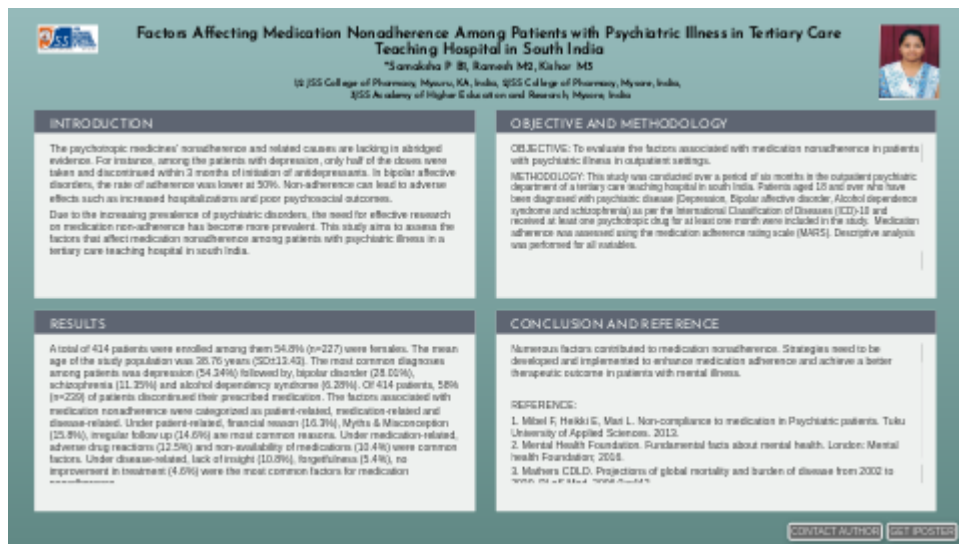


Factors Affecting Medication Nonadherence Among Patients with Psychiatric Illness in Tertiary Care Teaching Hospital in South India



Factors Affecting Medication Nonadherence Among Patients with Psychiatric Illness in Tertiary Care Teaching Hospital in South India
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INTRODUCTION
 The psychotropic medicines' nonadherence and related causes are lacking in stringent evidence. For instance, among the patients with depression, only half of the doses were taken and discontinued within 3 months of initiation of antidepressants. In bipolar affective disorders, the rate of adherence was lower at 50%. Non-adherence can lead to adverse effects such as increased hospitalizations and poor psychosocial outcomes. Due to the increasing prevalence of psychiatric disorders, the need for effective research on medication non-adherence has become more prevalent. This study aims to assess the factors that affect medication nonadherence among patients with psychiatric illness in a tertiary care teaching hospital in south India.

OBJECTIVE AND METHODOLOGY
OBJECTIVE: To evaluate the factors associated with medication nonadherence in patients with psychiatric illness in outpatient settings.
METHODOLOGY: This study was conducted over a period of six months in the outpatient psychiatric department of a tertiary care teaching hospital in south India. Patients aged 18 and over who have been diagnosed with psychiatric disease [Depression, Bipolar affective disorder, Alcohol dependence syndrome and schizophrenia] as per the International Classification of Diseases (ICD-10 and received at least one psychotropic drug for at least one month were included in the study. Medication adherence was assessed using the medication adherence rating scale (MARS). Descriptive analysis was performed for all variables.

RESULTS
 A total of 434 patients were enrolled among them 54.8% (n=237) were females. The mean age of the study population was 28.75 years (SD±13.43). The most common diagnoses among patients was depression (54.34%) followed by bipolar disorder (28.55%), schizophrenia (11.29%) and alcohol dependence syndrome (5.29%). Of 434 patients, 58% (n=252) of patients discontinued their prescribed medication. The factors associated with medication nonadherence were categorized as patient-related, medication-related and disease-related. Under patient-related, financial reason (10.39%), Myths & Misconceptions (23.8%), irregular follow up (24.6%) are most common reasons. Under medication-related, adverse drug reactions (22.58%) and non-availability of medications (32.4%) were common factors. Under disease-related, lack of insight (10.89%), forgetfulness (5.4%), no improvement in treatment (4.6%) were the most common factors for medication nonadherence.

CONCLUSION AND REFERENCE
 Numerous factors contributed to medication nonadherence. Strategies need to be developed and implemented to enhance medication adherence and achieve a better therapeutic outcome in patients with mental illness.

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INTRODUCTION

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Due to the increasing prevalence of psychiatric disorders, the need for effective research on medication non-adherence has become more prevalent. This study aims to assess the factors that affect medication nonadherence among patients with psychiatric illness in a tertiary care teaching hospital in south India.

RESULTS

A total of 414 patients were enrolled among them 54.8% (n=227) were females. The mean age of the study population was 38.76 years (SD±13.43). The most common diagnoses among patients was depression (54.34%) followed by, bipolar disorder (28.01%), schizophrenia (11.35%) and alcohol dependency syndrome (6.28%). Of 414 patients, 58% (n=239) of patients discontinued their prescribed medication. The factors associated with medication nonadherence were categorized as patient-related, medication-related and disease-related. Under patient-related, financial reason (16.3%), Myths & Misconception (15.8%), irregular follow up (14.6%) are most common reasons. Under medication-related, adverse drug reactions (12.5%) and non-availability of medications (10.4%) were common factors. Under disease-related, lack of insight (10.8%), forgetfulness (5.4%), no improvement in treatment (4.6%) were the most common factors for medication nonadherence.

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