

# AMA: eight reasons for nonadherence to medications

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(HealthDay)—Eight reasons associated with patient's intentional nonadherence to medications have been identified in a report published by the American Medical Association (AMA).

Noting that data show about one-quarter of new prescriptions are never filled, and that about 50 percent of the time [patients](#) do not take their medications, the [report](#) discusses reasons for intentional nonadherence.

According to the report, fear of potential side effects is one main reason for intentional nonadherence. In addition, cost may affect whether patients fill their prescriptions or ration their medication supply. Misunderstanding the need for medication, the nature of side effects, and the time taken to see results also affects nonadherence. Other factors that impact nonadherence include having too many medications, lack of

symptoms, concerns about becoming dependent on medications, and depression. Mistrust of the doctor's motivations behind prescription of certain medications also influences nonadherence.

"A free online module can help you address these reasons and improve [medication adherence](#) in your practice," according to the article. "The module, part of the AMA's STEPS Forward collection, includes practical strategies and tools that you can immediately implement with your practice team."

**More information:** [More Information](#)

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