

Thinking & Memory in Adults Taking HIV Medication: How Does It Change Over Time?

Recent research findings from the Temple/Drexel Comprehensive NeuroHIV Center (CNHC)

What did they study?

- HIV can affect memory & thinking, but we don't know if these difficulties tend to get better, worse, or stay the same over time.
- Researchers followed 162 adults living with HIV and taking HIV medications, to see if there were changes in their memory & thinking over a period of about 5 years.



How did they study it?

Participants took memory & thinking tests:



Learning & remembering new information



Quickly coming up with words



Quick thinking and multi-tasking

Researchers looked at whether test scores changed over time.

What did they find?

- For around three-quarters of people (72%), memory & thinking stayed about the same.
- About a quarter of people (22%) got better.
- Only a small number of people (6%) had worse difficulties over time.

What does it mean?



- In people taking HIV medications, memory & thinking usually stay stable over time, or even improve.
- More research is needed to understand why a few people have worsening difficulties over time.



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