

Abstract

Background: diabetes affects millions of patients' worldwide thus, this study had developed and validated a new tool to evaluate diabetics quality of life and evaluate different factors associated with the disease outcomes **Method:** Demographic Information, Beliefs about Medicines Questionnaire (BMQ), Morisky Medication Adherence Scale (MGLS) and Jordanian Diabetes Quality of Life (JDQOL) questionnaires were completed by the patients. Different statistical models and regression were applied to complete analyze of the data **Results:** among the results it was found that **46.3%** of the participants had controlled diabetes. Regarding the participants' beliefs about medicines, specific necessity mean (3.55) was significantly higher than specific concerns mean (3.08) (p-value <0.01). Significant predictors of participants' perception of medications' necessity were number of years of diabetes (B=0.05, p-value <0.05), average income (Moderat-high income vs. low income, B=0.60, p-value <0.05), and education level (High education vs. low education, B=0.52, p-value <0.01). Quality of life score was mean 43.8 (\pm 11.7) and several sample characteristics had been found as significant predictors of quality of life (p-values<0.01) including adherence level (B=3.25). It was found that 87.8% of the participants were moderate-high adherents. Increasing necessity mean significantly decreased the odds of the patient being low adherent (OR=0.01, p-value<0.01). On the other hand, increasing concerns mean and the number of medications used significantly increase the odds of the patient having low adherence (OR=7.56, 1.20, p-values <0.05, <0.01 respectively). **Conclusion:** concerns and beliefs were significantly associated with adherence, quality of life, and cost, more patient diabetes-education is required to improve the outcomes.