



EFFECT OF IMPULSIVITY ON MEDICATION ADHERENCE IN EUTHYMIC BPAD PATIENTS.

Psychiatry

Dr. T. Sowmya

Postgraduate, Department of Psychiatry, Andhra Medical College, Visakhapatnam.

Dr. P. Swathi

Assistant Professor, Department of Psychiatry, Andhra Medical College, Visakhapatnam.

ABSTRACT

Background: Poor adherence to medication is one of the main challenges in Bipolar Disorder treatment. understanding why patients are not adherent to medication is a crucial issue. A recent meta-analysis indicated that impulsivity was increased in remitted bipolar patients in comparison to healthy controls. **Methods:** Study was conducted in patients attending out patient department who were diagnosed with bipolar affective disorder and are having YMRS score less than 12 and HAMD score less than 7. To measure impulsivity barratt's impulsiveness scale was used. To measure medication adherence medication adherence rating scale was used. Data was analysed using pearsons correlation. **Results:** Pearsons correlation included 51(N) participants. Out of which 60.8%(31) males and 39.2%(20) females. There is a negative correlation between impulsivity and medication adherence with pearsons correlation coefficient of -0.927 with a p value of <0.001. Impulsivity and medication adherence scores were negatively correlated strongly. **Conclusion:** Participants with high impulsivity are at risk of low medication adherence.

KEYWORDS

Impulsivity, medication adherence, euthymic.

INTRODUCTION:

Poor adherence to medicinal drug is one of the foremost demanding situations in Bipolar Disorder (BD) treatment. About 12–64% of BD sufferers are taken into consideration as bad or nonadherent. It is related to a huge variety of outcomes along with relapses, recurrences and an improved threat of suicide. Understanding why sufferers aren't adherent to medicinal drug is a important issue. Interestingly, adherence to medicinal drug could suggest complicated selection-making procedures and imbalance among short- and lengthy-time period benefits and outcomes of pill-taking. Impulsivity is a multi-dimensional assemble that has lengthy been related to hypo/ manic states and bipolar disorder. Variously defined, dimensions of impulsivity consist of each over pursuit of short-time period rewards on the fee of lengthy-time period goals, a bent in the direction of selection making with out enough planning, and the failure to withstand an urge to act, although the motion might also additionally reason damage to oneself or others. expanded impulsivity has been related to improved threat of bad outcomes, along with cognitive impairment medicinal drug adherence problems, better prices of suicidal behavior comorbid substance abuse, and affective instability.

AIM:

To study the role of impulsivity in medication adherence.

OBJECTIVES:

- To measure the impulsivity in euthymic BPAD patients.
- To measure medication adherence in euthymic BPAD patients.

METHODOLOGY:

Study Design: cross sectional observational study.

Study Population: out patients attending review op in GHMC Visakhapatnam.

Inclusion Criteria:

- Patients aged above 18 years
- Subjects who have completed atleast primary education
- Patients who were diagnosed as bipolar affective disorder according to International Classification of Disease(ICD 10) diagnostic and research criteria
- Patients who are willing to give consent for study

Exclusion Criteria:

- Patients with past history of psychiatric illness
- Patients with comorbid medical illness
- Patients with substance dependence
- Patients who have not given consent

Study Tools:

- Youngs mania rating scale.
- Hamilton depression rating scale.
- Barratts impulsivity scale.
- Medication adherence rating scale.

Procedure:

- The study conducted after obtaining institutional ethics committee clearance and approval from respective authorities.
- Patients who fulfil criteria for bipolar affective disorder according to ICD 10 were taken for study.
- Written informed consent obtained from the patient.
- Demographic data, including age, sex, education, occupation, socioeconomic status, marital status, address is taken.
- Illness variable duration of information obtained during interview.
- Patients assessed for
- Symptoms of mania by using YMRS.
- Symptoms of depression by using HAMD.
- Impulsivity by using barratt impulsiveness scale.
- Medication adherence by medication adherence rating scale.
- Data analyzed using spss 25.0

RESULTS:

A total of 51 subjects participated in the study. Mean age of the participants is 39.45 ± 11.67 years old.

	N	Minimum	Maximum	Mean	Std. Deviation
AGE	51	20	70	39.45	11.671
Valid N (listwise)	51				

Sex

out of 51 subjects 31 (60.8%) were males and 20 (39.2) were females.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid FEMALE	20	39.2	39.2	39.2
MALE	31	60.8	60.8	100.0
Total	51	100.0	100.0	

Religion

Majority belong to hindu religion 49 (96.1) and a minor part belongs to muslim religion.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid HINDU	49	96.1	96.1	96.1
MUSLIM	2	3.9	3.9	100.0
Total	51	100.0	100.0	

Education

Out of 51 subjects 25 (49.0%) completed primary education, 19 (37.3%) completed secondary education, 6 (11.8%) completed graduation.

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid GRADUATE	6	11.8	11.8	11.8
HIGHER SEC	1	2.0	2.0	13.7
PRIMARY	25	49.0	49.0	62.7
SECONDARY	19	37.3	37.3	100.0
Total	51	100.0	100.0	

Occupation

Out of 51 subjects 33(64.7%) are employed and 18(35.3) unemployed.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Unemployed	18	35.3	35.3	35.3
	Employed	33	64.7	64.7	100.0
	Total	51	100.0	100.0	

Marital Status

Out of 51 subjects 39 (76.5%) were married, 10(19.6%) were unmarried, 1(2%) were divorced and 1(2%) were widowed.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	DIVORCE	1	2.0	2.0	2.0
	MARRIED	39	76.5	76.5	78.4
	UNMARRIED	10	19.6	19.6	98.0
	WIDOW	1	2.0	2.0	100.0
	Total	51	100.0	100.0	

SES

Out of 51 subjects 45(88.2%) belongs to low socio economic status and 6(11.8%) belongs to middle socio economic status.

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	LOW	45	88.2	88.2	88.2
	MIDDLE	6	11.8	11.8	100.0
	Total	51	100.0	100.0	

BIS11 SCORES Mean score on barrats impulsiveness scale is 72.24(22.53)

	N	Minimum	Maximum	Mean	Std. Deviation
BIS11	51	40	118	72.24	22.537
Valid N (listwise)	51				

MARS SCORES

Mean scores on medication adherence rating scale is 6.67 ± 2.63

	N	Minimum	Maximum	Mean	Std. Deviation	Skewness
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic
MARS	51	2	10	6.67	2.636	-.079
Valid N (listwise)	51					.333

Correlation

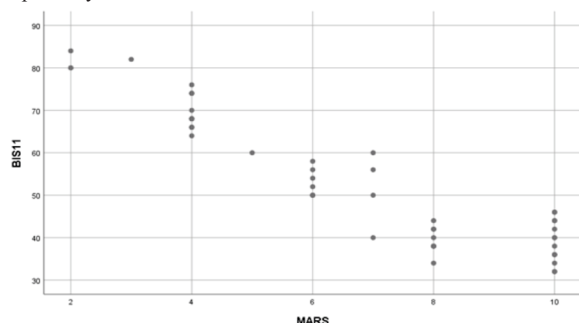
Bivariate exploratory analysis using Pearson correlation was done to find the strength of association between impulsivity and medication adherence.

		BIS11	MARS
BIS11	Pearson Correlation	1	-.927**
	Sig. (2-tailed)		.000
	N	51	51
MARS	Pearson Correlation	-.927**	1
	Sig. (2-tailed)	.000	
	N	51	51

** . Correlation is significant at the 0.01 level (2-tailed).

The correlation coefficient between the BIS11 scores and MARS scores is -0.927 and the significance value for association is <0.01. The association is statistically significant ($p < 0.0001$).

This finding suggests a strong negative correlation between impulsivity and medication adherence.

**DISCUSSION**

fifty one participants participated in our observe. Mean age of the members is 39.forty five yrs , with 60.eight percentage males ,39.2 percentage females. Majority belong to the low socio monetary fame and majority finished best number one education In our observe we tested impulsivity and medicinal drug adherence in euthymic bipolar sufferers. Mean impulsivity rating become discovered to be 72.24with a SD of 22.fifty three that's just like the observe executed via way of means of swann et.al. that is because of similarity in sample Mean ratings on medicinal drug adherence discovered to be 6.7 with a SD of 2.sixty three that's just like the effects of the observe executed via way of means of Raoul belzeaux et.al. In our observe we discovered that medicinal drug adherence is strongly correlated negatively with impulsivity in euthymic bipolar sufferers comparable findings had been discovered withinside the observe executed via way of means of Raoul belzeaux et.al. and eugene M. Dunne et.al. Our observe furnished proof of sturdy affiliation among impulsivity and medicinal drug adherence . Sustained adherence is wanted for fine consequences in bipolar disease sufferers. Poor medicinal drug adherence associated with impulsivity negatively influences the path of the illness, which ends up in decreased common fitness and fine of life.