Factors Affect Jordanian’ Cardiovascular patients’ adherence towards pharmacological therapy

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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