Title: Factors Affecting Patient Adherence to Continuous Positive Airway Pressure Therapy for Obstructive Sleep Apnea Disorder: A Multi-Method Approach

Learning objectives: By studying this paper, the readers will be able to learn:
1. Understand obstructive sleep apnea, its consequences, and treatment.
2. Learn the CPAP adherence rate in Iranian patients.
3. Identify the quantitative and qualitative factors influencing adherence to CPAP.
4. Provide solutions as to how to increase adherence to CPAP.

Target groups:
• Sleep specialists and other physicians involved with the treatment of sleep apnea disorder who seek to raise patients’ awareness and eliminate barriers to CPAP adherence
• Researchers who seek to design targeted interventions to address identified barriers
• Sales offices that follow patients and seek to eliminate barriers to CPAP adherence
• Policymakers who seek to eliminate financial barriers