

## Poster

Thu. Sep 25, 2025 3:00 PM - 4:00 PM JST | Thu. Sep 25, 2025 6:00 AM - 7:00 AM UTC  Poster Session (Foyer 2)

## Poster 6

### [P-6-06] Music therapy and gardening enhances post-discharge adherence in psychiatric patients

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**Introduction:** Maintenance pharmacotherapy after acute hospitalization for schizophrenia, bipolar disorder, and major depression is vital for relapse prevention and functional recovery. However, medication adherence, measured by proportion of days covered (PDC) and medication possession ratio (MPR), averages 50% (range 20-80%). Interventions like medication education and motivational interviewing improve adherence but lack sustained impact without ongoing support. Horticultural and music therapies reduce depression and anxiety. This study evaluates their impact on medication adherence and outpatient treatment retention 6-12 months post-discharge.

**Methods:** From July 2022 to July 2023, 139 patients at Chungnam National University Hospital's psychiatric ward received weekly horticultural and music therapy (experimental group). A control group of 278 patients, hospitalized from July 2020 to June 2022, was matched 1:2 by gender, age, and diagnosis (schizophrenia, bipolar disorder, depression, others). Of 445 patients, 387 were analyzed after excluding those without post-discharge visits. Age groups were young (<30), middle (30-60), and older (>60). Adherence was assessed via MPR and PDC over 12 months using repeated measures ANOVA, and retention via Cox proportional hazard ratios.

**Results:** The experimental group showed significantly higher MPR at 4, 6, and 8 months post-discharge, but not at 10 or 12 months. Age and music therapy participation were significant predictors in ANOVA and Cox models. Middle-aged patients and music therapy participants had higher adherence and retention.

**Conclusion:** Music therapy during hospitalization improved medication adherence up to 8 months post-discharge and enhanced outpatient retention, particularly in middle-aged patients. Music therapy's effectiveness may relate to song selection and active participation.