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## Improving Medication Adherence in Depressed Patients via Mobile Applications

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# Eastern Kentucky University

College of Health Sciences  
School of Nursing

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Doctor of Nursing Practice Program  
DNP Project Final Report

## Improving Medication Adherence in Depressed Patients via Mobile Applications

DNP Student: Melanie Ocampo

Date: November 30, 2021



DOCTOR OF NURSING PRACTICE

The DNP Project Final Report is submitted in partial fulfillment of the requirements for the degree of Doctor of Nursing Practice (DNP) at Eastern Kentucky University (EKU).

### Student Acknowledgement

“I assert that the content of this DNP Project is my original work. Proper citation, credit, and permissions have been obtained and/or given to all external sources. I retain the right to ownership of my work. I further retain the right to use the work in future publications (i.e. articles, books...) all or any part of my work.”

EKU DNP Student: Melanie Ocampo

Signature: 

Date: November 30, 2021

### Review & Approval of DNP Project Final Report

The DNP Project Final Report has been reviewed and approved by the DNP Project Team, which includes the DNP Project Chair and the DNP Project Team Member(s). The DNP Project meets the satisfactory requirements for the DNP Project Final Report outlined in the EKU DNP Project Guidelines. The EKU DNP Project Guidelines are based on best practices outlined by the American Association of Colleges of Nursing (AACN) and external evidence-based sources. The DNP Committee develops, maintains, and monitors these standards on behalf of the Department of Baccalaureate and Graduate Nursing at Eastern Kentucky University.

“We assert that we have reviewed and approved this DNP Final Project Report.”

EKU DNP Project Chair: (Type Name + Credentials)

Signature:

Date:

EKU DNP Team Member: (Type Name + Credentials)

Signature:

Date:

**EKU DNP Coordinator: (Type Name + Credentials)**

**Signature:**

**Date:**

**EKU School of Nursing Department Chair: (Type Name + Credentials)**

**Signature:**

**Date:**

**Acknowledgements: (Optional)**

**Improving Medication Adherence in Depressed Patients via**

**Mobile Applications**

Melanie Ocampo

School of Nursing, Eastern Kentucky University

NSC 994 NSC 994 DNP Project, CRN # 53044 | 52648

Dr. Molly Bradshaw

November 30, 2021

## Abstract

About 7% of US adults had experienced depression. Depression is characterized by the presence of feelings of sadness, emptiness, or irritability, accompanied by bodily and cognitive changes lasting at least two weeks that significantly affect the individual's capacity to function. For successful treatment patients must adhere to taking the medication on its scheduled times. Evidence suggests apps reminding patients to take their medication is still a novel idea. The purpose of this project is to determine the impact of Medisafe™ app on medication adherence and overall compliance when used for six weeks.

*Keywords:* depression, apps, adherence, reminders, medication