



adherence to treatment: the patient's perspective

Paul Arteel
Executive Director
Global Alliance of Mental Illness
Advocacy Networks – Europe



Global Alliance of Mental Illness Advocacy Networks (GAMIAN) – Europe

- Patients' view on adherence to treatment:
- Survey on the Internet from April to July 2012
- **Four cornerstones of equal value**

Doctor and healthcare team have to determine in dialogue with the patient what combination works best. But it is likely that the best package of care will include elements of each of these four types of treatment

- **Medication**
- **Psychotherapy**
- **Psychoeducation (information)**
- **Self-help**



Global Alliance of Mental Illness Advocacy Networks (GAMIAN) – Europe

Comments on provisional results:

(questionnaire online until 5th July)

- 170 valid responses

- Treatment:

I'm taking medication	158	92.94%
-----------------------	-----	--------

I'm getting psychotherapy	69	40.59%
---------------------------	----	--------

I'm taking part in psychoeducation programme	24	14.12%
--	----	--------

I'm member of a self-help group	42	24.71%
---------------------------------	----	--------

- *52 respondents would like to attend a self-help group but couldn't find one...*



Global Alliance of Mental Illness Advocacy Networks (GAMIAN) – Europe

Comments on provisional results:

(questionnaire online until 5th July)

- 170 valid responses:
- **Only 7 patients (4%) with four elements**

Only medication	69	40%
Medication and Psychotherapy	34	20%
Medication and self help	16	10%
Medication, Psychotherapy and self help	14	8%
Medication, Psychotherapy and Psycho education	10	6%
Medication and Psycho education	6	4%

- Only psychotherapy 3; Only self help 2; Psychotherapy and self-help 1
- Medication, Psycho education and self-help 1

Psychotherapy, Psycho education and self help Only psycho-education Psychotherapy and Psycho education Psycho education and self help



Global Alliance of Mental Illness Advocacy Networks (GAMIAN) – Europe

Comments on provisional results:

(questionnaire online until 5th July)

- 170 valid responses
- Reasons for non adherence:
 - 7%: I don't like this treatment
 - 13%: Financial reasons. (It's too expensive, I cannot afford it)
 - 14%: The treatment is (was) not effective
 - 18%: I do not believe/trust/respect the effect of the treatment
 - 21%: I experienced side effects (only asked for medication)
 - 28%: Stigma - I'm embarrassed to disclose my schizophrenia (up to 33% for self-help)