

# Financial incentives to improve adherence to antipsychotic maintenance medication in non-adherent patients: a cluster randomised controlled trial

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## Plain English summary

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## Plain English summary

People with schizophrenia are often prescribed medication to help control their symptoms. This is often given as an injection that lasts up to 4 weeks. Some patients struggle to attend appointments for their injections and may become unwell or need emergency treatment. It is important to find a way to encourage such patients to regularly receive their injections. Offering money can enhance other health behaviours such as losing weight, quitting smoking or stopping drug or alcohol use. However, we do not know whether or not it would help people to regularly attend injection appointments.

In this study, half of the participants were offered £15 each time they attended an appointment to receive their injection. Patients who were offered money attended more often and reported a better quality of life. When the money was stopped, they returned to missing their appointments as before. Both patients and mental health staff felt mostly positive about the money offer and its effects, which included a better relationship between patients and staff. A few felt guilty about accepting the money.

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