

# **Patient Adherence and Adjustment in End-Stage Renal Disease**

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## **BACKGROUND / RATIONALE:**

Increased quality assurance concerns associated with the Medicare End-Stage Renal Disease (ESRD) program underscores the need for research addressing the adaptation and quality of life of ESRD patients. Patients' level of psychological adjustment and their degree of adherence with the ESRD treatment regimen reflect two important criteria that are examined in the present continuation proposal.

## **OBJECTIVE(S):**

One objective involves identifying psychological characteristics that influence medical regimen adherence and emotional adjustment among patients treated with renal dialysis.

A second objective involves identifying patient characteristics that are related to adherence and adjustment among renal transplant patients.

## **METHODS:**

A longitudinal study design that considers the effects of patient individual differences (i.e., coping style) and contextual differences among the available dialysis treatment modalities will be used. A key aspect of the study involves the assessment of patients at an early stage of progressive renal insufficiency, before renal dialysis is clinically necessary.

Initial psychosocial assessment will be conducted during the pre-transplant evaluation process.

## **FINDINGS / RESULTS:**

We hypothesize that adherence and adjustment will vary as a joint function of the type of dialysis prescribed and patient individual differences assessed at baseline. Hypotheses regarding psychological predictors of patient adherence and changes in emotional well-being after transplantation will be tested in a prospective manner. For example, we hypothesize that patients with a more active style of coping will exhibit better adherence and better emotional adjustment than other transplanted patients.

**STATUS:**

This project is ongoing.

**IMPACT:**

We believe the proposed research will extend the role of psychological theory and practice in contributing to the care of ESRD patients. The knowledge generated will add to a growing body of literature that suggests psychosocial assessment information can be useful in the selection of the most beneficial renal treatment modality for a particular patient.

**PUBLICATIONS:**

None at this time.