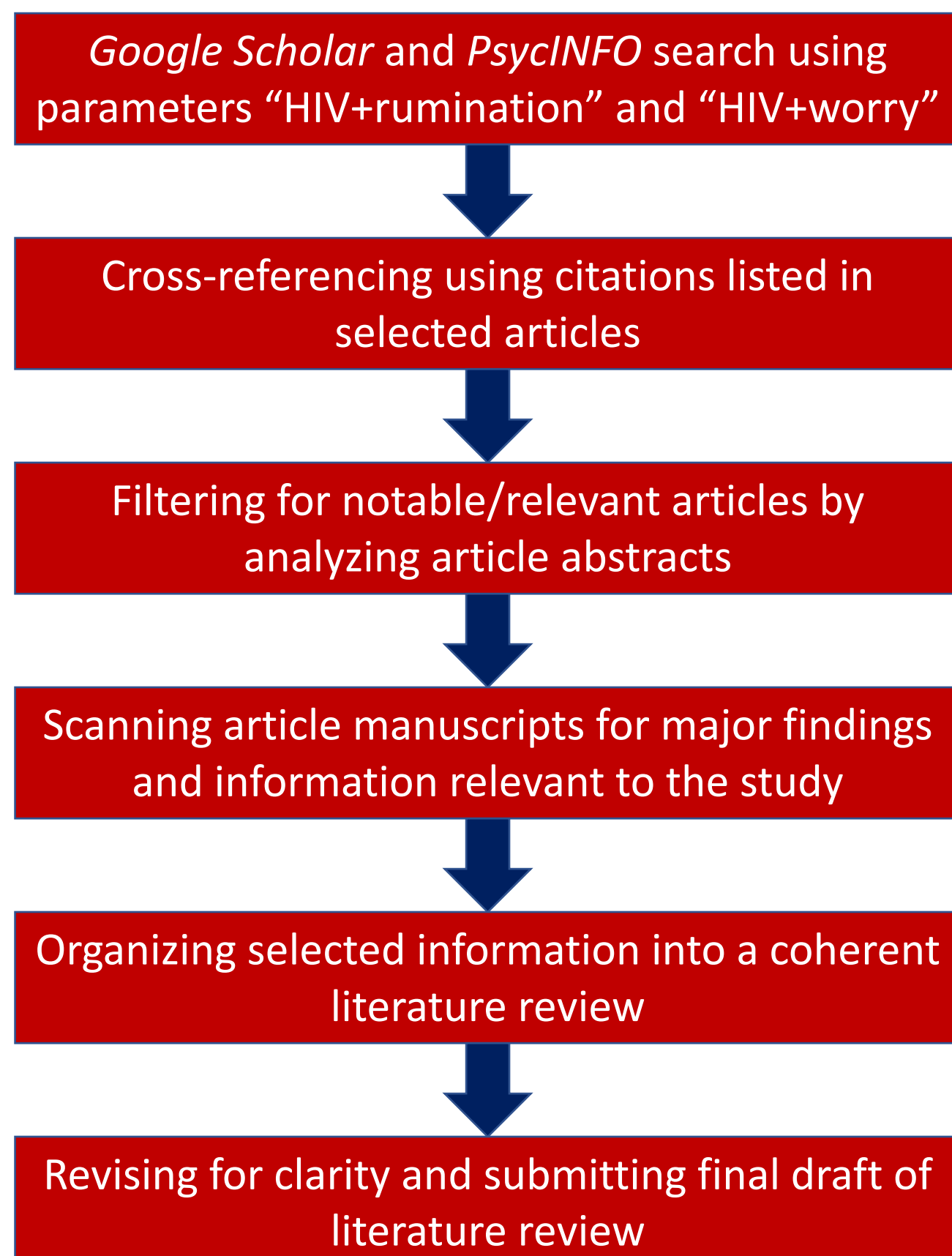
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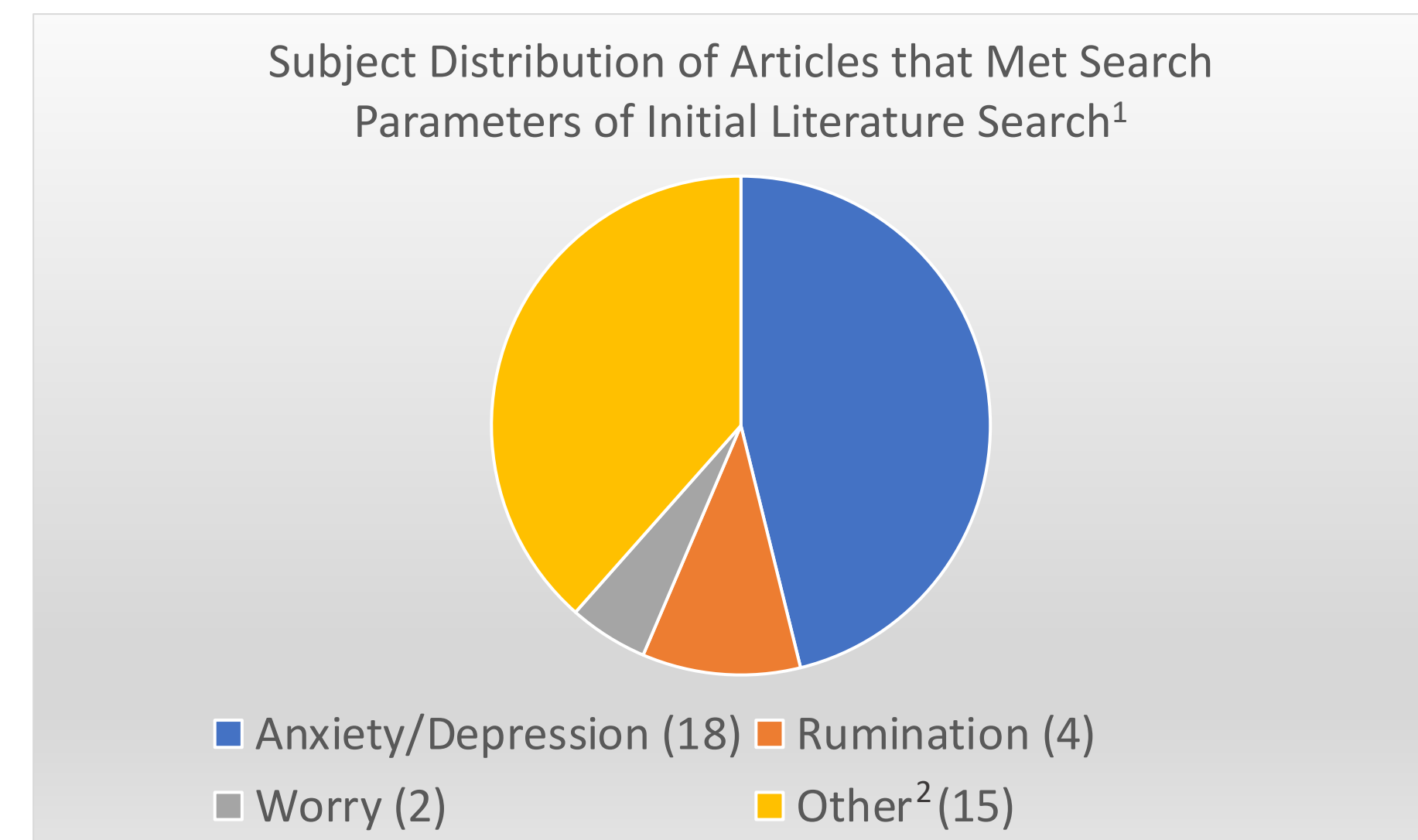
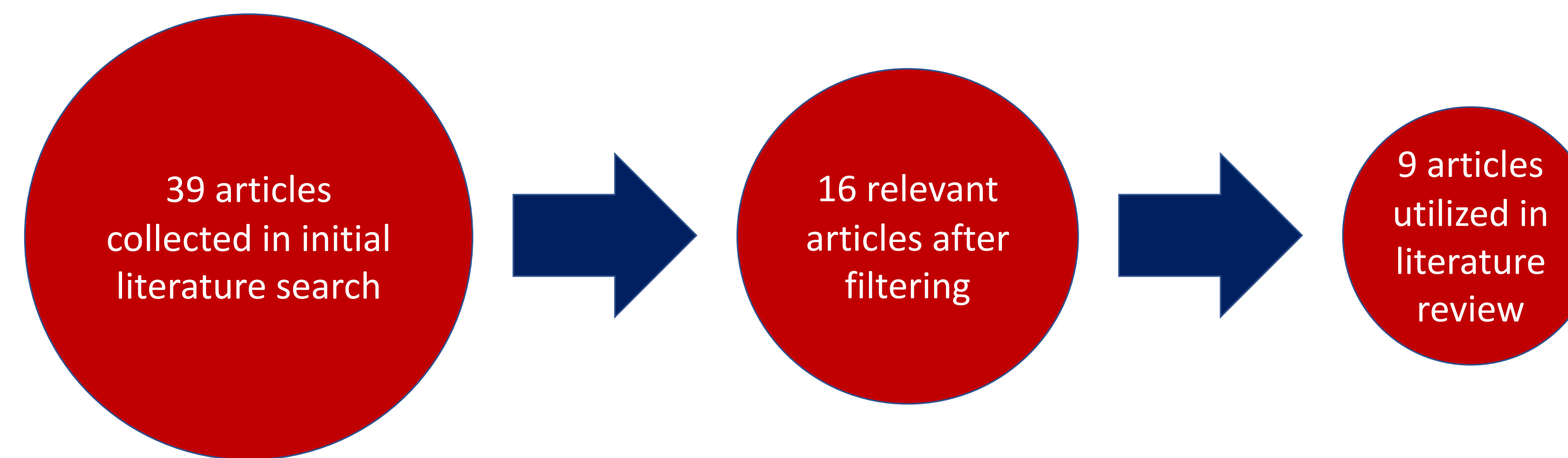
Introduction

Repetitive negative thinking (RNT) is described as repeatedly thinking about one's problems in a way that is difficult to control and includes constructs such as rumination and worry. In academic literature, RNT has been established as a risk factor for psychological disorders (e.g. anxiety and depression), and in turn these disorders have been identified as more prevalent in HIV+ individuals. This project aims to produce a literature review to discuss the relationship between RNT and other psychological constructs that may affect HIV+ individuals, as well as provide the context to our proposed study.

Methodology



Results



¹ Although some articles did not primarily discuss the constructs of RNT (e.g. rumination and worry), they may have included subsections that measured said constructs and thus were collected in the initial literature search

² The other section included subjects such as medication adherence, posttraumatic growth, working memory, etc.

Of the 39 articles initially collected, only 16 were directly relevant to RNT and HIV; the other 23 were related to other aspects of our study not discussed in the literature review and were thus excluded. 7 of the 16 relevant articles were not included in the literature review due to reasons such as redundant information, inaccessibility to article manuscripts, and findings that deviated too far from the scope of the literature review. Some major findings from the 9 articles in the literature review include:

- HIV+ individuals with greater memory specificity experience greater rumination when met with life stress
- In HIV+ individuals, greater rumination was associated with worse subjective well-being
- Excessive health worries in HIV+ individuals can be indicative of psychological distress
 - HIV+ patients with psychiatric disorders at the time of initiating antiretroviral medication had an increased risk for nonadherence to treatment

Discussion

In this literature review, established research regarding the relationship between RNT and HIV is analyzed; still, there remain limitations within the articles discussed in this review. The most notable limitation is that the constructs of RNT (e.g. rumination and worry) are often studied as components of more widely known constructs, such as anxiety and depression. Further, many studies measuring RNT utilize cross-sectional designs that cannot predict directionality between any two variables. Our proposed study aims to minimize the consequences of these limitations and collect pilot data using a prospective design to explore the multivariate correlations between RNT, anxiety and depression, and medication adherence in HIV+ individuals and reveal relationships that can inform future studies.

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