

ADHERENCE TO MEDICAL ADVICE ESSAY PACK

For CAIE A2 Psychology Paper 3

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1. a) Describe what psychologists have discovered about:

- **types of non-adherence, and**
- **rational non-adherence, including a study. [6]**

Ans.

Adherence refers to how well a patient follows medical advice given by a health professional.

Non-adherence occurs when this [REDACTED]

Two main

types of non-adherence are (1) failure to follow treatments; and (2) failure to attend appointments. Failure to follow treatments can be [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED].

Rational non-adherence is a form of intentional non-adherence in which patients believe their decision not to follow treatment is logical and justified. Patients may feel that [REDACTED]

t. Laba et

al. investigated factors influencing [REDACTED]

[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED].

1. b) Evaluate what psychologists have discovered about:

- types of non-adherence, and
- rational non-adherence, including a study

including a discussion about individual and situational explanations

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

One relevant issue is individual and situational explanations. Non-adherence can be explained at the individual level through [redacted]

[redacted] Laba et al. showed that patients prioritise reduction in risk of death and severity of side effects when making [redacted]

[redacted] nt. However, situational factors are also important. Failure to attend appointments is often linked to [redacted]

A second issue is reductionism versus holism. Explanations of non-adherence are reductionist when they focus only on patient behaviour; [redacted]

[redacted] Laba et al.'s use of discrete choice experiments reduces adherence to [redacted]

A final issue is application to everyday life. Research into rational non-adherence has strong practical value. Laba et al.'s findings suggest that adherence could be [redacted]

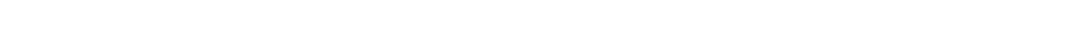
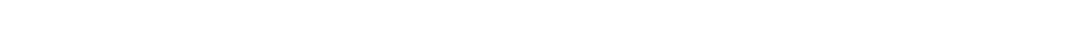
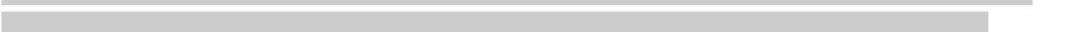
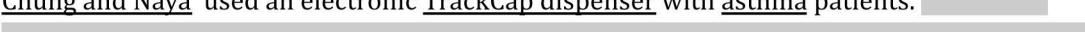
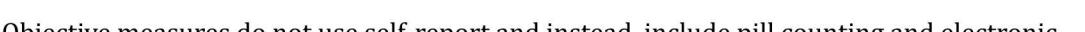
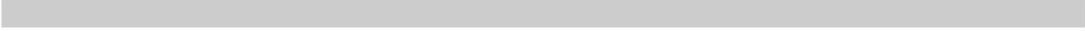
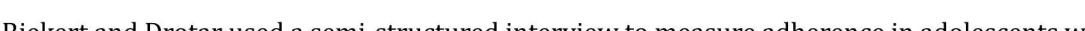
[redacted] s.

2 a) Describe what psychologists have discovered about:

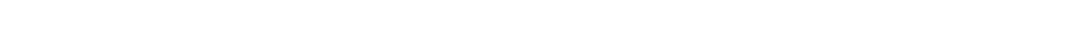
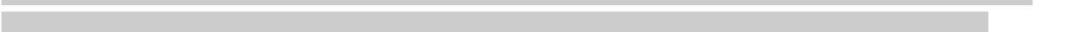
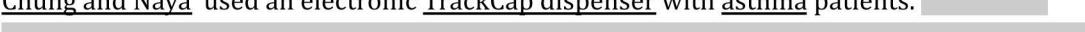
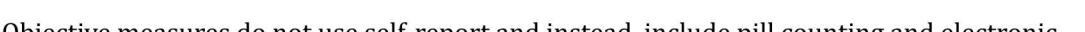
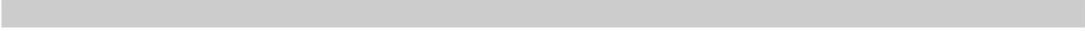
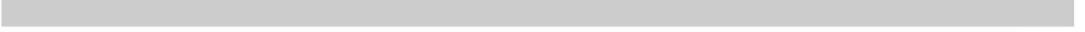
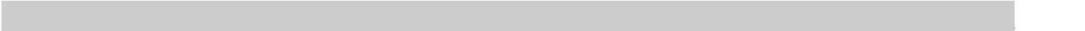
- **subjective measures of adherence, and**
- **objective measures of adherence. [6]**

Ans.

Adherence can be measured using subjective and objective methods. Subjective measures use patient self-report and include

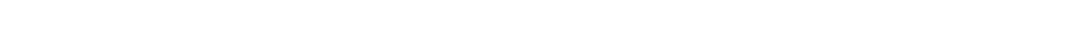
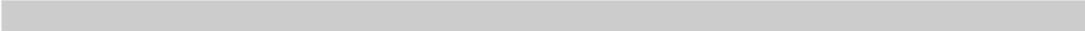


Riekert and Drotar used a semi-structured interview to measure adherence in adolescents with



d.

Chung and Naya used an electronic TrackCap dispenser with asthma patients.



2. b) Evaluate what psychologists have discovered about:

- **subjective measures of adherence, and**
- **objective measures of adherence**

including a discussion about application to everyday life

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

One relevant issue is application to everyday life. Subjective measures such as clinical and semi-structured interviews are highly applicable in [REDACTED]

[REDACTED]. Chung and Naya showed that TrackCap monitoring provides detailed information about [REDACTED]

Another issue is idiographic versus nomothetic approaches. Subjective measures, especially semi-structured interviews, use an idiographic approach [REDACTED]

[REDACTED]. Chung and Naya's use of TrackCap provided standardised adherence data that could be compared across participants.

A final issue is quantitative and qualitative data. Subjective interviews combine quantitative ratings with qualitative explanations, [REDACTED]

[REDACTED]. However, the absence of qualitative insight means researchers may misinterpret behaviour, such as assuming [REDACTED]

3 a) Describe what psychologists have discovered about:
• improving adherence in children, including a study, and
• individual behavioural techniques to improve adherence. [6]

Ans.

Improving adherence in children is important because young children may not understand [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED] s.

Chaney et al. investigated whether a reward-based inhaler called Funhaler could improve [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

Individual behavioural techniques can also improve adherence. Behavioural contracts involve [REDACTED]
[REDACTED]
[REDACTED]
[REDACTED]

3. b) Evaluate what psychologists have discovered about:
• improving adherence in children, including a study, and
• individual behavioural techniques to improve adherence

including a discussion about use of children

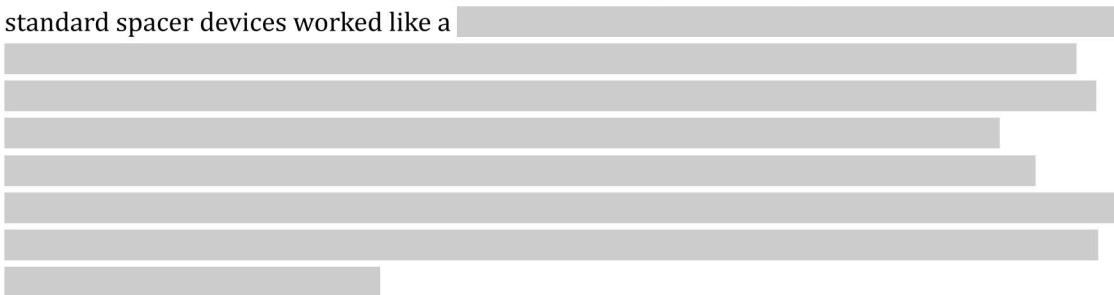
Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

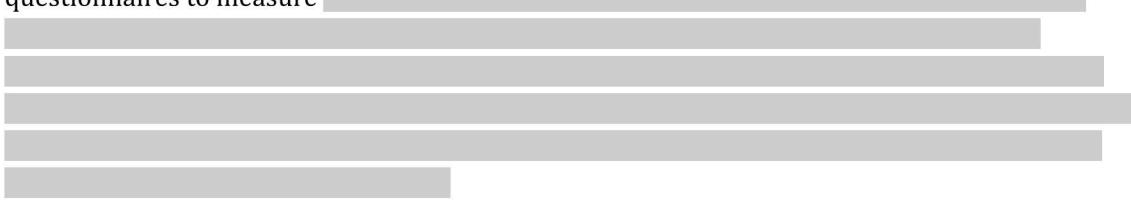
One relevant issue is the use of children in research. Research into improving adherence frequently involves children, as seen in Chaney et al's study of the Funhaler with



Another relevant issue is the use of experiments. Chaney et al's comparison of the Funhaler with standard spacer devices worked like a



A final issue is the use of questionnaires. Chaney et al. depended heavily on parent-reported questionnaires to measure



4 a) Describe what psychologists have discovered about improving medical adherence using community interventions, with reference to Yokley and Glenwick (1984). [6]

Ans.

Yokley and Glenwick investigated how behavioural community interventions could improve medical adherence, focusing on childhood immunisation. At the time of the study, [REDACTED]

The aim was to evaluate the effectiveness of different strategies for motivating parents to have their children immunised. A field experiment with a [REDACTED]

Four experimental groups involved mailed prompts: a general reminder, [REDACTED]

Results showed a clear order of effectiveness. The monetary incentive condition produced the highest clinic attendance and immunisation rates, [REDACTED]

It was concluded that behavioural incentives and [REDACTED]

4 b) Evaluate what psychologists have discovered about improving medical adherence using community interventions, with reference to Yokley and Glenwick (1984)

including a discussion about validity

Evaluation in your answer can include strengths, weaknesses and a discussion of issues and debates. [10]

Ans.

One relevant issue is validity. Yokley and Glenwick's experiment had high ecological validity because it was conducted through an

[REDACTED]

. However, validity may have been affected by drop-outs, as a

[REDACTED]

Another issue is the use of questionnaires. The study mainly used clinic attendance records and immunisation data, which are objective and reduce self-report bias.

[REDACTED]

However, some dependence on parental reporting was still there,

[REDACTED]

A final issue is generalisation from findings. The study involved preschool children

[REDACTED]

. Similarly, families not registered with

[REDACTED]

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