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Perceived social support and medication compliance among patients with psychiatric disorders

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Background: Current studies about increasing compliance to decrease treatment and healthcare costs have gained more significance. Social support is an important component in the recovery of patients with psychiatric disorders; therefore, it is difficult to ignore its role in improving patient's compliance to treatment.

Aim: This study aimed to assess the levels of perceived social support, medication compliance and their relationship.

Design & Setting: The present study follows a cross-sectional design. The study was conducted at the Psychiatric Inpatient Ward of Tanta University Hospital and Psychiatry-Neurology and Neurosurgery Center.

Subjects & Tools: The study subjects were 144 psychiatric patients and the tools used for the study were as follows: Tool (1): Socio-demographic data sheet. Tool (2): Multidimensional perceived social support scale (MSPSS). Tool (3): Drug attitude inventory (DAI).

Results: (74.3%) of patients had a poor social support and only 21.5% of them had good medication compliance. There was a statistical significant correlation between perceived social support and medication compliance.

Recommendations: Development of social skills training program for patients with psychiatric disorders aimed to teach them how to obtain help and support from family, friends, and significant others. Training psychiatric hospital staff to increase their understanding about the importance of their supportive role to provide appropriate nursing intervention for patients with psychiatric disorders.