

A study of the factors that affect the pattern of adherence in a group of patients with mood disorders

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The objective of this work was to study the different factors contributing to medication non-adherence in patients with different types of mood disorders. Forty-four patients with mood disorders were assessed for compliance on medication using the medication compliance check-list, the medication satisfaction questionnaire and the patient's attitude towards medication questionnaire. The results showed that more than half of the patients were non adherent to their medication.

Several factors were found to lead to patterns of non adherence including medication side effects, difficulty in obtaining the medicine as well as factors that leads to negative reinforcement such as effect on work performance, impact of social stigma and peer and family pressure to discontinue. Medication compliance was found to reduce the hospitalization frequency and relapse rates in adherent patients. The study concluded that medication side effects, negative reinforcement factors and the medical team incompetent informational services are directly related to medication non-adherence patterns in patients with mood disorders.