

Willingness to deprescribe predictors among Portuguese older adults: a cross-sectional study

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Abstract

Background: Deprescribing is a complex process requiring a patient-centred approach. One frequently expressed deprescribing barrier is patients' attitudes and beliefs toward reducing or stopping a medication. This study aims to identify the willingness to deprescribe predictors in a sample of Portuguese older patients. **Methods:** Cross-sectional study with community-dwelling patients aged [?] 65 and taking at least one regular medication. Data collection included patients' demographic and clinical characteristics and the Portuguese Revised Patients' Attitudes Towards Deprescribing (rPATD) Questionnaire. Descriptive statistics were used to present patients' characteristics and attitudes towards deprescribing. A multiple binary logistic regression analysis was performed to identify willingness to deprescribe predictors. **Results:** 192 participants (median age 72 years; 65.6% female) were included. A large majority (83.33%) were willing to deprescribe if recommended by their doctor. The willingness to deprescribe predictors were age (adjusted odds ratio (aOR)= 1.136), female sex (aOR= 3.036), and the rPATD concerns about stopping (aOR= 0.391). **Conclusions:** Most patients were willing to deprescribe if recommended by their doctor. Older age and female sex increase the odds of willingness to deprescribe; conversely, higher concerns about stopping medications decrease the odds. These findings suggest that addressing patients' concerns about stopping their medicines may contribute to deprescribing success.

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Fig. 1 Participants' Responses to the rPATD Questionnaire

