



# First European Congress on Adherence to Therapy Psychiatric Area

**Rimini - Palacongressi  
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# Definition of Adherence: the Psychiatric View

## The WHO definition of adherence to long-term therapy

- The extent to which a person's behavior-taking medication, following a diet, and/or executing life style changes corresponds with agreed recommendations from a health care provider
- **Psychiatry would include psychosocial treatments**
- **The Adherence process is dynamic and should lead to a collaborative relationship between the patient and the therapist**

- Adherence to treatment as a right **and duty** for chronic patients

- Adherence in Psychiatry is an important problem relevant to all psychiatric disorders (e.g. anxiety and depression)
  - Lack of adherence worsens the brain morphological and functional changes associated with psychiatric disorders
  - Lack of adherence leads to increased disability, higher somatic morbidity and mortality rates and suicide
- Adherence should be considered as an holistic process: especially senior people often have multiple diseases (including somatic and psychiatric diagnoses) and many concurrent treatments
- Therefore Adherence should involve shared knowledge and cooperation between different medical fields

# Suggested Interventions

- Keep the treatment as simple as possible
- Consider the use of long-acting medications where they are available and indicated
- Increase motivation and social functioning and provide education about her/his disorder and relevant treatments
- Improve communication with patients and relatives: it is cost-effective
- Increase consultation time and use shared decision-making tools
- Promote the collaboration between psychiatrists and pharmacists, GPs, specialists in other disciplines
- Improve the knowledge about psychiatric disorders and available treatments (in the general population, among physicians, health care providers, etc..)
- New technologies (e.g. text messages, apps)

## Participants

- Silvana Galderisi (Italy)
- Istvan Bitter (Hungary)
- Andreas Erfurth (Austria)
- Palmiero Monteleone (Italy)
- Stefano Pallanti (Italy)
- Marie Tournier (France)