

P-219 - WHY MAINTAIN THE ADHERENCE TO MEDICATION? A QUALITATIVE STUDY ON TREATMENT FROM THE PERSPECTIVE OF BRAZILIAN ADHERENT BIPOLAR PATIENTS

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Background: This project approaches reasons reported on adherence to treatment for patients with bipolar affective disorder (BAD), through qualitative study of bipolar individuals out of crisis.

Purpose: To discuss psychological meanings of the stable adherence such as brought in qualitative interviews with bipolar patients considered in complete adherence at psychiatric outpatient service of General Hospital of the State University of Campinas.

Method: Research methodology from the Humanities employed to health settings, using clinical-qualitative method particularly, employing the technique of semi-directed interview with open-ended questions. The sample was closed by the criterion of theoretical saturation of information. Data were treated through the qualitative content analysis, with free-floating readings of the *corpus* - the set of the transcribed interviews - in order to categorize in core's discussion.

Results: Several aspects were reported by patients as essential to maintain the adherence to their treatment over time. For this presentation, two categories were chosen: subjects expressed feelings of fear of the disease, because of its evolution with relapse, although the phases in which they feel almost normal people; and the meaningful emotional connections with their family, the protective health institution and religion - all perceived as supportive of adherence phenomenon.

Conclusion: To listen to what compliant patients experience in this context can help in practical understanding of integrated health and context, thus promoting greater understanding of the factors of adherence in the treatment of BAD.