

An Information-Motivation-Behavioral Skills Model of Adherence Workshop

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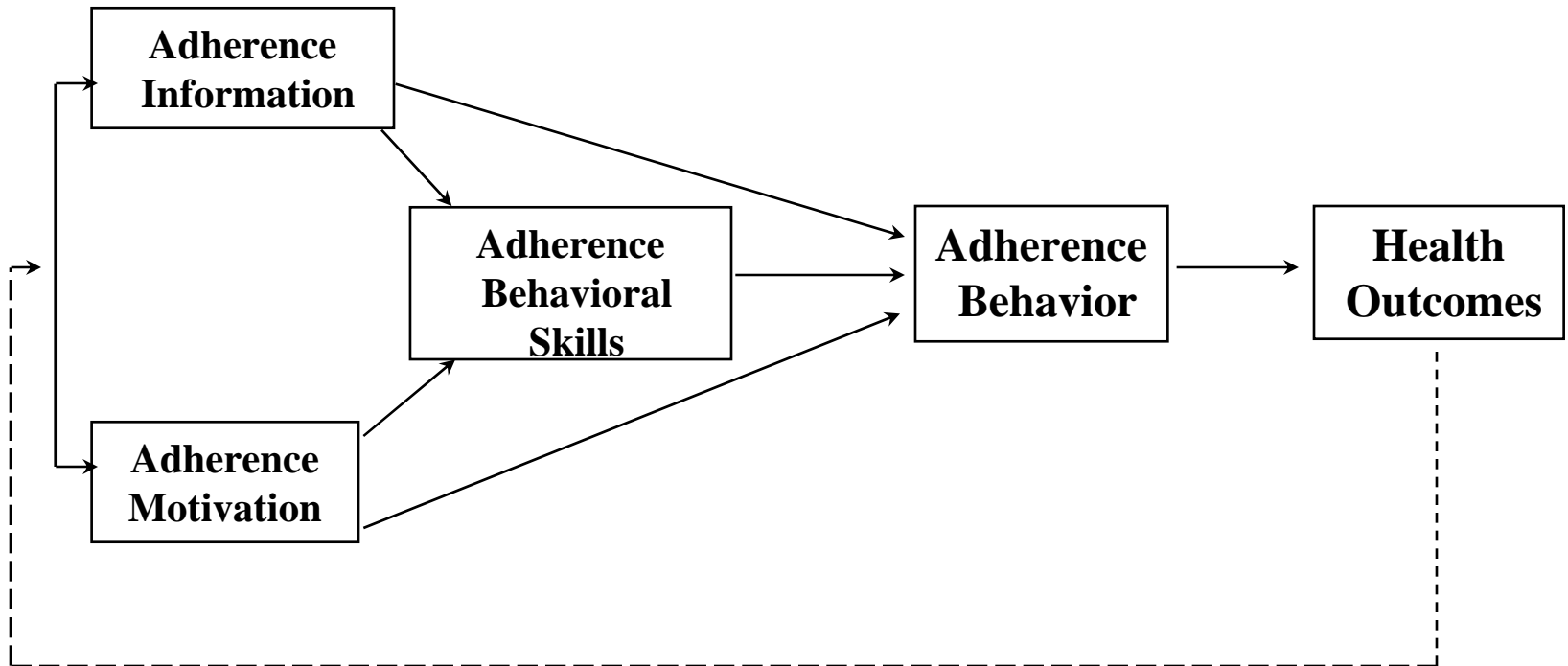
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The Information-Motivation-Behavioral Skills Model of Adherence



Moderating Factors Affecting Adherence

- Living situation (e.g., homeless)
- Access to medication/services (e.g., transportation, insurance)
- Other supportive resources necessary to take pills (e.g., support network, home health aid)
- Other moderating factors

Adherence Information

- **Information about the regimen**... *how* (specific food & fluid requirements) and *when* (timing) to take pills; procedures for missed doses
- **Information about adequate adherence**... perceived effects of missed dosages, drug holidays, etc.; costs of non-adherence and benefits of adherence
- **Information about potential drug interactions & side effects** ... for prescription & nonprescription drugs

Adherence Motivation

Psychosocial factors

- **Attitudes**... to medications; to nonadherence (e.g., taking drug holidays); to the perceived benefits of taking medications; to the perceived costs of taking medications; to the perceived obstacles of taking medications; to the individual's drug regimen in particular; re: personal significance of adherence with regimen; trust in provider
- **Social Support**... social network support for taking medication; social network support for adhering to regimen; support from provider(s) for good adherence; quality of patient-provider interaction
- **Behavioral intentions to adhere**
- **Perceived Vulnerability**... to negative outcomes from nonadherence; to side effects from adherence; to positive outcomes from adherence.

Adherence Behavioral Skills

(objective skills + self-efficacy)

- **Ability to self-administer medications:** obtaining, refilling, taking (incl. food/fluid intake) & appropriately storing medications
- **Ability to incorporate adherence into the ecology of daily life** (e.g., creating cues for pill taking times, maintaining confidentiality at work, problem-solving difficult adherence-related situations)
- **Ability to identify/cope with side effects**
- **Ability to obtain further information as needed for proper adherence**

Adherence Behavior

- Proper dosing
- Fulfilling drug administration requirements
- Proper drug storage

Health Outcomes

Medical

- CD4 and viral load
 - Viral resistance data
 - Other health indicators
- Quality of Life*

