

ABSTRACT

Background: Mental illness affects all ages, ethnic, racial, socio-economic and cultural groups. Mental disorders accounted for 14% of the worldwide burden of diseases, a 2% rise in prevalence over a period of a decade. The prevalence of mental disorders in Ghana is 13%. Out of 24.6 million persons in Ghana, about 650,000 suffer from severe mental disorders while 2,166,000 people suffer from moderate to mild mental disorders. Many interventional strategies have been devised to help mental health victims through medication treatment and rehabilitation. However, literature has shown that, there is an increased rate of relapse, re-hospitalization and suicide due to non-adherence to psychotropic medication.

Objectives: To identify factors that influence non-adherence to psychotropic medications among mental health patients

Methods: Descriptive cross-sectional study using quantitative methods was employed for the purpose of this study. Consecutive sampling was used to sample 140 participants from the Pantang Psychiatry Hospital OPD registry of which 139 were considered responsive. Structured questionnaire was administered to respondents. Data was captured and cleaned using MS Excel. STATA 15 was used to analyze the data with a level of significance set at 0.05.

Results: Among 139 respondents, the mean age was 34 years (SD= 10.9). The prevalence of non-adherence to psychotropic medication among the 139 participants was 3.6%. Univariate analysis indicated that respondents who had challenges during treatment ($OR= 5.8, CI [1.29-26.01]$), age ($OR=6.0, CI [1.33-9.11]$ for 40 to 49 years and $OR=12.8, CI [1.40-9.09]$ for >50) and no formal education ($OR=1.3, CI [0.48-7.17]$) were associated with higher odds of non-adherence. However, in predictive multivariable analysis, challenges ($aOR=6.3, CI [1.33-$

32.60%) and no formal education (*OR=9.3, CI[3.87-23.46]*) remained associated with higher odds of non-adherence to psychotropic medications.

Conclusion: The study revealed that, there is a low rate of non-adherence to psychotropic medications among patients receiving treatment at the Pantang Psychiatry Hospital. These patients who were not adhering to medication was as a result of no formal education and the challenges faced during their management or treatment period. Among such challenges were adverse reaction, delay at health facility, financial constraint and lack of motivation. Also considering the low rate of non-adherence to psychotic medication, non-adherence is not a predominant problem. However, measures should be instituted to ensure total adherence.