



# Adherence to Antipsychotic Medications for Individuals with Schizophrenia

Schizophrenia is a chronic and disabling psychiatric disorder that requires ongoing treatment and monitoring. As many as 60% of individuals diagnosed with schizophrenia do not take medications as prescribed. Poor adherence can lead to hospitalization and interfere with the recovery process.

## What Can Providers Do to Improve Outcomes?

- ✓ Follow up with individuals to confirm that they are taking their medications.
- ✓ Encourage individuals to talk to their prescriber if they are experiencing adverse medication side-effects.
- ✓ Develop person-centered plans for medication reminders:
  - Text messages.
  - Automated phone calls.
  - Alarms.
  - Signs in the individual's home.
  - Technology-equipped pillboxes that provide prompts of the appropriate times to take medications.
- ✓ Address risk factors and barriers associated with non-adherence, such negative stigmas, homelessness, and substance use. Interventions focused on these factors may improve outcomes for individuals with the highest danger of non-adherence related relapse.

When able, include natural supports such as a family member or caregiver in discussions regarding treatment.