

# Common Factors Affecting Therapeutic Non-Compliance: A Systematic Review

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## Introduction

One of the biggest barriers to achieving desired health outcomes is therapeutic non-compliance among patients. Jin and colleagues published a comprehensive qualitative review of research studies published from 1970-2005 on the factors contributing to therapeutic non-compliance<sup>1</sup>. The goal of this project is to further understand why some patients are non-compliant with their medications by carrying out a systematic review of the literature since 2005.

## Methods

The following literature search was completed in PubMed: MeSH Terms "medication adherence" AND Language "English" AND Date-Publication "2006/01/01" to "2014/28/12". Then the following filters were applied: Observational Study, Abstract, and Full text

## Results

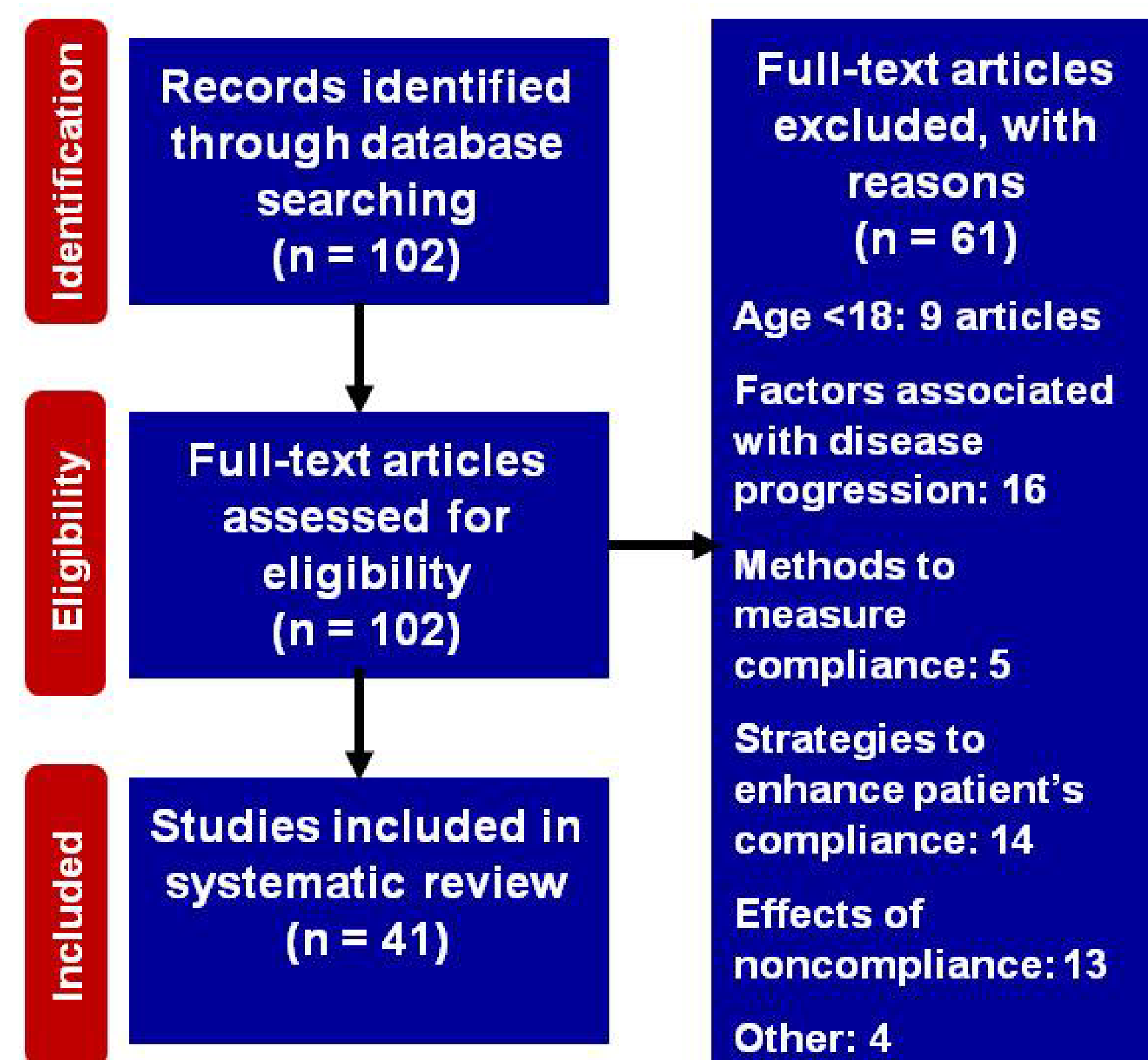


Figure 1. PRISMA Flow Diagram

**Table 1. Compliance categories and factors identified from the literature review and their associated disease categories**

Compliance Category	Compliance Factors	Disease Categories
<b>Patient-centered factors</b>	Demographic factors (age, gender, ethnicity/race, education, employment status, urban/rural living); Psychosocial factors; Patient-prescriber relationship; Health literacy; Physical difficulties; Lifestyle factors (alcohol intake, smoking, drug use)	Cancer; Cardiovascular; Diabetes; Digestive; Drug dependence; Mental health; Musculoskeletal; Respiratory; Sexual health; Sexually transmitted infections (STIs)
<b>Therapy-related factors</b>	Treatment complexity; Type of formulation; Medication side effects; Inefficacy; Inpatient treatment of co-morbidities	Cancer; Cardiovascular; Dermatological; Digestive; Drug dependence; Mental health; Musculoskeletal; Respiratory; STIs
<b>Health system factors</b>	None reported	
<b>Social and economic factors</b>	Cost; Social support; Food security	Cancer; Cardiovascular; Musculoskeletal; STIs

**Table 1, continued**

Compliance Category	Compliance Factors	Disease Categories
<b>Disease factors</b>	Etiology; Duration; Severity; Duration; Co-morbidities; Particularly depression	Cancer; Cardiovascular; Diabetes; Mental health; Respiratory; Sexual health

## Conclusions

Similar to Jin and colleagues<sup>1</sup>, we identified a wide array of factors influencing medication adherence (see Table 1). Several factors continue to have consistent impact on compliance; particularly patient-centered and therapy-related factors across disease categories and social and economic and disease factors within certain disease categories. Unlike Jin et al<sup>1</sup> no health systems factors were identified.

The main limitation to this review is that only one database was searched.

Further research has the potential to help clinicians better address the tangible barriers that may lead to improved medication adherence, thereby helping achieve desired health outcomes among patients. Further analysis should be done on minority groups, as most studies had a heavily male, Caucasian sample, and within disease categories, as medication and therapies vary vastly and have significant differences in side effect profiles.

## References

- Jin, et al, *Factors affecting therapeutic compliance: A review from the patient's perspective*, Therapeutics and Clinical Risk Management **4** (1), 269-286 (2008)
- See author for complete list of references included in review