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# Mobile Technology for Medication Adherence in People with Mood Disorders: A Systematic Review

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## **Abstract**

### **Background**

Medication non-adherence is a critical challenge for many patients diagnosed with mood disorders (Goodwin, & Jamison, 1990). There is a need for alternative strategies that improve adherence among patients with mood disorders that are cost-effective, able to reach large patient populations, easy to implement, and that allow for communication with patients outside of in-person visits. Technology-based approaches to promote medication adherence are increasingly being explored to address this need. The aim of this paper is to provide a systematic review of the use of mobile technologies to improve medication adherence in patients with mood disorders.

### **Methods**

A total of nine articles were identified as describing mobile technology targeting medication adherence in mood disorder populations.

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