

Tips to help adhere to treatment

To be able to adhere to treatment you must understand:

1. the rationale for treatment
2. the purpose of the intervention
3. the outcome expected if the intervention is successful
4. your specific responsibilities

A person who does not understand the importance or purpose of the treatment has no reason to comply with it.

The following are questions you can raise with your therapist or psychiatrist:

1. What is my diagnosis?
2. What does the diagnosis mean?
3. Why do I need medication?
4. How will the medication help me?
5. How will I know if it is working?
6. What should I do if I have side effects?
7. What should I do if I miss a dose of medication?
8. Does it matter what time of day I take my medication?