What is the problem?
Members are not adherent to antidepressant medication for depression.

GOAL
To educate Hispanic members through a cultural-sensitive approach about the importance of medication adherence.

How is Antidepressant Medication Management evaluated?
This measure has 2 phases:

1. **Acute Phase** - The % of members who remained on the medication for at least 12 weeks.

2. **Continuation Phase** - The % of members who remained on medication for 6 months.

**FOCUS GROUPS & SURVEY KEY DEMOGRAPHICS (N=45)**

- **67%** of the participants are females.
- **60%** of the participants are Hispanics.
- **53%** of the participants are married.
- **36%** of the participant’s age range is from 60 to 69.
- **60%** of the participants have a high school graduate/GED and some college.
- **67%** of the participants have a high school graduate/GED and some college.

**HIGHLIGHTS**
- Surveys and focus groups confirmed findings from literature review, specifically about beliefs in attitude and perception of medications and depression diagnosis.
- The most common barriers to adherence were being afraid of side effects and worry about becoming dependent on medications.
- 41% of the surveyed members believe that their depression had improved in the past year, while 44% believe their condition has not improved (either the same or worsened).
- Members reported a disconnect between perceived adherence and objective measures of adherence, as 47% of the surveys reported that members are taking their medication for depression as prescribed, while 18% reported that they never take it.
- 68% of the surveys agreed that the medication prescribed helped them feel better.
- 50% of the surveys reported that religious beliefs do not play a role in their decision to adhere to their prescribed medication for depression.

**RECOMMENDATIONS**
- Educational campaigns and materials to build awareness and destigmatize depression and other behavioral health conditions.
- Refer individuals to behavioral health providers or other specialist services before prescribing psychiatric medication.
- Need more female providers of color.
- Offer gym memberships and/or meditation videos as part of the plan’s benefits.
- Partner with clinics, schools, churches, community-based organizations, and streaming platforms who serve the Hispanic community to provide appropriate resources.