Psychological challenges faced by multidrug-resistant tuberculosis patients: a systematic review

Qanita Syakiratin\(^1\), Adik Wibowo\(^2\), Esty Febriani\(^3\)

Abstract

**Purpose:** Multidrug-resistant tuberculosis (MDR-TB) patients have few adverse effects due to treatment regimens, including psychological side effects that play an important role in the successful MDR-TB management. This study was aimed to identify MDR-TB patients’ challenges within the context of psychological issues and to determine suitable intervention to address psychological problems in MDR-TB patients. **Method:** We conducted a systematic review as PRISMA guidelines using databases PubMed, ProQuest, ScienceDirect, Scopus, and Portal Garuda to search for all related articles. From studies identified, 10 were included in the final analysis. **Results:** It was found that all studies have documented a range of psychological challenges faced by MDR-TB patients that were depression, anxiety, suicidal tendencies and common issues reported in the studies. **Conclusion:** There were three main strategies that can be implemented in every country to address MDR-TB adverse effect and scale-up MDR-TB treatment efficacy. These strategies require high levels of support from health workers and family member which has an important role in the treatment process.

**Keywords:** adverse effects; multidrug-resistant tuberculosis; psychological

\(^1\) Student of Health Policy and Administration Department Faculty of Public Health University of Indonesia
\(^2\) Health Policy and Administration Department Faculty of Public Health University of Indonesia
\(^3\) Tuberculosis Advisor Lembaga Kesehatan Nahdlatul Ulama (LKNU), Kramat Raya, Jakarta Pusat, Indonesia