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Motivational Interview & Text-Messaging: Medication Adherence

Thomas Daly
tommyd2@ymail.com

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**TEXT MESSAGING & MOTIVATIONAL INTERVIEWING-
A COMBINATION FOR IMPROVED PSYCHIATRIC OUTCOMES:
AN INTEGRATIVE LITERATURE REVIEW**

Thomas Daly

Faculty Sponsor: Larry Maturin

Abstract

Background: Non-adherence to prescribed medications often leads to clinical outcomes such as re-hospitalization, morbidity and mortality according to observational studies. In psychiatry, non-adherence to prescribed medication is the leading cause of relapse in patients with psychosis.

Objectives: To further investigate the components of both SMS-Text messaging and Motivational interviewing interventions in order to determine whether a combined inpatient discharge program that includes both of them may prove successful in improving medication adherence and overall patient outcomes.

Methods: A systematic, integrated literature review was conducted using CINAHL Complete, Psych INFO, PubMed, and ProQuest Nursing from Year 2000 to 2017, using keywords: “SMS text, motivational interviewing, improved medication adherence”.

Results: Seven research articles were determined to be relevant to nursing interventions and medication adherence, either with text-messaging involved in the study or motivational interviewing. While all seven of the studies determined positive results on medication adherence, all of them mentioned the need for more ‘rigorous’ testing.

Conclusions: The combination of the two interventions would show added improvement, and perhaps longer-term results if studies were conducted with reduced bias, longer testing durations, stronger control methods and evidence-based motivational interventions for psychiatric patients. Clients in the various research studies identified in this integrative literature review showed net positive results with medication adherence with either text-messaging or motivational interview intervention studies.

Key words: SMS text, motivational interviewing, improved medication adherence