
NON-ADHERENCE IN MENTAL HEALTH DISORDERS: STRATEGIES TO ENHANCE PATIENT ADHERENCE TO TREATMENT USED BY MENTAL HEALTHCARE PROFESSIONALS

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Introduction: Treatment non-adherence is a major factor contributing to poor clinical outcomes in mental health disorders¹(MHD). Patient adherence to treatment is likely to be influenced by a complex interaction of treatment, patient, and clinician factors. This compels the clinician to undertake a thorough clinical assessment with each patient to enhance the likelihood of engagement in treatment and develop strategies to improve treatment adherence².

Objectives: a. to assess the main strategies used by mental healthcare professional (MHP); b. to evaluate beliefs that difficult to implement strategies to enhance adherence to treatment.

Aims: The study explored the strategies used by MHP and their beliefs about patients with MHD.

Methods: We used the *Difficulties Implementing Adherence Strategies*³(DIAS) and *Medication Alliance Beliefs Questionnaire*⁴(MABQ). In DIAS, the participants were asked to rate how often they had difficulties using each of the 33 strategies with consumers who were nonadherent. The 22-item MABQ was used to assess clinician attitudes towards non-adherence.

Results: A convenience sample of forty-five MHP working in a variety of settings is being collected. The results demonstrate that only 48.9% of MHP use strategies of adherence on a regular basis and the most used, according DIAS, is '*Discussing with the patient the link between disruptions in their life and the need to take medication*' (n=45; often: 53,3% and always: 26,3%).

Conclusion: A vast literature has been developed on strategies to enhance patient adherence to treatment⁵. This study also established the utility of the DIAS and MABQ to facilitate future work in this area-in particular, the identification of strategies and specific attitudes that might form barriers to the implementation of adherence strategies.