

Factors Affect Jordanian' Cardiovascular patients' adherence towards pharmacological therapy

Fadwa Obied Abu Saleh

**Supervisor
Dr. Maha Subih**

**Al – Zaytoonah University
2019**

ABSTRACT

The purpose of the study was to examine the levels of medication adherence, and explore the factors associated with medication adherence among Jordanian patients with CVDs.

A cross-sectional correlational design was used, it was conducted at outpatient clinics of four hospitals in Jordan. A convenient sample of 250 Jordanian patients with CVDs were agreed to participate. A self-administered questionnaire was filled by the patients including MMAS-8 and MSPSS scale.

It is found that total mean score of medication adherence was very low ($M= 2.84$, $SD= 1.9$). A significant positive correlation between medication adherence and four factors: marital status, residence, type of chronic diseases, and the number of diseases, ($r= .20$, $p= .0001$), ($r = 0.12$, $p = 0.03$), ($r = 0.11$, $p = 0.04$), ($r = 0.14$, $p = 0.02$), respectively.

It was concluded that low medication adherence need to take attention by nurses and clinical administrators by developing interventional programs that enhance adherence based on basic behavioral change theories.

Keywords: CVDs, Medication Adherence, Social Support, Predicting Factors, Jordan