

## ADHERENCE IN EGYPTIAN PATIENTS WITH SCHIZOPHRENIA: THE ROLE OF INSIGHT, MEDICATION BELIEFS AND SPIRITUALITY

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**Objective:** Reports about medication adherence in Arab patients with schizophrenia and the possible confounding factors are lacking. The aim of this study was to determine whether insight, spirituality and patient beliefs about the necessity and concerns about medication were associated with adherence among those presenting with schizophrenia in an outpatient facility.

**Methods:** At the end of a routine follow up with their psychiatrist, patients completed questionnaires including the Schedule for the Assessment of Insight (SAI- E ), Morisky Medication Adherence Scale (MMAS) , Arabic Daily Spiritual Experience Scale (DSES) and Beliefs about Medicines Questionnaire (BMQ) in addition to demographic and clinical information from patients and their medical files.

**Results:** A convenience sample of 92 patients with schizophrenia was studied .On the basis of the MMAS results, 33 (14.7%) patients were categorized as medication adherent and 59 (49.3%) as medication nonadherent. Regression analysis showed that the BMQ concern subscale and DSES scores were negative predictors of adherence whereas the SAI score was a positive predictor of adherence. The most important predictor of adherence was DSES and SAI, followed by BMQ concern subscale

**Conclusions:** This study extended prior research on the role of insight, spirituality and patient beliefs in medication adherence in a sample of Arab patients with schizophrenia which is consistent with previous research conducted in western cultures.