

Self-Management Family Participation Program for Medication Adherence among Indonesian People with Schizophrenia: A Randomised Controlled Trial Study

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Abstract : This study examined the effect of the Self-management Family Participation Program for Medication Adherence, focusing on behavior and attitudes toward medication among people with schizophrenia. Medication adherence is essential for people with schizophrenia to prevent relapse and re-hospitalization. Studies have shown that self-management, based on a self-tailoring strategy, can enhance medication adherence, and that the role of the family is very important for caring people with schizophrenia and dealing with problems associated with medication taking.

Fifty participants diagnosed with schizophrenia and living in the community, and their caregivers, were assigned to either a control group or an experimental group using block randomization (25 participants and caregivers per group). The experimental group received a one-month program which involved a mental health education and counselling session, an illness and medication management booklet, two telephone follow-ups, and face-to-face follow-up with participants and their caregivers. The control group received usual care during the study and a mental health education and counselling session, as well as the booklet after the study period. Data were collected with the Medication Adherence Behavior Questionnaire and the Drug Attitude Inventor ; and analyzed using paired t-test and independent t-test.

Results showed that there were significant differences in adherence behavior and attitudes toward medication between the experimental and the control group. This study offers evidence that the Program could be used in nursing practice to enhance adherence behavior and attitudes toward medication among people with schizophrenia in Indonesia. Further Program testing with other populations is recommended. Nurses need to be closely involved in assisting people with schizophrenia, and their families, to avoid relapse and better manage their condition.

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Introduction

Schizophrenia is a common mental illness, for statistics released in 2014 show that at least 24 million people worldwide are affected.¹ In 2010, according to the Central Statistics Agency in Indonesia, the prevalence of people with schizophrenia (PWS) was estimated to have increased to around 2 million

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