

Article: 0402

Topic: EPO07 - e-Poster Oral 07: Consultation Liaison Psychiatry and Psychosomatics, Personality and Personality Disorders, Sexual Medicine and Mental Health, Sexual Disorders, Rehabilitation and Psychoeducation

Treatment Adherence in Mental Disorders: Factors Associated with Non-adherence Identified by Patients

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Introduction: Treatment non-adherence is a major factor contributing to poor clinical outcomes in patients with mental disorders. Patient adherence to treatment is likely to be influenced by a complex interaction of treatment, patient, and sociodemographic and clinical factors. Understanding which factors identified by patients may have a high impact in treatment adherence, can enable the development of more effective strategies.

Objectives: a. to assess the factors associated with non-adherence identified by patients with mental health disorders (MHD).

Aims: The study explored predictors related with non-adherence identified by patients with MHD.

Methods: In this cross-sectional study we use a convenience sample of patients with MHD. The patients completed a clinical and socio-demographic questionnaire and additional measures to assess illness perception, symptom severity, treatment adherence and attitudes towards medication. The completion of the questionnaires took approximately 45 min.

Results: A convenience sample of 121 patients (mean age = 39.8; ± 9.3) in treatment in a variety of settings is being collected in the mental health departments of three general hospitals in Lisbon great area. The majority of patients identified the following factors related to treatment as their reason for non-adherence: side effects (50.4%; n=61); lack insight (49.6%; n=60) and no recognition the need of treatment (34.7%; n=42)

Conclusion: The results of this study can be used to further our understanding regarding adherence and non-adherence over time, better identification of patients who are at risk for becoming non-adherent and who will have difficulty developing adherence, and interventions to prevent such problems.