

Improving Medication Adherence

Patient Name: _____ DOB: _____

Date started on antidepressant medication: _____

Instructions: The following messages have been shown to improve antidepressant medication adherence, particularly when repeated over time. Check each message as you deliver it to the patient named above. File this medication initiation sheet in addition, to and in support of, your standard progress note.

- Depression is a medical illness, not a character flaw or a weakness
- Recovery with treatment is the rule, not the exception
- Treatments are effective and treatment options are available
- The goal of treatment is complete remission and staying well
- Ending treatment early increases the chance of symptom reappearance
- Take your medications every day
- Psychotherapy/counseling is an effective addition to medication
- Take your medications for a month; the meds may take this long to work
- Continue to take your medications even if you feel better
- Call me if you have side effects that you can't accept
- If you have any questions about our treatment, let me know at once

Notes:

Prescriber Signature: _____ Date: _____

References

- (1) Lin EH, Von Korff M, Katon, W, Bush T, Simon GE, Walker E, Robinson P. The role of the primary care physician in patients' adherence to antidepressant therapy. *Med Care*. 1995 Jan;33(1):67-74.
- (2) Shoebaum M, Azocar F, Wetzell J, Croghan T. Pilot evidence on indications for new antidepressant prescriptions. (under review) *Psychiatr Serv*.
- (3) Nierenberg AA. Management of patients on antidepressant therapy. *J Clin Psychiatry Monograph* 1999; 17:22-25.
- (4) Azocar F, Branstrom RB. Use of depression materials to improve treatment compliance in primary care patients. *J Behav Health Serv Res* (in press).