

- First systematic review to date to examine factors associated with adherence across several Immune-mediated inflammatory diseases and across multiple treatment types.
- Findings indicate that research to date has focused on the association of demographic factors, and clinical or treatment factors to adherence. There is limited research examining the role of psychosocial factors.
- This review however demonstrates that psychosocial factors (e.g. treatment concerns, self-efficacy and depression) are more consistently associated with adherence.
- Tools to help patients and health care professional tackle these psychosocial factors, are thus likely to be most effective at reducing non-adherence.

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