

Evaluation of factors related to adherence to drug therapy in patients with bipolar I disorder referred to psychiatric clinic of Fatemi hospital in Ardabil in 1398

Abstract

Background and Objective: *Non-adherence with drug therapy is an important obstacle to treatment effectiveness. Understanding the causes of non-adherence to medication has play a major role in solve this problem. The results of this study can help psychiatrists in managing their patients and choosing better educational methods for better adherence of patients.*

Methods: *The present study was a cross-sectional observational study conducted in the first and second half of 1398 in the psychiatric clinic of Dr. Fatemi Hospital of Ardabil University of Medical Sciences. In this study, 93 patients with type 1 bipolar disorder referred to Fatemi Hospital psychiatric clinic were studied. . Sampling in this study is available sampling. patients After explaining and obtaining written informed consent to participate in the study, the inclusion and exclusion criteria were included in the study. Data were collected through a Morriskey and demographic questionnaire and interviewed individually.*

Results: *Our findings showed no significant relationship between age, treatment (number of medications, years of drug use), education, forgetting, drug side effects, drug efficacy, and trust in physician ($p < 0.05$). . There was a significant relationship between gender of patients, belief in medication treatment of patients' place of residence and access to medication and income of patients with adherence to medication. Studies have shown that believing in and accepting the illness and taking the illness seriously, as well as the family's involvement in the treatment, increase patients' adherence to medication. ($P < 0.05$) Our findings showed that marital status play an important role in adherence to treatment, so adherence in married patients is significantly higher than single patients. ($P < 0.05$)*

Conclusion: *Identifying the factors affecting adherence to drug therapy can pave the way for greater adherence to patients so that additional costs due to non-adherence to drug treatment are not imposed on patients and their patients' families and society, and better patient outcomes are achieved. .*

Keywords: *Type 1 Bipolar Disorder, Adherence, Related Factors (Adherence to medication)*