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BIPOLAR PATIENTS' STATED THERAPY PREFERENCES AND LIKELY ADHERENCE

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Main Factors Associated with Nonadherence

(Vieta, et al.; Scott and Pope; Colom et al.; Kleindienst and Grail; Greenhouse and Johnson, 2000)

About 60% of bipolar patients are nonadherent

- Patient-related factors
  - Socio-economic factors
  - Perceptions and beliefs
- Illness-related factors
  - Severity of symptoms
  - Frequency of episodes
- Drug-related factors
  - Treatment efficacy
  - Side effects
- Physician related factors
  - Trust in physician
  - Expertise

Stated-Preference Tradeoff Task

Treatment Feature	Medicine A	Medicine B	Your Current Medicine
Frequency of mania episodes	More than 6 times a year	Less than once a year	
Severity of mania episodes	Mild	Severe	
Frequency of depressed episodes	1–3 times a year	1–3 times a year	
Severity of depressed episodes	Moderate	Moderate	
Feeling sleepy or tired	Mild-to-moderate	Mild-to-moderate	
Weight gain in first 3 months	2–10 lbs	2–10 lbs	
Risk of developing a life-threatening side-effect	No chance	No chance	
Problems with memory, thinking, or concentration	Mild-to-moderate	Mild-to-moderate	
Which medicine do you prefer? (Please check one box)	☐	☐	☐

Adherence Question

[IF A OR B] About how often do you think you might miss or skip doses if you switched from your current medicine to the medicine you chose above?

- ☐ Never
- ☐ Rarely
- ☐ Occasionally
- ☐ Frequently

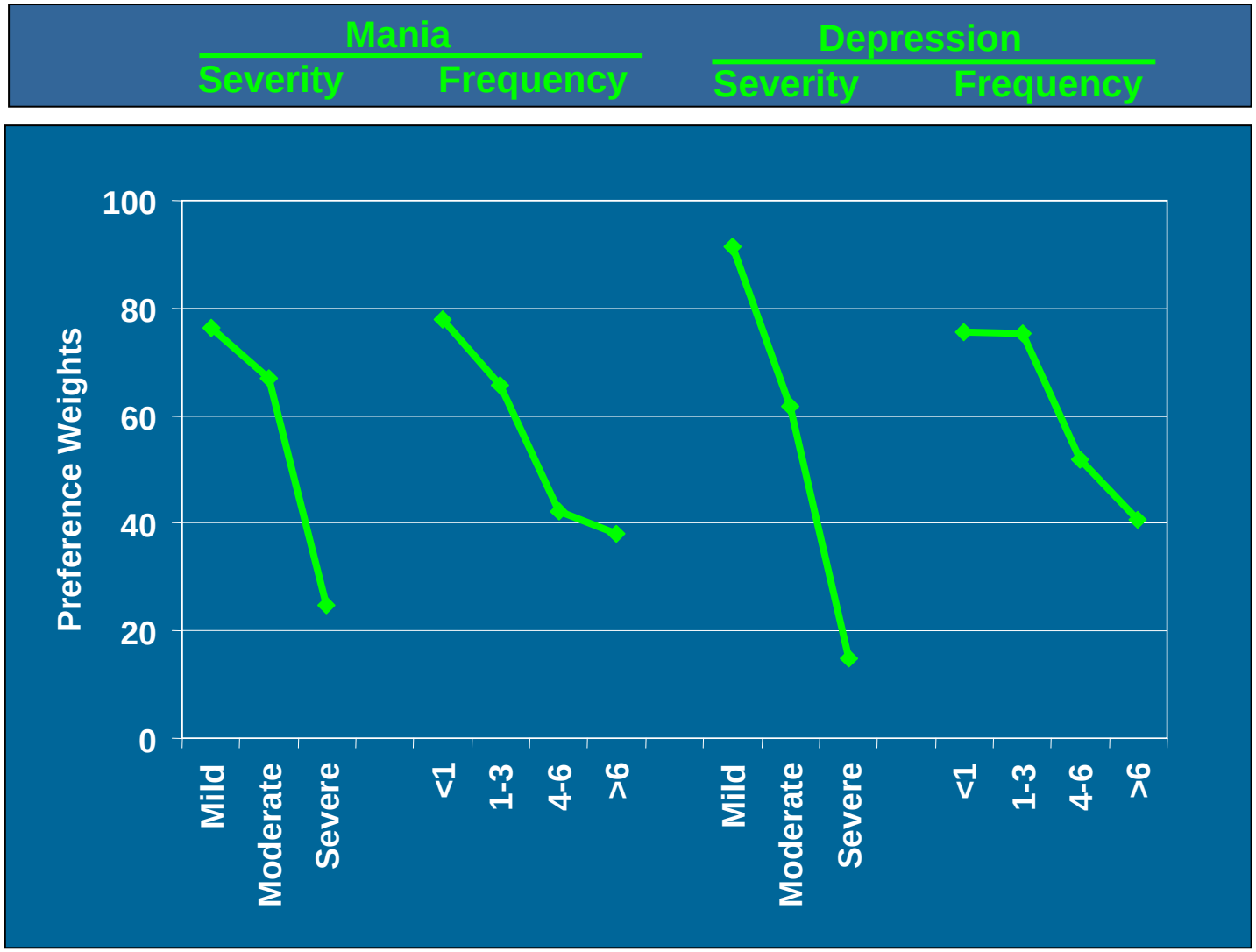
Patient Sample, Harris Chronic Disease Panel

N	469
Gender	37% Male 63% Female
Race	86% White 14% Other
College Graduate	30%
Years of Education	Mean = 14 years Median = 13 years
Annual Income	Mean = $41,000 Median = $22,500

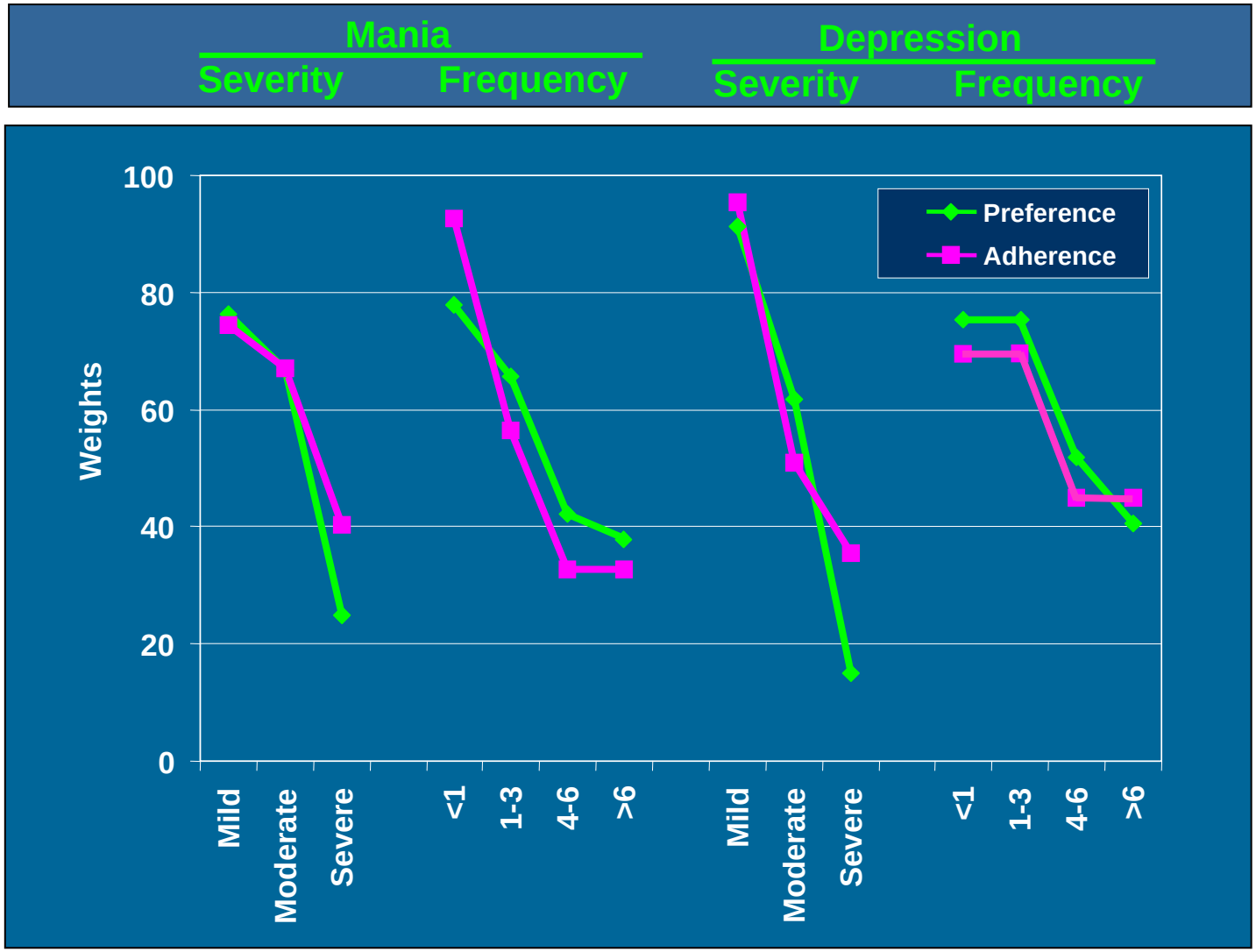
Reported Symptom Severity and Adherence

Severity of Last Mania Episode	44% Mild 46% Moderate 10% Severe
Severity of Last Depression Episode	17% Mild 58% Moderate 25% Severe
How Often Skip or Miss Medicine	23% Never 37% Rarely 23% Occasionally 17% Frequently

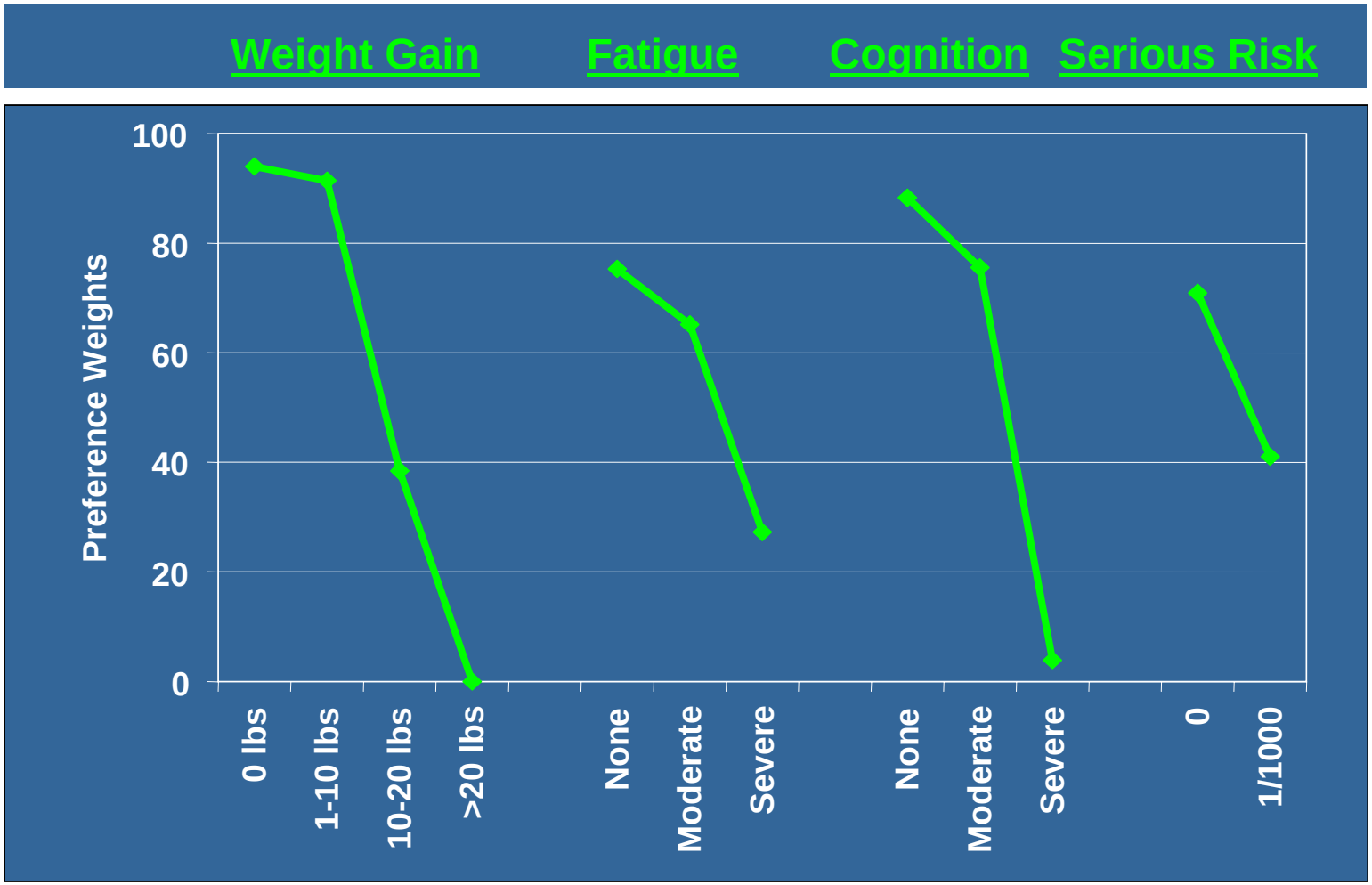
Satisfaction weights
Symptom severity and frequency



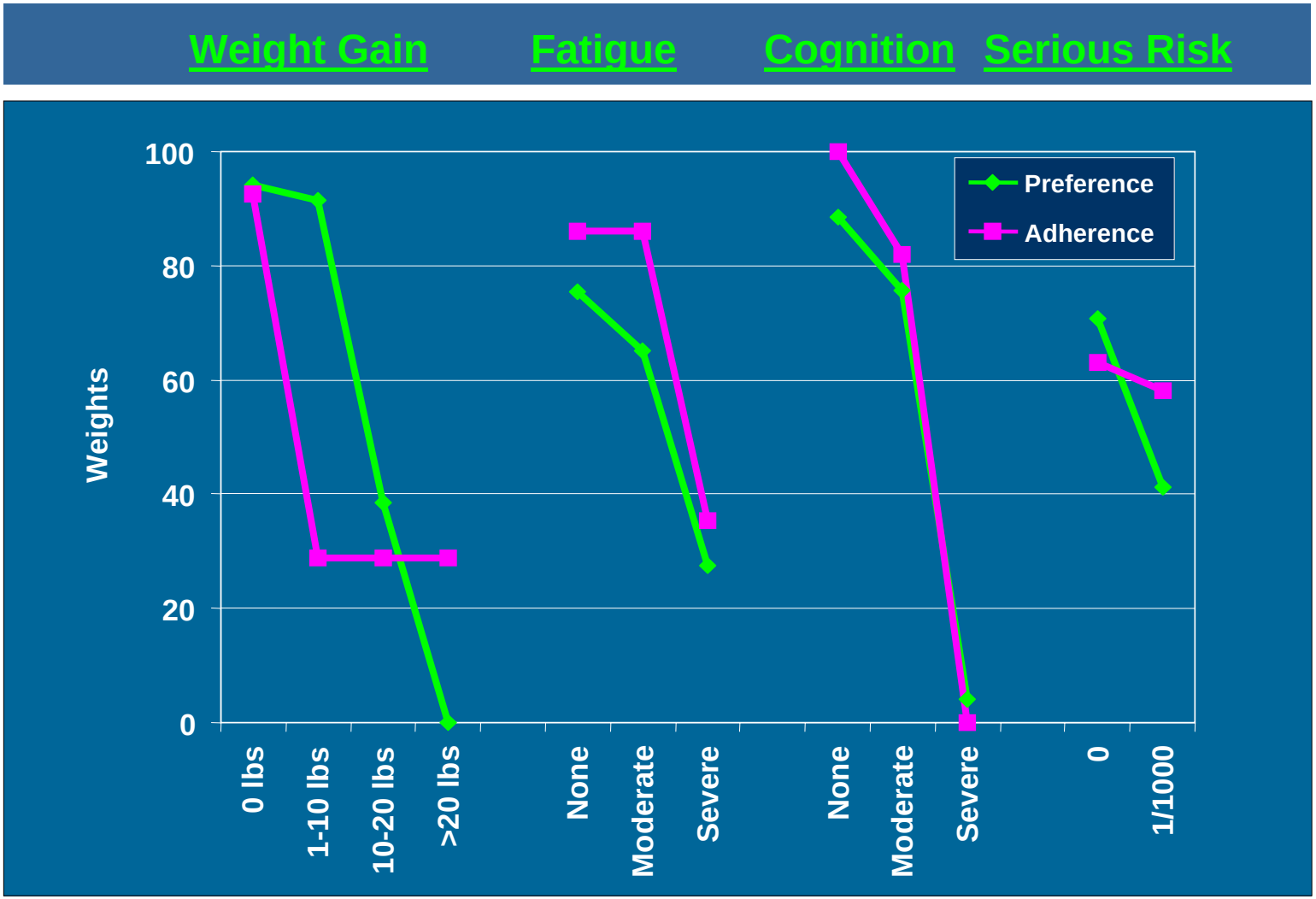
Satisfaction and adherence weights Symptom severity and frequency



Satisfaction weights
Side effects



Satisfaction and adherence weights
Side effects



Adherence to Current Treatments

		Current Treatment
Mania	<1 time per year 4-6 times per year >6 times per year	
Depression	<1 time per year 4-6 times per year >6 times per year	+ ** – ** – **
Weight Gain	None 10-20 lbs >20 lbs	+ * – *
Fatigue	Moderate Severe	
Cognition	None Moderate Severe	+ *** – ***
Personal Characteristics	White College Graduate Male Age > Median	+ **
Skip Current Treatment Frequently		NA

Adherence to Hypothetical Treatments

		Current Treatment	Hypothetical Treatment
Mania	<1 time per year		+
	4-6 times per year		–
	>6 times per year		–
Depression	<1 time per year	+	
	4-6 times per year	–	
	>6 times per year	–	
Weight Gain	None	+	+
	10-20 lbs	–	
	>20 lbs		–
Fatigue	Moderate		+
	Severe		–
Cognition	None	+	
	Moderate		+
	Severe	–	–
Personal Characteristics	White	+	
	College Graduate		
	Male		+
	Age > Median		–
Skip Current Treatment Frequently		**NA**	–

Adherence Difference—Hypothetical versus Current

		Current Treatment	Hypothetical Treatment	Difference
Mania	<1 time per year		+	+
	4-6 times per year		–	
	>6 times per year		–	
Depression	<1 time per year	+		
	4-6 times per year	–		
	>6 times per year	–		
Weight Gain	None	+	+	+
	10-20 lbs	–		
	>20 lbs		–	–
Fatigue	Moderate		+	
	Severe		–	
Cognition	None	+		+
	Moderate		+	
	Severe	–	–	–
Personal Characteristics	White	+		
	College Graduate			–
	Male		+	+
	Age > Median		–	
Skip Current Treatment Frequently		**NA**	–	+

Summary

- Control of depression severity is the most important efficacy feature for patient satisfaction
- Patients are willing to sacrifice symptom control to avoid significant weight gain.

  2-10 lb gain → 10-20 lb gain ≈ mild → severe mania episode

- Importance of side effects for preferences is not always the same as for adherence
- Cognition and weight-gain side effects are the most important features for patient adherence