



EACS 2025 - Scientific News

People with HIV report little difference in quality of life compared with matched controls, but more depression

by Gus Cairns

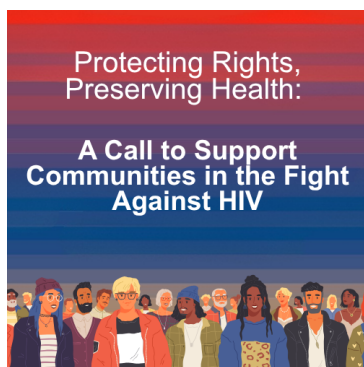
A Dutch study presented at the [20th European AIDS Conference](#) (EACS 2025) in Paris compared the health-related quality of life (HRQoL) in around 500 older people with HIV with the same number of carefully matched people without HIV for the last decade.

It found that although the people with HIV reported consistently lower quality of life as measured by a 36-point questionnaire, the difference was very slight and unlikely to be of clinical significance. There was also no decline seen in HRQoL in participants, regardless of HIV status, between their first assessment and their last, eight years later. (On average, they aged from 52-53 to 60-61 during that time.)

However, study participants also completed a questionnaire that asked about symptoms of depression. This found significantly more experience of depression among the HIV-positive participants than the HIV-negative ones, to the extent that the positive ones significantly exceeded the threshold score that would suggest clinical depression (16 points out of a maximum of 60). The HIV-negative participants did not.

Kevin Moody of the University of Amsterdam Medical Centre reminded the conference that quality of life has been defined as 'the fourth 95' in terms of measuring the health of people with HIV, implying that achieving the other three – 95% of people knowing their HIV status, being on antiretroviral therapy (ART) and achieving viral suppression – were not enough to meet the World Health Organization's [broad definition of health](#). Health-related quality of life does not focus on diagnosable conditions or symptoms, but rather the degree to which they affect a person's ability to lead a comfortable and fulfilling life.

The study's primary aim was to measure changes in HRQoL over time in "well-treated, ageing people with HIV" compared to similar people without HIV. [Continue reading.](#)



Communities Declaration EACS 2025 Paris

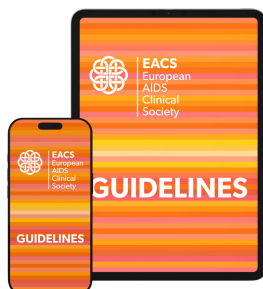
👉 Sign the EACS Paris 2025 Community Declaration and add your voice to those calling for a Europe united in ending HIV.

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EACS Guidelines version 13.0

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