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**TYPES OF ADHERENCE TO PSYCHOSOCIAL TREATMENT: STRATEGIES TO PREDICT, MEASURE AND INTERVENE**

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**Introduction:** Non-adherence to psychosocial and behavioral treatment is a significant public health problem that presents a barrier to recovery and effective treatment. An estimated 20-70% of individuals who initiate psychosocial mental health services discontinue treatment prior to the clinicians' recommendation. Empirically supported, evidence-based stand alone or adjunctive psychosocial interventions treat an increasingly wide range of mental health conditions; however, a core underlying assumption of most, if not all, interventions is that clients will fully and actively engage in the treatment protocol. While the influence of medication adherence has been more fully investigated, psychosocial treatment adherence has received less scientific attention.

**Objectives:** Study aims include: (1) conceptualize and categorize psychosocial treatment adherence, (2) examine predictors that influence adherence to psychosocial treatments, (3) identify treatment response patterns that relate to adherence, (4) summarize measures of adherence, and (5) describe existing interventions to enhance psychosocial treatment adherence.

**Methods:** Peer-reviewed publications on psychosocial and behavioral treatment adherence were searched using Medline and PsycINFO electronic databases between 1980 and 2013.

**Results/Conclusions:** It is crucial that clinicians and researchers systematically consider the role of adherence in their intervention protocols, including: (1) identifying and assessing barriers that may place clients at higher risk for non-adherence; (2) measuring multiple forms of adherence in their work; (3) addressing identified barriers with their clients; (4) considering factors within their practice or approach that can be modified to reduce barriers to adherence; and (5) adding adjunctive adherence strategies or interventions to prospectively promote psychosocial treatment adherence.