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A PERSPECTIVE OF MENTAL CAPACITY AND ALEXITHYMIA ON MEDICATION ADHERENCE IN PATIENTS APPLYING TO PSYCHIATRY OUTPATIENT CLINIC

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BACKGROUND AND AIM: Medication adherence is crucial for treatment effectiveness, significantly impacting success rates. Many studies explore factors influencing adherence to improve treatment outcomes and enhance overall effectiveness. In present study, we aimed to investigate the relationship between alexithymia levels, mental capacity and medication adherence in patients admitted to a psychiatry clinic regardless of their diagnosis.

METHODS: Current study included 62 patients from Necmettin Erbakan University Faculty of Medicine psychiatry clinic who volunteered to participate. Participants were asked to fill out a sociodemographic form, Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), Liverpool University Antipsychotic Side Effect Rating Scale (LUNSERS), Medication Adherence Rating Scale (MARS), Toronto Alexithymia Scale (TAS), National Adult Reading Test-Turkey (NART-TR). Research necessary permissions were obtained from the local ethics committee(IRB Date/Number:2025/5492).

RESULTS: Of the 62 patients, 27 were diagnosed anxiety disorder, 17 deppression, 6 obsessive- compulsive disorder, 5 attention deficit hyperactivity disorder, 4 bipolar disorder and 3 psychotic disorder. According to MARS scores, 32 patients had poor medication adherence. No significant difference was found between patients with and without medication adherence in terms of gender, marital status, family history(p=0.851, p=0.611, p=0.362, respectively). Significant differences were observed in BAI, BDI, LUNSERS mean scores between the groups with and without medication adherence (p=0.004, p=0.013, p=0.006, respectively). However, no significant difference was found between the two groups in TAS and NART-TR scores. Correlation analysis revealed a statistically significant negative correlation between MARS scores and LUNSERS, BAI and BDI(r=-0.408, r=-0.387, r=-0.344, respectively). However, no significant correlation was found between the MARS score and the TAS and NART-TR scores(r=-0,144, r=- 0,112 respectively).

CONCLUSIONS: Consistent with the literature, the results of present study support that BDI, BAI, LUNSERS scores significantly affect medication adherence. However, alexithymia and mental capacity didn't have a positive or negative effect on medication adherence in our study. Further studies with larger samples are needed to investigate these effects.

Keywords: Alexithymia, medication adherence, mental capacity