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**Abstract** - Master Thesis Project, the Pharmacy Programme

**Refill adherence to antidepressants in women and men**

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**Background:** Depression causes reduction of quality of life and increased costs for patient and society. Poor adherence to antidepressant treatment is a major obstacle in the treatment of depression.

**Objective:** To analyze if there is a difference in refill adherence to treatment with Selective Serotonin Reuptake Inhibitors (SSRI) between women and men in working age (25-64 years).

**Method:** This retrospective study used The Swedish Prescribed Drug Register. The study subjects included new antidepressant users from July 1, 2006 to December 31, 2006. The study period ranged from July 1, 2006 to December 31, 2007. Refill adherence was assessed using Medication Possession Ratio(MPR). To be considered sufficient refill adherent the person needed to have an MPR in the range 80-120%. All analyses were made for women and men separately. Chi<sup>2</sup>-test was used to analyze differences in proportion for various variables aiming to find possible confounders. Multiple logistic regression analyses were done to control for the potential confounders in the analysis of adherence for women and men.

**Results:** Altogether, the study encompassed 29,300 new users of SSRI. Women were to a statistically significant higher degree adherent, measured by MPR, compared to men (40.8% vs 38.1%,  $p < 0.001$ ). This difference remained after controlling for potential confounders, men had a lower probability to be adherent(OR=0.90 [95% CI=0.85-0.94]) compared to the women.

**Conclusions:** Men had a lower refill adherence to SSRI-treatment measured by MPR than women after control for potential confounders.