

# 29<sup>TH</sup> ESPACOMP CONFERENCE



## PROGRAM

**13-14 November 2025**  
**Málaga, Spain**

Ilunion Hotel,  
Paseo Marítimo Antonio Machado, 10

BRIDGING GAPS IN MEDICATION ADHERENCE:  
STAKEHOLDER ENGAGEMENT AND  
INTERPROFESSIONAL INTERVENTIONS



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# **29<sup>TH</sup> ESPACOMP** **2025 ANNUAL MEETING**

# Content

Welcome Word	5
Venues	7
DAY 1 • Thursday, 13 November	9
DAY 2 • Friday, 14 November	11
John Urquhart Memorial Lecture	14
Keynote Speakers	15
Plenary Roundtable	18
Faculty	19

## About ESPACOMP

ESPACOMP, the International Society for Medication Adherence, is an international scientific association dedicated to promoting cutting-edge research in the field of medication adherence to increase the quality of research and support dissemination, implementation and uptake of knowledge in healthcare systems and policies.

## Corporate members



## Information / Registration at

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## Information / Registration at

In person

## Venue

Ilunion Hotel,  
Paseo Marítimo Antonio Machado, 10  
Málaga, Spain

## Conference Organisation & Scientific Committee

- Filipa Alves da Costa
- Tamás Ágh
- Pilar Barnestein
- Victoria Cárdenas
- Nawal Chanane
- Sabina M. De Geest
- Connor Drake
- Francisca Leiva Fernández
- Rob Heerdink
- Dyfrig Hughes
- Przemysław Kardas
- Alpana Mair
- Sara Malo
- Enrica Menditto
- Sara Mucherino
- Maria Rubio-Valera
- Todd Ruppar
- Marie Paule Schneider Voirol
- Judit Simon
- Liset van Dijk
- Marcia Vervloet
- Marie Viprey
- Leah Zullig

## Welcome Word

**Victoria  
Cárdenas**



**Francisca Leiva  
Fernández**



**Tamás  
Ágh**



Dear ESPACOMP Members, Colleagues and Friends,

It is a great pleasure and honour to welcome you to the 29<sup>th</sup> ESPACOMP Conference here in Málaga, Spain, a beautiful and vibrant city rich in history, artistic heritage and Mediterranean gastronomy. This year's meeting, taking place on 13-14 November 2025, brings us together to share cutting-edge research, foster collaboration and strengthen our community of medication adherence experts from across the world.

Our conference theme this year, *Bridging Gaps in Medication Adherence: Stakeholder Engagement and Interprofessional Interventions*, reflects the growing recognition that improving adherence requires the active collaboration of all actors involved - from patients and caregivers to healthcare professionals and decision-makers - across disciplines, sectors, and healthcare settings. We aim to highlight how evidence-based strategies, innovative technologies, policy initiatives, and patient-centred approaches can converge to support better medication practices and health outcomes.

The programme features inspiring keynote lectures, diverse oral and poster presentations, and dedicated spaces for discussion and networking. We are especially pleased to offer interactive pre-conference workshops that provide participants with practical tools to strengthen stakeholder engagement and support the implementation of adherence-enhancing interventions.

On behalf of ESPACOMP, we are deeply grateful to all presenters, participants, and supporters who contribute to making this conference a success. We wish you an inspiring and productive experience filled with learning, new connections, and shared commitment to improving medication adherence research and practice.

Welcome to Málaga and welcome to ESPACOMP 2025!

Warm regards,

**Victoria Cárdenas**  
Local Host

**Francisca Leiva Fernández**  
Local Host

**Tamás Ágh**  
President, ESPACOMP 2025



## The meeting secretariat

**3PSOLUTION**

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## Venues

### Conference location

**Ilunion Hotel,  
Paseo Marítimo Antonio Machado, 10  
Málaga**

*ILUNION Málaga Hotel, located at Paseo Marítimo Antonio Machado 10, in the southwest district of Malaga, is only a few minutes from the city centre, connected by bus routes C1, 1, 3, and 16.*

*It offers a stylish and accessible setting for your stay during the congress.*

*With its sustainable design and commitment to inclusive hospitality, ILUNION Málaga ensures a comfortable and productive experience for all guests.*





## Dinner

Thursday, November, 13

8:00 PM

*Dress code Business casual*

### Restaurant

**Bodega El Pimpi**

C. Granada, 62

Distrito Centro 29015 Málaga





## DAY 1 • Thursday, 13 November

8:00 AM - 9:00 AM Registration

9:00 AM - 9:30 AM **Welcome Word**

*Victoria Cárdenas, Francisca Leiva Fernández, Local Hosts*

*Tamás Ágh, ESPACOMP President*

9:30 AM - 10:30 AM **Paper Session 1: Research on Medication Adherence from Spain**

*Session Chair: Victoria Cárdenas*

• **Javier M López de la Manzanara**

Medication adherence in older patients with multimorbidity: the role of social determinants

• **Adriana González Salgado**

Medication adherence in primary care patients with chronic cardiovascular conditions: insights from a real-world cohort analysis

• **Sara Malo**

Prescribing and initiation of guideline-recommended drugs after acute myocardial infarction: an analysis of gender inequalities

• **Carmen Argüello**

Beliefs about inhaled treatment: contrasting perspectives between patients and healthcare professionals

10:30 AM - 11:00 AM Coffee Break & Poster Viewing

11:00 AM - 11:45 AM **Plenary lecture:**

*Session Chair: Liset van Dijk*

• **Sandrine Lavallé**

Empowering patients, co-creating solutions: a partnership for long-term treatment commitment

11:45 AM - 12:45 PM **Paper Session 2: Medication Adherence in Drug Development**

*Session Chair: Enrica Menditto*

• **Monique Elseviers**

Assessment of adherence in a clinical trial: results of the RenoMet study

• **Antoine Pironet**

Quantification of early treatment discontinuation: a retrospective analysis on 6,367 clinical trial participants

## DAY 1 • Thursday, 13 November

- **Non Davies**

The development of guidelines for the measurement, analysis, and reporting of medication adherence during the run-in phase of trials (AdheRUNce): a modified Delphi study

- **Sarah Belcher**

Low medication adherence during therapy implementation is associated with earlier disease progression and therapy change among patients on oral anticancer medication for multiple myeloma: a prospective cohort study

12:45 PM - 2:30 PM Lunch & Poster Walks

2:30 PM - 3:30 PM **Paper Session 3: Determinants of Medication Adherence**

*Session Chair: Alpana Mair*

- **Coby Annema**

Profiles of non-adherence among solid organ transplant recipients; an innovative approach for individualizing adherence interventions

- **Cristina Baena**

First insights into medication non-adherence among older adults in Brazilian public tertiary care: a cross-sectional study

- **Indrė Trečiokienė**

Persistence to asthma controller medications among children and adolescents in Lithuania: a nationwide study

- **Zsuzsanna Kun**

The moderating role of time since diagnosis in predicting medication adherence

3:30 PM - 4:15 PM **Plenary Roundtable:**

*Session Chair: Dyfrig Hughes*

- **Kristian van Kalmthout • Robert Horne • Sarah Serhal**

Innovation through collaboration: emerging paradigms for designing, testing and implementing digital adherence interventions

4:15 PM - 4:45 PM Coffee Break & Poster Viewing

4:45 PM - 5:45 PM **John Urquhart Memorial Lecture:**

*Session Chair: Tamás Ágh*

- **Przemyslaw Kardas**

The future of medication non-adherence: are we ready to learn from past pitfalls?

5:45 PM - 6:45 PM **Meeting of the ESPACOMP Society**

*All participants are invited to join*

7:00 PM Meet for departure to dinner

## DAY 2 • Friday, 14 November

8:15 AM - 9:15 AM

### **Early Career Researchers & Students Showcase Session**

*Session Chair: Sara Mucherino*

*Selected presentations:*

- **Vivien Teo**  
Cross-sectional and longitudinal analysis of factors influencing medication adherence and glycaemic control among people with type 2 diabetes in Singapore and the United Kingdom
- **Bruna Brazzotto**  
The moderating role of negative beliefs in the relationship between sarcopenia and medication adherence in older adults
- **Amélie Rosière**  
Adherence to asthma and COPD medications in Belgium (2020–2023):  
A nationwide retrospective cohort study of demographic and clinical determinants
- **Asta Ratna Prajapati**  
Psychometric evaluation of C-MABQ15, a new self-report medication adherence tool for identifying individuals' determinants (barriers and enablers) of adhering to medication for bipolar disorder
- **Aditi Apte**  
Effectiveness of using manual pill organizers and pill reminder apps in improving medication adherence and health outcomes in Indian elderly population receiving multiple medications (PORA-MEDAdhere): study protocol
- **Fernanda S. Tonin**  
Pharmacist-led interventions to enhance medication adherence and patients' satisfaction in atrial fibrillation: a systematic review and meta-analysis
- **Sarah Serhal**  
From plan to practice: using implementation mapping to develop theory based, adaptable, and context appropriate implementation strategies for the delivery of myCare Start in Switzerland" & "Evaluating the myCare Start service to improve adherence during treatment initiation: protocol for a hybrid type ii effectiveness–implementation study
- **Minke Copinga**  
Exploring potential interventions aimed at improving medication self-management in young patients with a chronic disease: a participatory action research study

## DAY 2 • Friday, 14 November

### 9:15 AM - 10:15 AM **Paper Session 4: Patient and Caregiver Perspectives**

*Session Chair: Francisca Leiva Fernández*

- **Beatriz Santos**  
Self-adjusting long-term medications: a qualitative descriptive study of patient practices
- **Marit Buiting**  
Challenges and opportunities in medication self-management of young people with a chronic disease: a 'FUTURE' needs assessment
- **Marie Ekenberg**  
Digital technologies to support medication adherence – expectations of using MATEch features among patients with type 2 diabetes
- **Zoe Moon**  
Patient treatment beliefs as determinants of medication adherence: a meta-analytic review of the necessity concerns framework 12 years on

### 10:15 AM - 10:45 AM **Coffee Break & Poster Viewing**

### 10:45 AM - 11:30 AM **Plenary Lecture:**

*Session Chair: Marie Paule Schneider Voirol*

- **Debi Bhattacharya**  
Addressing medication non-adherence is a partnership between the patient and practitioner: whose behaviour do we need to change?

### 11:30 AM - 11:45 AM **ESPACOMP Survey**

*Session Chair: Przemyslaw Kardas*

### 11:45 AM - 12:45 PM **Paper Session 5: Healthcare system**

*Session Chair: Marcia Vervloet*

- **Dyfrig Hughes**  
Medication adherence in health technology assessment: a review of NICE appraisal considerations
- **Bijan Borah**  
Do financial incentives improve medication adherence? Evidence from trends in the three adherence measures for diabetes, hypertension, and cholesterol medications used in Medicare Part-D Star Ratings for prescription drug insurance plans in the U.S., 2012–2025
- **Ruby Janssen**  
Implementing comprehensible prescription labels and the teach-back method in Dutch community pharmacies

## DAY 2 • Friday, 14 November

- **Przemyslaw Kardas**

What happens to drugs unused due to non-adherence? Insights into household medication disposal across Europe - interim results from the DISPOSAL Study

12:45 PM - 2:30 PM Lunch & Poster Walks

2:30 PM - 3:30 PM **Paper Session 6: Medication Adherence Interventions**

Session Chairs: **Sabina De Geest**

- **Saul Blecker**

Leveraging electronic health record technology and team care to address medication adherence (TEAMLET): a pragmatic, cluster-randomized trial

- **Christina Wettengl**

Stakeholder involvement for the interprofessional development and implementation of a medication adherence intervention in rheumatoid arthritis: the Swiss SQUEEZE stakeholder strategy

- **Lucie Blais**

Feasibility of implementing e-MEDRESPp, an electronic tool for measuring adherence and use of asthma medications in outpatient asthma clinics of tertiary care hospitals

- **Sharon Johnston**

Development of a regional referral pathway for older people to the medicines adherence service, from the Northern Ireland ambulance service

3:30 PM - 4:15 PM **World Adherence Day**  
Session Chair: **Bernard Vrijens**

- **Finn Jarle Rode**

World Adherence Day: concept and impact

4:15 PM - 4:45 PM Coffee Break & Poster Viewing

4:45 PM - 5:30 PM **Plenary Lecture:**  
Session Chair: **Marcia Vervloet**

- **Lisa Marsch**

Sustainable implementation of digital health tools for behavior change: a focus on adherence

5:30 PM - 5:45 PM **Presentation of Jean-Michel Metry Poster Prize and Early Career Abstract Prize**

5:45 PM - 6:00 PM Closure of the meeting & Next year meeting

## John Urquhart Memorial Lecture

Prof. Przemysław Kardas

### **The future of medication non-adherence: are we ready to learn from past pitfalls?**



Prof. Przemysław Kardas, MD, PhD is the founder and Director of the Medication Adherence Research Center at the Medical University of Lodz, Poland, where he also serves as Professor and Head of the Department of Family Medicine. He is a founding member and current Executive Committee member of the International Society for Patient Adherence, Compliance, and Persistence (ESPACOMP), which he previously chaired.

Prof. Kardas has led several major EU-funded research projects on medication adherence, including the seminal ABC Project (FP7), which developed the standard terminology and taxonomy of adherence, and SKILLS4ADHERENCE, which delivered the first-ever online educational program in this field. He has also played a key role in fostering international collaboration among stakeholders active in medication adherence. He was the promoter of a dedicated action group within the European Innovation Partnership on Active and Healthy Ageing (EIP on AHA) and served as Vice-Chair of a Working Group within the COST Action ENABLE.

His interdisciplinary research bridges digital health, Big Data, and Artificial Intelligence with ecology and healthcare sustainability. He has authored over 130 peer-reviewed publications, as well as multiple monographs and book chapters, and has served as guest editor of several adherence-focused special issues in scientific journals.

Prof. Kardas is actively involved in scientific consulting and health policy development at both national and international levels. His work continues to bridge science, policy, and clinical practice to improve medication use and health outcomes, particularly among ageing populations.

## Keynote Speakers

Sandrine Lavallé

### **Empowering patients, co-creating solutions: a partnership for long-term treatment commitment**



Sandrine Lavallé is a strong advocate for involving patients in research and healthcare decisions. With a background in communication and sociology, she has always believed in the power of dialogue. After supporting her partner through glioblastoma in 2013 and facing breast cancer herself in 2017, she realised how important it was to build real bridges between patients, doctors, and researchers. So they can understand each other and co-create better solutions.

At this time, she was already working at the Luxembourg Institute of Health (LIH) in health prevention. These personal experiences led her to shift her focus. Trained by the European Patients' Academy (EUPATI), she started raising awareness internally, encouraging more collaboration with patients, and helping establish a Patient and Public Involvement (PPI) structure at the institute. Over time, this approach became part of her official role, and she now coordinates PPI activities at LIH. Today, as Chair of the EUPATI National Platforms Cluster, she also contributes to strengthening patient involvement across Europe.





## Keynote Speakers

Prof. Debi Bhattacharya

### **Addressing medication non-adherence is a partnership between the patient and practitioner: whose behaviour do we need to change?**



Debi Bhattacharya is Professor of Behavioural Medicine at the University of Leicester and a primary care pharmacist. Debi leads a portfolio of research applying behavioural science to medicine-related challenges. Her work includes both patient and practitioner behaviour change with two key strands being supporting deprescribing and medication adherence. Debi led development and validation of the Medication Acceptability Questionnaire (MAQ) for which licences have been awarded to over 100 different research organisations internationally. The MAQ is being used by several pharmaceutical companies in phase 2 and 3 trials to support developing new medicines and formulations that meet the needs of patients. Debi also developed the Opioid Toolkit to equip organisations to support prescribers to stop long-term opioids when the chance of harm outweighs benefit. Licenses to use the Opioid Toolkit have been provided to over 1,800 different healthcare organisations representing all continents. Most recently, Debi led development and validation of the Identification of Medication Adherence Barriers Questionnaire (IMAB-Q) which is a 10-item evidence and theory-based questionnaire validated to accurately diagnose an individuals main barriers to adherence. Large research programmes that Debi is currently leading include:

- CHARMER which is a five year, £2.4M NIHR funded research programme to design and test a deprescribing intervention in a cluster-randomised controlled trial across 24 hospitals in England.
- IMAB-Qi which is a five year, £2.7M NIHR funded research programme to design and test a medication adherence intervention in a cluster-randomised controlled trial across 38 medical practices in England

Debi is also passionate about research capacity building to secure the future of evidence-based healthcare. She is currently leading the National Institute of Health and Care Research supported incubator for pharmacy professionals which is three years of funding to build research capacity amongst the pharmacy profession.

## Keynote Speakers

Prof. Lisa A. Marsch

### **Sustainable implementation of digital health tools for behavior change: a focus on adherence**



Dr. Lisa A. Marsch is the Founding Director of the Dartmouth Center for Technology and Behavioral Health (CTBH), a designated “Center of Excellence” supported by the U.S. National Institutes of Health. She is also the Director of the Northeast Node of the National Drug Abuse Treatment Clinical Trials Network and the Andrew G. Wallace Professor within the Departments of Psychiatry and Biomedical Data Science at the Geisel School of Medicine at Dartmouth College.

CTBH is an interdisciplinary Center housed at Dartmouth and includes partners across the U.S. and internationally. This Center uses science to inform the development, evaluation, and sustainable implementation of digital therapeutics and other digital health tools for behavior change targeting a wide array of populations and health behaviors. These tools are designed to deliver engaging and effective health monitoring and health behavior interventions anytime and anywhere and to collectively lead to transformations in the delivery of science-based health care.



## Plenary Roundtable

**Panelists:** Prof. Robert Horne, Kristian van Kalmthout, Sarah Serhal

**Moderator:** Prof. Dyfrig Hughes

### **Innovation through collaboration: emerging paradigms for designing, testing and implementing digital adherence interventions**

As digital health technologies mature, new approaches are needed to ensure that interventions supporting medication adherence are not only effective but also meaningful in real-world contexts. This roundtable will explore innovative paradigms grounded in the 3C's of intervention design: Content, Channel, and Context. Digital technologies offer an important Channel for delivering adherence support, but their success depends on coupling technological expertise with behavioural science to optimise Content (what apps say and do) and Context (the environments in which they are implemented).

Drawing on evidence from four pragmatic, cluster-randomised trials in people with drug-susceptible tuberculosis across challenging settings, the session will critically assess how digital adherence tools perform outside controlled environments. Lessons learned will highlight both the promise and the complexities of scaling digital solutions for diverse populations.

Attention will also turn to co-development and implementation of interprofessional services, such as the myCare Start-Implementation project, which supports patients initiating long-term treatments. These examples illustrate how embedding digital interventions within broader systems of care, supported by multidisciplinary teams, is key to achieving sustained patient engagement and impact.

Through these discussions, participants will critically engage with the opportunities and challenges of designing patient-centred, evidence-based, and scalable digital adherence interventions, aiming to bridge the gap between innovation, effectiveness, and real-world implementation.



**Prof. Dr. Dyfrig Hughes**



**Prof. Robert Horne**



**Kristian van Kalmthout**



**Sarah Serhal**

## Faculty (in alphabetical order)

- **Tamás Ágh**  
Syreon Research Institute; University of Pecs (Hungary)
- **Debi Bhattacharya**  
University of Leicester (UK)
- **Victoria Cárdenas**  
University of Granada (Spain)
- **Sabina De Geest**  
University of Basel (Switzerland); KU Leuven (Belgium)
- **Dyfrig Hughes**  
Bangor University (Wales, UK)
- **Robert Horne**  
University College London (UK)
- **Przemyslaw Kardas**  
Medical University of Lodz (Poland)
- **Kristian van Kalmthout**  
KNCV Tuberculosis Foundation (The Netherlands)
- **Sandrine Lavallé**  
European Patients' Academy (EUPATI) (Luxembourg)
- **Francisca Leiva Fernández**  
Multiprofessional Teaching Unit of Family and Community Care, Health District Malaga-Valle del Guadalhorce (Spain)
- **Alpana Mair**  
Effective Prescribing and Therapeutics Division, Scottish Government; University of Edinburgh; Edinburgh Napier University (Scotland, UK)
- **Lisa A. Marsch**  
Dartmouth Center for Technology and Behavioral Health (USA)

## Faculty (in alphabetical order)

- **Enrica Menditto**  
University of Naples Federico II (Italy)
- **Sara Mucherino**  
University of Naples Federico II (Italy)
- **Finn Jarle Rode**  
World Heart Federation (Switzerland)
- **Marie-Paule Schneider**  
University of Geneva (Switzerland)
- **Sarah Serhal**  
University of Geneva (Switzerland)
- **Liset van Dijk**  
Nivel (The Netherlands)
- **Marcia Vervloet**  
Nivel (The Netherlands)
- **Bernard Vrijens**  
AARDEX Group; University of Liege (Belgium)



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# 30<sup>TH</sup> ESPACOMP CONFERENCE



**save the date**

**19-20 November 2026  
Utrecht (The Netherlands)**



*See you in Utrecht!*

[www.espacomp.eu](http://www.espacomp.eu)