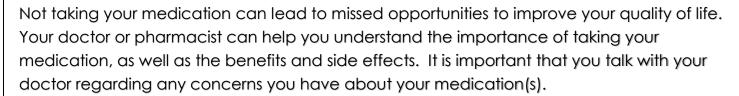


## The Importance of Medication Adherence

Patient adherence with antidepressant therapy is a critical aspect of effective clinical management.

## Factors impacting adherence can be complex, and include:

- Medication-related side effects:
- Forgetting to take medication;
- Perceived benefit, or lack of efficacy, of the medication
- A lack of understanding on how to take the medication
- Inconsistent follow-up care;
- Low health literacy;
- Cultural and/or religious beliefs;
- Lack of knowledge on the importance of medication adherence
- Inability to pay for medication



If additional resources for extra support to help you keep on track with your medications are needed, consider these:

- Use a pill box or medication cassette
- Take advantage of technology such as text message reminders, timers, dispensers and apps
- Ask your prescriber for detailed written instructions
- Combine with a daily task, such as meals or brushing your teeth
- Set an alarm
- Keep it visible
- Enlist a loved one's help

It is important that your doctor carefully explore your concerns about these medications and closely monitor you

