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Motivational Interview & Text-Messaging: Medication Adherence

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

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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