

Title: NON ADHERENCE WITH ORAL HYPOGLYCEMIC MEDICATIONS: DOES ANTIDEPRESSANT THERAPY IMPROVE ADHERENCE?

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Objective: The problem of medication non adherence is seen across all therapeutic categories, including diabetes. Several studies suggest that the prevalence of depression in diabetics is twice that of non diabetics. The purpose of this study was to demonstrate differences in medication adherence to pioglitazone HCl therapy among diabetic patients who received antidepressant therapy compared to patients who didn't. **Methods:** Participants: Male patients over 19 who filled a prescription for pioglitazone HCl. Setting: More than 1,200 community pharmacies nationwide. Data were from computerized pharmacy records. Design: A blinded sample of male patients (n=3,364) was identified and followed 6 months prior (pre- period) and 12 months following (post period) the receipt of the prescription, and the refill data was analyzed. Patients were grouped based on the history of antidepressant use. Group 1 had no history in the pre- and post periods; group 2 had a history in the pre- period only; group 3 had a history in the post period only; Group 4 had a history in both periods. **Results:** The outcome measures used were total number of fills, days supply, and fills picked up by all groups. Groups 3 and 4 picked up more medication (number of fills 5.96 and 6.14, respectively) compared to groups 1 and 2 (number of fills 4.99 and 3.83, respectively). Kaplan-Meier analysis of the time to discontinuation showed that patients with no history of antidepressants in the post period have lower compliance and persistence comparing to patients with history of antidepressants in the post period. **Conclusion:** Non-adherence is an important issue affecting drug therapy outcomes in diabetes and a host of other diseases. Diagnosis and treatment of co-morbid depression in men are certainly an underutilized strategy with the potential to make inroads into the problem of poor medication adherence. Whether identifying and treating depressed individuals with diabetes can improve adherence will need to be determined in the future studies.

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