Cheer to Adhere

July 1, 1999 By Lark Lands, PhD

High spirits may play a role in low viral loads. Researchers at the University of California at San Francisco report that PWAs with depression were—not surprisingly—less likely to follow their providers' advice, including the proper steps to take medications. Of the 420 people surveyed, those who felt that "their lives were meaningful" and "their time well spent" were far more likely to take their drugs as directed, keep appointments and, in general, follow up on their own care as directed. Bill Holzemer, RN, concluded that diagnosing and treating depression may be crucial for combo-therapy adherence.

© 2026 Smart + Strong All Rights Reserved.
http://beta.docker.poz.com/article/Cheer-to-Adhere-10393-6811