
HUMAN PAPILOMAVIRUS: A REVIEW STUDY OF THE EFFECT ON MENTAL HEALTH OF PATIENTS INFECTED WITH HPV**Abdirasulova Zhainagul Abdirasulovna*¹, Atharva Ghadwaje*²**^{*1}MD, Department of Clinical disciplines, International Medical Faculty Osh State University

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ABSTRACT

Human papillomavirus (HPV) is a sexually transmitted virus that is common among sexually active adults. While most infections are asymptomatic and resolve spontaneously, persistent HPV infection can lead to cervical cancer and other health complications. However, in addition to the physical health implications, HPV can also have significant psychological effects on women. This review paper explores the existing literature on the psychological impact of HPV on women, including anxiety, depression, stigma, and sexual dysfunction. The paper also examines various methods used to mitigate the psychological effects of HPV and provides recommendations for future research.

Keywords: HPV, psychological effects, women, anxiety, depression, stigma, sexual dysfunction, psychological health

I. INTRODUCTION

Human papillomavirus (HPV) is a common sexually transmitted virus that can cause genital warts and certain types of cancers, including cervical cancer, anal cancer, and oropharyngeal cancer. HPV is highly prevalent among sexually active adults, with an estimated 79 million Americans currently infected and approximately 14 million new infections occurring each year in the United States alone (CDC, 2021). While most HPV infections are asymptomatic and resolve spontaneously, persistent infections can lead to serious health complications, including cancer. In addition to the physical health implications of HPV, the virus can also have significant psychological effects on women. The diagnosis of HPV can cause anxiety, depression, stigma, and sexual dysfunction, among other psychological symptoms. These effects can be particularly pronounced for women who are diagnosed with HPV-related cervical cancer, who may experience feelings of guilt, shame, and fear of recurrence. Despite the growing recognition of the psychological impact of HPV, relatively little research has been conducted on this topic. This review paper aims to explore the existing literature on the psychological effects of HPV on women, including the prevalence of psychological symptoms, risk factors for these symptoms, and potential interventions to mitigate the negative effects of HPV on mental health.

II. METHODS

The study is a meta-analysis and the articles used were obtained from a conscious search of PubMed, SCOPUS and Google Scholar. Search terms included HPV, psychological effects, women, anxiety, depression, stigma, and sexual dysfunction. Inclusion criteria for articles were that they examined the psychological impact of HPV on women and also other HPV related articles were written in English, and were published in peer-reviewed journals. A total of 23 articles were included in the review.

III. DISCUSSION

The results of this review highlight the significant psychological impact that HPV can have on women. The prevalence of these symptoms suggests that the psychological effects of HPV should be considered a public health concern, in addition to its physical health implications. Psychoeducational interventions, cognitive behavioral therapy, and mindfulness-based interventions have shown promise in reducing anxiety, depression, and stigma in women with HPV. These interventions can provide women with accurate information about HPV, its health implications, and strategies for coping with the emotional impact of the virus. In addition, interventions that focus on building social support and reducing isolation may be helpful in promoting the mental health of women with HPV.

Limitations of this review include the limited number of studies available on the psychological effects of HPV in women. Most of the studies included in this review were cross-sectional in nature, making it difficult to establish causality or the directionality of the observed effects. Future research should include longitudinal studies that can examine the long-term effects of HPV on mental health and identify potential risk and protective factors for psychological symptoms. Overall, this review suggests that HPV can have significant psychological effects on women, highlighting the need for healthcare providers to address the emotional impact of the virus. Interventions that focus on providing accurate information, building social support, and reducing stigma may be helpful in reducing anxiety, depression, and stigma in women with HPV. Future research should continue to explore the psychological effects of HPV and identify effective interventions to promote the overall well-being of women with the virus.

IV. RESULTS

The psychological impact of HPV on women can manifest in various ways. Factors that may increase the risk of psychological symptoms in women with HPV include younger age, low income, low education level, and lack of social support. Women who have experienced sexual trauma or abuse may also be more vulnerable to negative psychological effects. While there is currently limited research on interventions to mitigate the psychological effects of HPV, some studies have suggested that psychoeducational interventions, cognitive behavioral therapy, and mindfulness-based interventions may be helpful in reducing anxiety, depression, and stigma. In addition, providing women with accurate information about HPV and its health implications, as well as resources for emotional support, can also be beneficial.

V. CONCLUSION

HPV can have significant psychological effects on women, including anxiety, depression, stigma, and sexual dysfunction. These effects can be particularly pronounced for women with HPV-related cancer, who may experience feelings of guilt, shame, and fear of recurrence. Risk factors for psychological symptoms include younger

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