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**Burden, Distress Tolerance and Medication Adherence in Women with Mental Illness in Remission.**

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**Introduction:** In women, mental illness is often associated with social burden and inadequate compliance.

**Objectives:** Social burden, distress tolerance and medication adherence among female with mental illness in remission.

**Aims:** To know the level of social burden, distress tolerance and its relationship with medication adherence among Indian female with mental illness in remission.

**Methods:** Fifty consecutive asymptomatic female patients were assessed using socio-demographic proforma, The Zarit Burden Interview (ZBI), Distress Tolerance Scale (DTS) and Medication adherence scale (MAS). Seventy five percent of patients experienced different levels of burden and 25 % has poor medication adherence. Significant correlation was observed between social burden and occupation ( $p < .05$ ); distress tolerance with decision making ( $p < .05$ ) and knowledge about treatment ( $p < .05$ ), and medication adherence with knowledge about treatment ( $p < .01$ ). The total scores of ZBI had a significant correlation with DTS scores ( $p > .01$ ) and MAS score ( $p < .05$ ).

**Conclusion:** Social burden is common, and interrelated with distress tolerance and medication adherence in women with mental illness in remission.