



**ESPACOMP Workshop 2023: Self-reported adherence in research and clinical practice:  
what are we looking for?**

***Saturday 2nd December 2023 14.00 to 17.30 CET***

**Faculty (in alphabetical order)**

PD Dr. Isabelle Arnet, University of Basel, Basel, Switzerland

Dr. Christiane Eickhoff, ABDA – Federal Union of German Pharmacists Association, Berlin, Germany

Dr. Alexandra Dima, Serra Hunter Lecturer Behaviour Science Methodology, University of Barcelona & Senior Investigator, Sant Joan de Déu Research Institute, Barcelona, Spain.

**Purpose:**

This workshop aims to:

- Share experiences of different research teams on selecting and using self-report (SR) medication adherence measures;
- Compile the pros and cons of several SR medication adherence measures and their potential uses in research and clinical practice;
- Work together with participants towards a consensus on the quality criteria needed for SR medication adherence measures for different types of studies (research or clinical practice context);
- Initiate the writing of a position statement on the state-of-the-art on SR medication adherence and need for coordinated work on SR medication adherence measure development and adoption in research and clinical practice.

This workshop is directed to researchers; clinicians; students; and policy makers interested in medication adherence measures in research and/or clinical practice. At least experience in running or participating to one research study on medication adherence is required, but early career researchers might benefit most when they are in the planning phase of a research study on SR medication adherence.

**Description:**

Self-report (SR) continues to be the most used method of collecting information on medication adherence behaviours and determinants. Numerous questionnaires have been developed, and validation work has been performed and reported following various methodologies. Recent systematic reviews (*Kwan et al., 2020*) highlight the heterogeneity of questionnaires and validation studies, as well as the lack of evidence on the full range of measurement properties recommended by the psychometric literature on patient-reported outcome measures (*Gagnier et al., 2021*). After decades of measure development, researchers initiating new studies on medication adherence are confronted with limited options applicable to their context, after considering a diversity of measures with various degrees of development and validation. Moreover, many measures available are not consistent with current consensus definitions of medication adherence (ABC) and reporting guidelines (EMERGE). In this context, there is a need to exchange experiences of different research groups on the selection and use of adherence measures for different types of studies, and work towards consensus recommendations on what quality criteria are necessary for SR medication adherence measures depending on the purposes for their use in research or clinical practice contexts. This consensus would build on prior ESPACOMP initiatives and contribute to the ESPACOMP mission of promoting the science of medication taking.

The format of the workshop will be predominantly interactive between speakers and audience mostly as roundtable or group discussion. One exercise in small groups is planned. Consensus will be obtained by voting. Participants will be invited to prepare in advance short presentations on their experiences on selecting and using a SR medication adherence measure, if applicable to their research. They will obtain a template PowerPoint with 10 slides to structure their presentation. The slides will cover 1. Title of the study, name of researchers involved, institution where the study was performed; 2. Rationale for performing the study and study aim; 3. Study setting; 4. Adherence measure; 5. Short results of the study; 6. What worked well; 7. What worked less well; 8. Pros; 9. Cons; 10. Summary.

After a 30-minute open discussion, the pros and cons of several SR medication adherence measures will be compiled. This will serve as basis for developing a consensus on quality criteria. Participants will delineate the quality criteria in small groups. Each group will work on one specific topic (eg, research or clinical practice context; targeted population and inclusion criteria). Back to the plenary, the groups will present their results. A consensus will be obtained by voting. Participants will be invited to join the moderators to write a position statement on the state-of-the-art on SR medication adherence.

0.00-0.30 Overview of the COSMIN guidelines as applied to MA measures (moderators)

0.30-1.30 Examples of participant's experiences with SR MA measures

1.30-2.00 Interactive compiling of pros and cons of SR MA measures

2.00-2.30 Interactive delineation of quality criteria in small groups

2.30-3.00 Interactive voting towards consensus

3.00-3.30 Synthesis of exchanges and structuring of position statement

References:

Kwan YH, et al. Measurement properties of existing patient-reported outcome measures on medication adherence: systematic review. *J Med Internet Res.* 2020;22(10):e19179.

Gagnier JJ et al. COSMIN reporting guideline for studies on measurement properties of patient-reported outcome measures. *Qual Life Res.* 2021;30(8):2197-2218

### Leaders:



**Isabelle Arnet** (University of Basel, Basel, Switzerland)

Isabelle studied pharmacy at the Swiss Federal Institute of Technology Zurich, Switzerland, and graduated in 1991 with a federal diploma. After 2 years as a freelancer for the Johns Hopkins Hospital in Baltimore, Maryland, USA, she joined 1997 the staff of Prof. Dr. WE. Haefeli at the Department of Clinical Pharmacology & Toxicology of the University Hospital Basel, Switzerland. She acquired 1999 her PhD from the University of Basel, with a thesis on "Compliance/Non-compliance and psychological attributes". She entered 2000 the editorial department of *Documed*, Basel, and assumed the translation services, along with the development of tools for hospital pharmacies. In parallel, she kept teaching activities in pharmacy at the University of Basel. In 2008, she joined the Pharmaceutical Care Research Group at the Department of Pharmaceutical Sciences, University of Basel, as a senior scientist with research and teachings assignment. She is an international recognized expert in medication adherence and developed among others electronic devices for the monitoring of polypharmacy, together with standards for calculation. As bilingual French and German, she worked on the translation of the adherence taxonomy. She is currently developing tools including questionnaires for pharmacists to ameliorate adherence in ambulatory patients. Her personal driver is to find practical solutions to practical problems in medication adherence, and the implementation of research results into practice. Isabelle Arnet is member of several national and international associations and societies, and joined in 2017 the board of PCNE (Pharmaceutical Care Research Network). She aims at stimulating young researchers, and at introducing new views and activities across borders.



**Christiane Eickhoff** (ABDA – Federal Union of German Pharmacists Association, Berlin, Germany)

Christiane graduated as a pharmacist from the Freie Universität Berlin, Germany. Christiane is now working as a research associate at the ABDA. Her work centres on pharmacy practice research with a focus on medication adherence, outcome measurement and the development, implementation and evaluation of pharmaceutical services. Together with Isabelle Arnet, she has developed a tool enabling pharmacists to screen for non-adherence in medication. Both have established the working group “medication adherence” within the Pharmaceutical Care Research Group. Christiane runs the professional secretariat of the Initiative for Pharmaceutical Care, an

organisation aiming to establish pharmaceutical care in Germany, especially by consulting and funding research projects. Christiane is a lecturer at the Freie Universität, Berlin, and regularly presents at conferences both in Germany and internationally. She is voluntarily engaged in the development cooperation with Bangladesh with a focus on health, education and women, again chairing the NGO Shanti since 2016.



**Alexandra Dima** (Serra Hunter Lecturer Behaviour Science Methodology, University of Barcelona & Senior Investigator, Sant Joan de Déu Research Institute, Barcelona, Spain)

Alexandra’s research on medication adherence adopts diverse quantitative and qualitative methodologies and mixed-methods approaches. Her methodological expertise includes psychometrics and measurement. She has led the development of the TEOS framework for medication adherence measurement, is one of the developers of the R package AdhereR for estimating medication adherence from electronic healthcare data and has developed and/or

validated several self-report questionnaires related to medication adherence and more broadly self-management of chronic conditions. She is Chair of the ENABLE COST Action WP2 on Medication Adherence Technologies.