The effect of self-management with family participation on medication adherence among patients with schizophrenia in Indonesia: A pilot study

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Abstract

Purpose: Medication adherence is essential for schizophrenia patients to prevent relapse and re-hospitalization. This study showed that self-management can enhance medication adherence among patients with schizophrenia. In addition, the role of family is very important for treating schizophrenic patients. This study aimed to examine the effect of self-management with family participation on medication adherence behaviors and attitude toward medication among patients with schizophrenia.

Methods: Twelve patients diagnosed with schizophrenia and their families were assigned into control and experimental groups. Self-management with family participation is a one-month program which involved patients and their families to perform self-management method and included education and counseling sessions with follow up using telephone and face-to-face meetings every week. The pretest and posttest data were collected using the medication adherence behavior questionnaire and Drug Attitude Inventory (DAI-30 items). Mann-Whitney U test was used to determine the difference between the two groups.

Results: The results showed that subjects receiving self-management with family participation reported significant improvement in medication adherence behavior (U = 2, p < .05, p = .01) and positive attitude toward medication (U = 3, p < .05, p = .02) than those receiving the usual care.

Conclusion: This study revealed that self-management with family participation could enhance medication adherence behaviors and attitude toward medication among patients with schizophrenia.

Keywords: schizophrenia; medication adherence; self-management; family participation

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