

# **Aspects of improving quality of life in Jordanian patients with Chronic diseases: a cross sectional study**

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## **Abstract**

In this study: Adherence to medications is a vital point in order to assure patients benefit maximally from their prescribed medications. However, many factors could influence the adherence behavior toward the prescribed medications. The current study sheds the light on how beliefs about medications and quality of life may impact adherence to medications in Jordanian population, with a highlight to the particular geriatric population.

The current work is a cross sectional study. Adult patients with chronic diseases who were on multiple medications were invited to participate in this study. After consenting, the participants were asked to fill Medication Adherence report Scale-5, Beliefs about Medication Questionnaire and Quality Of Life Short Form-36 questionnaires. Questionnaires results analysis, correlation and student's t-test analyses were carried out using Statistical Package of Social Sciences software package.

It is found that 57% of the recruited patients were reported to be adherent to their medications. The Beliefs about Medication Questionnaire reported scores of the necessity, concerns, overuse and harm items were 17.6, 20.1, 15.4 and 16.5 respectively (out of 25). Attitudinal analysis of the Beliefs about Medication Questionnaire scores revealed that 48.45% of the patients were ambivalent, 28.86% were accepting, 21.23 were skeptical and only 1.4% showed indifferent beliefs about their medications. Around half of the population reported high physical and mental quality of life. T-test analysis illustrated that there were a significant impact of both adherence and beliefs on the quality of life. Furthermore, beliefs about medications impacted the adherence rate.

It is concluded that both adherence to medications and beliefs about medications affected the quality of life of the Jordanian patients. This suggests a cascade that starts with beliefs about medications, intermediated with adherence to medications and ends up with a good quality of life. Hence, a key factor to improve the patient's quality of life is by activating the pharmacist's "role" as an "educator"; stressing on the practice of patient education could potentially result in a better quality of life.