

Influence of Self-Awareness and Psychological Distress on Treatment Adherence Among Patient Undergoing Psychotherapy in Neuropsychiatric Hospital, Aro, Abeokuta

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Certification

This is to certify that Eduviere Ruth Oghenevwede with Matriculation Number LCU/PG/003941 carried out this research work titled ‘Influence of Self-Awareness and Psychological Distress on Treatment Adherence Among Patient Undergoing Psychotherapy at Neuropsychiatric Hospital, Aro, Abeokuta in the Department of Psychology, Faculty of Management and Social Sciences, Lead City University, Ibadan, Oyo State, for the award of Masters of Science Degree (M.Sc) in Clinical Psychology and that this has not been previously submitted.

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Dedication

This project work is dedicated to God Almighty

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Abstract

This study examines the role of personality traits, self-awareness, and psychological distress in predicting treatment adherence among patients at the Neuropsychiatric Hospital in Abeokuta, Nigeria. A descriptive cross-sectional design was used, with 126 patients (ages 18–80) completing interviewer-administered questionnaires over six weeks. Instruments included the Ten-Item Personality Inventory (TIPI), Hospital Anxiety and Depression Scale (HADS), Self-Awareness Subscale, and Treatment Adherence Scale (TAAS). Descriptive statistics showed a mean age of 45.2 years, with 50.8% male and 49.2% female participants. Correlation analysis revealed positive associations between adherence and Extraversion ($r = 0.36, p < 0.01$), Agreeableness ($r = 0.30, p < 0.05$), Conscientiousness ($r = 0.32, p < 0.05$), Openness ($r = 0.28, p < 0.05$), and Self-awareness ($r = 0.37, p < 0.01$), and negative associations with Neuroticism ($r = -0.35, p < 0.01$) and Psychological Distress ($r = -0.38, p < 0.01$). Multiple regression analysis showed personality traits explained 46% of the variance in adherence ($R^2 = 0.46, F = 12.57, p < 0.01$). Conscientiousness ($\beta = 0.52, p < 0.01$) was the strongest positive predictor, followed by Extraversion ($\beta = 0.25, p = 0.007$) and Openness ($\beta = 0.19, p = 0.033$). Neuroticism ($\beta = -0.45, p < 0.01$) negatively predicted adherence. These findings highlight the importance of psychological factors in treatment adherence, suggesting tailored interventions towards treatment adherence.

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