

# **ADHERENCE TO MEDICAL ADVICE ESSAY PACK**

For CAIE A2 Psychology Paper 3

VISIT [CIEALEVELS.EXCELLINGPSYCHOLOGY.COM](https://ciealevels.excellingpsychology.com) FOR MORE!

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

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

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

t. Laba et al. investigated factors influencing

**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

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

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

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

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

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

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

[REDACTED]

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

[REDACTED]

Objective measures do not use self-report and instead, include pill counting and electronic medication dispensers. Pill counting

[REDACTED] d.

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

[REDACTED]

**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]s. 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

s.

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

Individual behavioural techniques can also improve adherence. Behavioural contracts involve

**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

[REDACTED]

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

[REDACTED]

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

[REDACTED]

**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

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

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.

However, some dependence on parental reporting was still there,

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

. Similarly, families not registered with

*Lesson prepared by:*

**Jyotika Varmani**

CIE A Levels Psychology School Teacher, Modern College, Mauritius  
CIE A Levels Psychology Subject Expert, Podar International, Mumbai  
AQA GCSE and A Levels Psychology Tutor, Expert Tutors, UAE  
AQA A Levels Psychology Tutor, Higher OTS Academy, UAE  
AQA A Levels Psychology Tutor, Gritty Tech, India  
AQA A Levels Psychology Tutor, Aurora ELearning, UAE  
Edexcel Psychology Tutor, ETutor Home, India

Youtuber with 4k+ Global Psychology Student and Teacher Subscribers  
Psychology Website Author with 10M+ Global Views, visit:

<https://excellingpsychology.com>

9+ Years Experience in International GCSE and A-Levels Psychology Tutoring for CIE,  
AQA, Edexcel and IBDP

M.A. (Psychology Honours), UGC-SET and NET (first attempt, first ranker),  
PGDHE (Post-Graduate Diploma in Higher Education)  
Visit Jyotika Varmani's complete profile at -  
<https://www.teacheron.com/tutor-profile/1KH>

To book your GCSE/IGCSE/A-levels classes with Jyotika Varmani:

WhatsApp: **+919892507784** OR

e-mail: [jyotika@excellingpsychology.com](mailto:jyotika@excellingpsychology.com)

You can also reach out for paper corrections and feedback or assistance with IA/EE or  
other psychology projects over correspondence only