

---

---

**FACTORS CONTRIBUTING NON-COMPLIANCE OF PSYCHOTROPIC DRUGS  
AMONG PSYCHIATRIC PATIENTS**

**\*Mr.Nithiyanandam T & \*\*Dr.Jayestri Kurushev**

**Abstract**

*Non-compliance is failure of the patient to follow the prescribed treatment regimen. A descriptive study was conducted on 90 subject those who are under psychotropic drugs at GH, Puducherry. A structured Questionnaire was used to assess the factors contributing to non-compliance through an interview after obtaining consent from the study participants. The present study finding revealed that various factors perceived as contributing to non-compliance, majority 28.8 % of the subjects stopped the drugs once they felt better with symptoms, 24.4 % ran out of pills, 24.4 % taking pills irregularly, 23.3 % dependent on other to get the pills, and so on, Thus, the present study concluded that there are many factors which contributed to noncompliance among psychiatric patients. Therefore, it is recommended that more emphasis must be given on deinstitutionalization of mental health services and provide psycho education to reduce the non-compliance of psychotropic drugs.*

**Key Words:** *Non-compliance, Psychotropic patients.*

**Introduction**

**“Drugs don’t work in patients who don’t take them.”**

-C.Everett Koop

Non-compliance is a major problem with almost all psychotropic drugs. The prognosis in psychotic patient is not very good always and the recurrence is very common due to non-compliance to medication. The patient who are non-compliance are more severely at the point of readmission to hospital, and have more frequent readmission, are more

likely to be admitted compulsorily and stay in hospital for a longer period. An overall figure assessed in number of studies indicates that 46% of patients do not have compliance with treatment at any given time. The investigator while working with psychiatric patients noticed that many patients with psychiatric illness get admitted with relapse.

The research was interested to identify the factors affecting Noncompliance to psychotropic drugs.

### Statement of the problem

A descriptive study to assess the factors contributing to non – compliance of psychotropic drugs among psychiatric patients at GH, Puducherry.

### Objectives of the study

- To identify the factors contributing to non-compliance of psychotic drugs among psychiatric patients.

### Materials and Methods

The study was carried out in psychiatric Out Patient Department, India Gandhi Government General Hospital & Research Institute, Puducherry. A sample of 90 subjects under psychotropic medications those who met the inclusion criteria were drawn through Convenience Sampling Technique. Data was collected by using Sociodemographic tool and the questionnaire to assess the factors contributing drugs. Written consent was obtained from the participants, data was collected in the month of March 2015.

## Results

**Table 1: Frequency and Percentage distribution of selected demographic profile of the study participants.**

Demographic Profile		(f)	(%)
Gender	Male	54	60
	Female	36	40
Age (Years)	11-20	03	3.3
	31-40	23	25.5
	41-50	20	22.2
	51-60	12	13.3
Residence	61-70	08	8.8
	Urban	70	77.7
	Rural	20	22.3
Education	Literate	71	78.8
Occupation	Illiterate	19	21.2
	Unemployed	03	74.5
Duration of Illness	Homemakers	20	22.2
	Below 5 Years	67	74.5
	Above 5 Years	23	25.5

Data presented in the table no.1 Depicts that majority 54 (60%) subjects were males; Around 24 (26.6%) were in the age group between 21-30 Years. Most (77.7%), of the Subjects were from urban background, Majority (78.8%) of the subjects were literates, with respect to the occupation status 67 (74.5 %) of the subjects were employed, Maximum 67 (74.5 %) subjects had less than 5 years of illness duration.

**Factors contributing to non-compliance of psychotropic drugs N= 90**

The distribution of the subjects based on the factors contributing to non-compliance of psychotropic drugs, majority 26 (28.8%) of the subjects stopped the drugs once they felt better with symptoms, Around 22 (24.4%) of the subjects ran out of pills, and equally 22 (24.4%) of the subjects were taking pills irregularly and 21 (23.3%) of the subjects were dependent on others to get the pills. In addition to that 14 (15.5%) of the subjects forgot/ too busy, 10 (11.1%) of the subjects slept in and have a difficult in transportation, 8 (8.8%) of the subjects had fear of side effects, 7 (7.7%) of the subjects were unable to care for self and having a helpless family members, 5 (5.5%) of the subjects were felt ill, 4 (4.4%) of the subjects couldn't understand the instructions and they didn't want others to know about them, 3 (3.3%) of the subjects thought that pills won't help for their illness, some subjects were away from home, some subjects had no money, some of them were taking multiple doses, and some having other/miscellaneous factors, 2 (2.2%) of the subjects were want for prayers & got cured, for some subjects family said don't depend on medications, for few subjects pills were nauseating, some subjects had lack of insight and lack of supervision, 1 (1.1%) of the subjects said that am in journey and nobody said went for alternative system of medicine.

**Discussion**

The present study finding were consistent with finding of the study conducted by Bharat Pareek (2013). The study explored that majority of the subjects perceived disease characteristics related

factors as main reason for non-compliance, Transportation problem, poor community mental health service, drug side effects, cultural myth, social factors, psychological & motivational factors, economic factors, lack of knowledge & insight of illness, illiteracy & other factors such as misconception about treatment & difficulty in swallowing the table.

**Conclusion**

The present study concluded that most common factors perceived as contributing to non-compliance, 28.8% stopped the drugs once they felt better, 24.4% ran out of pills, 24.4 % taking pills irregularly, 23.3 % dependent on others to get the pills, 15.5 % forget/too busy, 11.1% slept in and had a difficult in transportation. Therefore, it is recommended that more emphasis must be give on deinstitutionalization of mental health services and provide psycho education to reduce the non-compliance of psychotropic drugs.

**References**

1. Bharat Pareek, et, al (2013, April, Vol-9 No.2), Factors affecting Non-compliance to psychotropic drugs of patients with psychosis as perceived by their family members, Nursing and Midwifery Research Journal, p.56-64.
2. Felix Mibel, (2013), Noncompliance to Medication in Psychiatric Patients – a Literature Review, Turku University of Applied Sciences.

3. Marie T. Brown et.A1, (2011, April; vol.86, No. 4), Medication Adherence: WHO Cares?, Mayo Clin Proc. www.mayoclinicproceedings.com; p.304-314.

Long- Term Therapies: Evidence for Action. Available at [http://www.who.int/chp/knowledge/publications/adherence\\_full\\_report.d,Geneva, Switzerland](http://www.who.int/chp/knowledge/publications/adherence_full_report.d,Geneva, Switzerland).

Nutri Puzzle

Ms. Rajalakshmi, Lecturer in Nutrition, KGNC

1	2	3		4	6		7
				5			
			9			8	

**Top to Bottom**

1. The Niacin deficiency (last letter is not having a box)
2. Vitamin D deficiency.
3. Important role of sodium and Pottasium
4. Good Source of Protein
5. Good source of Vitamin C
6. Role of Vitamin C
7. Restricted in the case of edema

**Bottom to Top**

8. A micro nutrient in organic compound
9. Selenium is a good Anti-.....

**Left to Right**

10. High intake will give burden to the bean shaped again.