A Grounded Theory of Successful Adherence to HIV Treatment

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Abstract

Adherence to prescribed treatment is a concern in most patient populations, including people living with HIV. Extensive research has been conducted on adherence, but it has focused primarily on people with poor outcomes in an attempt to identify factors that predict successful adherence and has done little to increase understanding of why people become or remain adherent or identified consistent predictors of adherence. Based on the notion that non-adherence often arises when people do not accept their medical problem, the proposed research examines the role of self-compassion in treatment adherence. People who are high in self-compassion treat themselves with kindness and compassion in the face of negative life events, whereas those low in self-compassion react with self-criticism, blame, and self-directed anger, responses that may interfere with taking adaptive steps to deal with HIV. The research will examine the relationship between self-compassion, coping strategies, emotional well-being, and adherence to anti-retroviral therapy in 150 patients living with HIV.