

Peer Review

Review of: "Sociodemographic, Clinical, and Psychological Barriers to Medication Compliance: The Case of Patients with Musculoskeletal Disorders in Greece"

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This study makes a valuable contribution to the field of health psychology and healthcare management by exploring the critical issue of medication compliance among patients with musculoskeletal disorders. The authors have adopted a multifaceted approach, addressing sociodemographic, clinical, and psychological factors, which significantly enriches our understanding of this complex topic.

Strengths

Holistic Perspective:

The authors' inclusion of diverse variables—ranging from demographic data to psychological states like fatigue—demonstrates a comprehensive approach to understanding medication adherence. This multidisciplinary perspective is commendable and sets a strong foundation for future research in the field.

Use of Validated Instruments:

The study employs well-established tools such as the Fatigue Assessment Scale (FAS) and the Self-Efficacy for Appropriate Medication Use Scale (SEAMS), ensuring the reliability and validity of its findings. The thoughtful selection of these instruments enhances the credibility of the study.

Clinical Relevance:

By focusing on a population with musculoskeletal disorders, the study highlights a group that is often

underrepresented in research on medication adherence. The findings provide actionable insights for healthcare providers working with this patient demographic.

Practical Implications:

The paper offers practical recommendations, such as the need for tailored interventions for patients experiencing fatigue or those with lower educational levels. These suggestions can directly inform clinical practices and policy development.

Notable Findings

The study's identification of fatigue as a significant barrier to medication compliance is particularly impactful. This finding underscores the need for healthcare providers to address psychological and physical fatigue as part of treatment plans. Furthermore, the observation that educational level influences adherence highlights the importance of health literacy initiatives.

Suggestions for Enhancement

While the study is robust, a few areas could be explored further to maximize its impact:

Longitudinal Design:

Future research might consider adopting a longitudinal approach to better understand the causal relationships between the variables examined.

Broader Population Sample:

Expanding the sample to include diverse geographic and cultural populations would enhance the generalizability of the findings.

Intervention Development:

Building on the findings, the authors could propose or test specific interventions aimed at reducing fatigue and improving health literacy among patients.

Conclusion

Overall, this paper provides a significant contribution to the literature on medication compliance. Its findings are not only theoretically insightful but also have meaningful practical applications. The authors are to be commended for their rigorous methodology and thoughtful analysis. This study serves as an excellent starting point for further research and intervention development in this critical area of healthcare.

This review highlights the paper's strengths while offering constructive feedback to encourage further exploration and application.

Declarations

Potential competing interests: No potential competing interests to declare.