

**PSYCHOEDUCATIONAL PROGRAM TO IMPROVE THE MEDICATION ADHERENCE IN ADULT PATIENTS WITH BIPOLAR DISORDER: EVIDENCE-BASED NURSING**

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**ABSTRACT**

The purpose of this study was to summarize evidence related to a psychoeducational program to improve medication adherence in adult patients with bipolar disorders. The research evidence was searched from electronic databases and the quality and the strength of the evidence were evaluated. The quality of the evidence was evaluated using three characteristics: validity, reliability, and applicability. Seven studies met the inclusion criteria: one was a systematic review of randomized controlled trials, five were randomized controlled trials and one was a pretest-posttest study design. After analysis and summary of the evidence, recommendations were proposed.

The results found that the appropriate form of the psychoeducational program to improve the medication adherence for patients with bipolar disorders is either for individuals or in a group form. Regarding the group form, there were two types of group psychoeducational programs: The Barcelona Bipolar Disorder Program group psychoeducation, which consisted of 21 structure sessions and the brief group psychoeducation, which consisted of 6-12 sessions. The components of the psychoeducational program consisted of structured information about illness awareness, treatment compliance, early detection of prodromal symptoms and recurrences and life style regularity. The individual psychoeducation is a short form of the Barcelona Bipolar Disorder Program and consisted of eight weekly sessions. The individual intervention continued using scheduled monthly telephone contact for the subsequent 18 months. Both group and individual psychoeducation were conducted during the time the patients were being euthymic. The outcome of the psychoeducational program was measured using the Medication Adherence Rating Scale (MARS). The interventions of these programs can be implemented in the clinical setting in the Bangladeshi context. The healthcare setting should prepare personnel through training and develop a manual for the psychoeducation program in Bangladesh.

**KEY WORDS: BIPOLAR DISORDER/MANIA/PSYCHOEDUCATIONAL PROGRAM/ MEDICATION ADHERENCE/ EVIDENCE-BASED NURSING**

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