

Increasing Compliance to Antidepressant Medication Regimens in Adults Diagnosed with Depression Through Education of Psychiatric Mental Healthcare Providers on the Use of Medication Reminder Smartphone Apps

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Abstract

The problem of antidepressant medication nonadherence is rampant among many adults with antidepressant prescriptions. However, the American Psychological Association's guidelines highlight that providers have a role in supporting patients in remaining adherent. Therefore, the project's purpose was to educate mental healthcare providers on medication reminder smartphone apps to improve antidepressant medication adherence among adults taking antidepressants. A quality improvement design was used to guide the educational intervention for the healthcare providers. Participants were providers working with patients with depression, and data collection was through pre- and post-knowledge surveys, HBMAS questionnaires, and a chart audit. Results showed an improvement in knowledge of antidepressant adherence and medication reminder applications from 68.20 ($SD = 4.144$) to 96.00 ($SD = 2.299$), improvement in antidepressant adherence ($p < .001$), and compliance with assisting patients to adhere to antidepressant ($p = .016$). The outcomes support that the intervention will promote better antidepressant adherence and patient-provider collaboration to promote depression management. The project outcomes may promote the adoption of medication reminder smartphone apps to facilitate the adoption of mobile technologies to improve antidepressant medication adherence. The project outcomes may guide the development of policies impacting depression management, including integrating modern technologies, such as smartphone reminder apps, to promote treatment adherence.

Keywords: Antidepressants, nonadherence, medication smartphone apps, medication compliance, and mental healthcare providers.