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 risk 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.