



Adherence to the treatment among mental patients

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Total amount of responders: 611

- Patients: 355
- Family members: 79
- Doctors: information about 177 patients

Question 1: Do you take medication regularly?*

YES

- Patients: **83,7%**

*That is how the first question was formulated

Question 2: Does it happen that you (your relative/patient) forget(s) to take medication?

YES

- Patients: **35,7%**
- Family members: 59,5%
- Psychiatrists: 55,4%

Question 3: Does it happen that you (your relative/patient) stop to take medication on your own?

YES

- Patients: **43,1%**
- Family members: 54,4%
- Psychiatrists: 65,5%

Question 4: Do you (your relative) suppose that medication should be taken only during relapses?

YES

- Patients: **59,4%**
- Family members: 50,6%

Question 5: Did it happen that your mental state deteriorated after the cessation of taking medicines?

YES

- Patients: **64,7%**

In psychiatrists' opinion patients are usually unable to recognize in time symptoms of relapse 56,5%

Question 6: Do you feel upset because of the necessity to take medication regularly?

YES

- Patients: 51,2
 - Men: 37,8%
 - Women: 61,0%
- Family members: 59,4

Question 7: Do you suppose that medication is useful?

YES

- Patients: **84,8%**
- Family members: 54,2%

Circumstances that in doctors' opinion could prevent their patients from taking medication regularly	% of positive answers
Life circumstances	47,5
Alcohol or psychoactive drugs abuse	26,6
Nobody to remind patient taking meds regularly	71,2
Patient's inability to estimate enough particularities of his mental state	74,0
Cognitive impairment	53,1
Patient's feeling uncomfortable or upset because of the necessity to take medication regularly	36,7
Patient's consideration that there is no need to take medication during remission	41,8

Conclusion:

- Only from 1/2 to 2/3 of patients take medication regularly;
- Family members and doctors are more pessimistic towards patients' compliance to treatment;
- Psychiatrists say that for better patients' adherence to treatment, they need support from family members or social workers.

If the question contains evident prompting to the approved answer results of the poll do not reflect reality.