

P-1273 - SHORT MESSAGE SERVICE TO IMPROVE TREATMENT ADHERENCE AND QUALITY OF LIFE IN PATIENTS WITH SCHIZOPHRENIA IN SPAIN: THE SMS STUDY

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Introduction: Schizophrenia is a very incapacitating mental diseases. A lack of pharmacological adherence drives to an increased relapse and hospitalizations incidence. Strategies focused on improving adherence could benefit patients and improve their quality of life (QoL).

Objectives: To assess improvements on QoL by increasing treatment adherence.

Methods: This was a national, multicentre, open-label randomized clinical trial to evaluate the efficacy of a Short Message Service (SMS) system on improving adherence in schizophrenic patients. Patients in the SMS group received reminders via mobile phone about their medication during the first 3 months after inclusion. Controls were not sent any reminder and received standard care. Adherence was assessed by mean of the 4-item Morisky-Green test (Medication Adherence Questionnaire, MAQ) and attitude towards medication was assessed by the 10-Item Drug Attitude Inventory (DAI-10) at baseline and 3 and 6 months after the inclusion. QoL was assessed by the EuroQol (EQ-5D) questionnaire at the same visits.

Results: Based on Intention To Treat (ITT) population, 100 (39.4%) patients comprised the SMS Group, whereas 154 (60.6%) patients were controls. There were not statistically significant differences on demographic characteristics between both groups. More patients improved their adherence (MAQ) in SMS group compared to the control group [44.0% vs. 28.6% ($p=0.012$)]. No significant differences were found regarding attitude towards medication (DAI-10), however improvements in DAI-10 were associated with improvements in EQ-5D [82.5% vs. 64.9% ($p=0.029$)].

Conclusions: SMS reminders improved adherence to treatment and improved patients' outcomes with a positive impact on QoL.