

## **Tips for Improving Patient Adherence to Antidepressant Therapy**

- Educate patients about antidepressants upon prescribing
  - How we think they work
  - Their efficacy and the goal of therapy
  - The time-course of antidepressant response versus the time-course of side-effects
  - Potential side-effects patients should anticipate
  - Eliciting for and dispelling myths (ie, addiction potential of antidepressants, etc)
  - Withdrawal effects upon abrupt discontinuation, especially if switching
- Instruct patients on a plan of action if they experience intolerably or worrisome adverse events, as well as a protocol for contacting you
- Follow patients frequently, especially when initiating a new therapy or increasing the dose
- Always elicit for common side-effects, including sexual dysfunction
- Target side-effects of therapy