



Current Issue

Browse Issues

Search



About this Journal

Instruction to Authors

Online Submission

Subscription

Contact Us



RSS Feed

## Acta Medica Iranica

2009;47(4) : 447-455

### Review Article

#### Adherence to antiretroviral therapy and its determinants in AIDS patients: review article

Corresponding Author:

Hajiabdolbaghi M

#### Abstract:

There are limited published investigations about adherence to antiretroviral and its determinants. Many determinants influence on adherence to therapy. The effects of some determinants on adherence are controversial. More studies are needed to be fulfilled about adherence and its determinants to compile strategies. Key to the success of antiretroviral therapies is the ability and willingness of HIV-positive individuals to adhere to antiretroviral regimens. There are different definitions for full adherence. In the most studies, adherence is defined as taking  $\geq 95\%$  of prescribed medication. Adherence rate needs to be  $>95\%$  to prevent virologic failure and for complete suppression. The consequences of poor adherence include not only diminished benefits for the patient, but also the public health threat of the emergence of multidrug-resistant viruses, as these resistant strains can then be transmitted from a patient to their contacts. Evaluating adherence has proven to be difficult and there is no gold standard for evaluating adherence to medication. Adherence is assessed in various ways. The most studies evaluate adherence to treatment by using patient's self report and the pill count method but these are methods known to overestimate adherence. Some determinants are associated with adherence include: age, gender, addiction specially injection drug users, alcohol consumption, depression, social support, level of education, work situation, adverse antiretroviral effects, pregnancy, type of antiretroviral drug regimen, number of pills and daily doses received, severe traumas, social and psychological factors, and relationship between clinician and patient.

*Keywords:* Adherence, antiretroviral therapy, AIDS, treatment.

#### Keywords:

[Adherence](#) . [antiretroviral therapy](#) . [AIDS](#) . [treatment](#)

TUMS ID: 12093

Full Text HTML Full Text PDF 238 KB

top ▲

[Home](#) - [About](#) - [Contact Us](#)

TUMS E. Journals 2004-2009  
Central Library & Documents Center  
Tehran University of Medical Sciences

Best view with Internet Explorer 6 or Later at 1024\*768 Resolutions