

## Meta-Analysis on Effectiveness of Intervention to Improve Patient Compliance in Korean

Chun-Bae Kim<sup>1</sup>, Sook-Jung Hyun<sup>1</sup>, Ae-Hwa Park<sup>3</sup>, Heui-Sug Jo<sup>2\*</sup>

*Department of Preventive medicine, Yonsei University Wonju College of Medicine*<sup>1</sup>,  
*Department of Preventive Medicine, College of Medicine, Kangwon National University*<sup>2\*</sup>

The purpose of this study is to summarize the results of 133 studies published between 1980 and 2000 related to patient compliance and to assess the effectiveness of intervention on compliance by using meta-analysis.

We collected the existing literature by using web search 'patient compliance', 'sick role behavior', 'major clinical disease', and 'intervention' as key words and by reviewing

content of journals related to medicine, nursing and public health. The compliance interventions were classified by theoretical focus into educational, behavioral, and affective categories within which specific intervention strategies were further distinguished. The compliance indicators broadly represent five classes of compliance-related assessments: (1) health outcomes (eg, blood pressure and hospitalization), (2) direct indicators (eg, urine and blood tracers and weight change), (3)

indirect indicators (eg, pill count and refill records), (4) subjective report (eg, patients' or others' reports), (5) utilization (appointment making and keeping, use of preventive services). Quantitative meta-analysis was performed by MetaKorea program which was developed for meta-analysis in Korea.

Among the 133 articles, 10 studies were selected for quantitative meta-analysis. The interventions produced significant effects for all the compliance indicators with the magnitude of common effect size (4.1192) than the non-intervention group. The largest

effects were study for patient of diabetes mellitus using direct indicator such as glucose

level in blood and urine. Strategic intervention showed clear advantage compared with non-intervention group.

**Keywords :** Patient Compliance, Meta-Analysis, Intervention, MetaKorea