Treatment compliance and early termination of therapy: a comparative study

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*Psychiatriki* 2004, 15:226–239

Research shows that treatment compliance in child psychiatric practice is a multifactorial issue, including factors such as the type of presenting problem, family's functioning and the
therapeutic team's organization. Early termination is a result of the interaction of these factors. The aim of this study was to compare evidence collected at two time periods concerning factors affecting treatment compliance and to investigate whether early termination rates differed after modifications in procedure were made by the child psychiatric service. Epidemiological data was collected from the patient files for two time periods. During period A, 1990–1994, 455 cases were examined, while during period B, 2000–2002, 476 cases were examined. These were the total number of cases admitted to our service during those periods. During period A 58.6% of cases failed to comply with treatment, while during period B 45.7% failed to comply. Statistical analysis in both cases showed that the sex and age of the child, the socio-economic status of the family, the family's size, the parent's educational background as well as the referral source are unrelated to compliance. On the contrary, the type of problem presented by the child, the type of recommended treatment, the number of sessions attended is correlated with treatment compliance. These results are discussed with respect to the reappraisal of certain aspects of our service's functioning and particularly the clinical team's modifications with respect to its techniques concerning the admission procedure and the therapeutic contract.

**Key words:** Child psychiatric services, evaluation, therapeutic alliance, early termination, compliance.

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**ΒΙΒΛΙΟΓΡΑΦΙΑ**


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