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What is treatment non-adherence?

Treatment non-adherence is the failure to comply with prescribed treatments, either pharmaceutical or psychosocial. Non-adherence to treatments reduces their effectiveness, delays illness remission, and increases the chances and severity of a psychotic relapse. Greater treatment adherence contributes to improved quality of life, improved attitudes towards treatment and medication, and increases confidence and insight into the disorder.

What is the evidence for therapies for treatment non-adherence?

Moderate quality evidence suggests behavioural therapies alone or in combination with educational or affective interventions may improve treatment adherence compared to standard care. Moderate to low quality evidence suggests family therapies, and cognitive or educational therapies, may improve treatment adherence, but there was no clear benefit of manual-directed compliance therapy over non-specific counselling.

For more information see the technical table



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NeuRA (Neuroscience Research Australia) is one of the largest independent medical and clinical research institutes in Australia and an international leader in neurological research.

Diseases of the brain and nervous system pose the greatest health, economic and social burden of any disease group because they are chronic, debilitating and have no known cures.

Medical research is the cornerstone of efforts to advance the health and wellbeing of families and the community. Our dedicated scientists are focussed on transforming their research into significant and practical benefits for all patients.

While we hope you find this information useful, it is always important to discuss any questions about schizophrenia or its treatment with your doctor or other health care provider.

HOW YOUR SUPPORT HELPS

We are able to make significant advances due to the generosity of countless people. Your donation allows us to continue to work towards transforming lives. For information on how you can support our research, phone **1300 888 019** or make a secure donation at neura.edu.au/donate/schizophrenia.