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Barriers to Treatment Adherence for Children with Cystic Fibrosis and Asthma: What Gets in the Way?

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Objectives The purpose of this study was to systematically identify barriers to treatment adherence for children with cystic fibrosis (CF) and asthma, as well as to examine the relationship between the number of barriers and adherence.

Methods Participants included 73 children with CF or asthma and their parents.

The mean age of the sample was 9.9 years, and 58% were males. **Results**

Results indicated that barriers were quite similar by illness and informant (e.g., parent and child) for the same treatments, but unique barriers were identified for disease-specific treatments. Frequently mentioned barriers across diseases included forgetting, oppositional behaviors, and difficulties with time management.

Trends were identified between adherence and barriers, suggesting that a greater

number of barriers were related to poorer adherence. **Conclusion** Overall, this study provided evidence that patients and their parents experience specific barriers within the context of their own illness and highlights the need for disease-specific measures and interventions.

Key words: barriers; knowledge; patient-provider communication; pulmonary; treatment.

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