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## The effect of social support to treatment adherence in psychiatric patients

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**Aim:** This study was carried out descriptively in order to determine the effect of social support to treatment adherence in psychiatric patients and to determine the factors influencing this situation.

**Materials & Methods:** All psychiatric patients being treated in the Elazığ Mental Health and Illness Hospital and Community Mental Health Center were considered as the study population of the investigation. The sample size was determined by the sampling formula known as the universe minimal sample size 324. Psychiatric patients who selected by non-probability random sampling method from population was created simple size. Data of the study were obtained with the “Personal Information Form”, “Morisky Adherence Scale” and “Multidimensional Scale of Perceived Social Support”. Descriptive statistics, depended and independent samples t-test, Kruskal-Wallis Variance, Mann-Whitney U Test, Analysis of Variance, Pearson Kolerasyon were used in the evaluation of data.

**Results:** 52% of all patients were in the 25-49 age group, 57.4% were male, 42.9% were schizophrenia. Patients living with his family, partner (wife/husband) and children were found more compliant to treatment according to living alone and patients with high income were found more compliant to treatment according to having low income ( $p<0.05$ ). Family support of married patient, family, friend and special person supports of patients living with wife/husband and children, total scores of Multidimensional Scale of Perceived Social Support of patients living in the province and district centers were found higher. The patients whose income were less had less scores of family, friend, special and overall support ( $p<0.05$ ).

**Conclusion:** As a result, when social support of patients increased, compliant to treatment was higher. It is suggested that psychiatric nurses in psychiatry team should take empowering tasks between patients and their families or relatives.

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