

ASSESSMENT OF DRUG CONSUMPTION HABITS, HEALTH BEHAVIOUR AND ILLNESS EXPERIENCE OF THE ADULT POPULATION AMONG PATIENTS WITH HYPERTENSION

Varga B¹, Maczinkó L², Szabó L³, Madarász I², Berta G², Ferenczy M³, Boncz I², Pakai A⁴

¹University of Pécs, Kaposvár, Hungary,

²University of Pécs, Pécs, Hungary,

³University of Pécs, Szombathely, ZA, Hungary,

⁴University of Pécs, Pécs, ZA, Hungary

OBJECTIVES

One reason for this is lack of adherence to therapy. Our aim was to assess medication adherence in adult hypertensive patients and to understand the factors influencing this, including health behaviour, disease perception and the association between these variables.

METHODS

Our research was quantitative, cross-sectional and descriptive, with data collected online between February and March 2021. Patients over 45 years of age taking antihypertensive drugs were selected using purposive, non-random sampling (N=164). We excluded those who were unable to complete the questionnaire due to their mental health condition and those with at least 10% incomplete questionnaires. Data were collected using a self-administered questionnaire, the MMAS-8, and the BIPQ. Descriptive statistics, two-sample t-test, χ^2 -test, ANOVA, and linear regression were performed. The level of significance was $p<0.05$. SPSS 26.0 and Excel 2016 software were used to perform the calculations.

RESULTS

The mean age of the 164 respondents was 54.65 ± 7.774 years, with a higher proportion of women (82.9%). 65.8% of the respondents declared themselves to be at least moderately therapeutic. Treatment adherence was significantly associated with regular blood pressure measurement ($p<0.05$), but not with disease experience ($p>0.05$). Negative health behaviour, such as avoidance of disease-specific diets, was significantly associated with more positive disease experience ($p<0.001$).

CONCLUSIONS

The compliance rate of the respondents is rather good, but the proportion of non-adherents is still high. Regular follow-up of therapy at home has a positive impact on the therapy adherence.

MORISKY MEDICATION ADHERENCE SCALE 8			
GENDER	MEN	WOMEN	TOTAL
LOW ADHERENCE	17,9%	82,1%	100%
MEDIUM ADHERENCE	15,5%	84,5%	100%
HIGH ADHERENCE	40,0%	60,0%	100%

Table 1.
Distribution of adherence by gender (N=164)

BRIEF ILLNESS PERCEPTION QUESTIONNAIRE			
EDUCATION	ELEMENTARY SCHOOL	HIGH SCHOOL	COLLEGE/ UNIVERSITY
AVERAGE SCORE	27,67	42,22	40,44
SD	5,508	10,707	8,577

Table 2.
The effect of education on the disease experience (p=0.032)

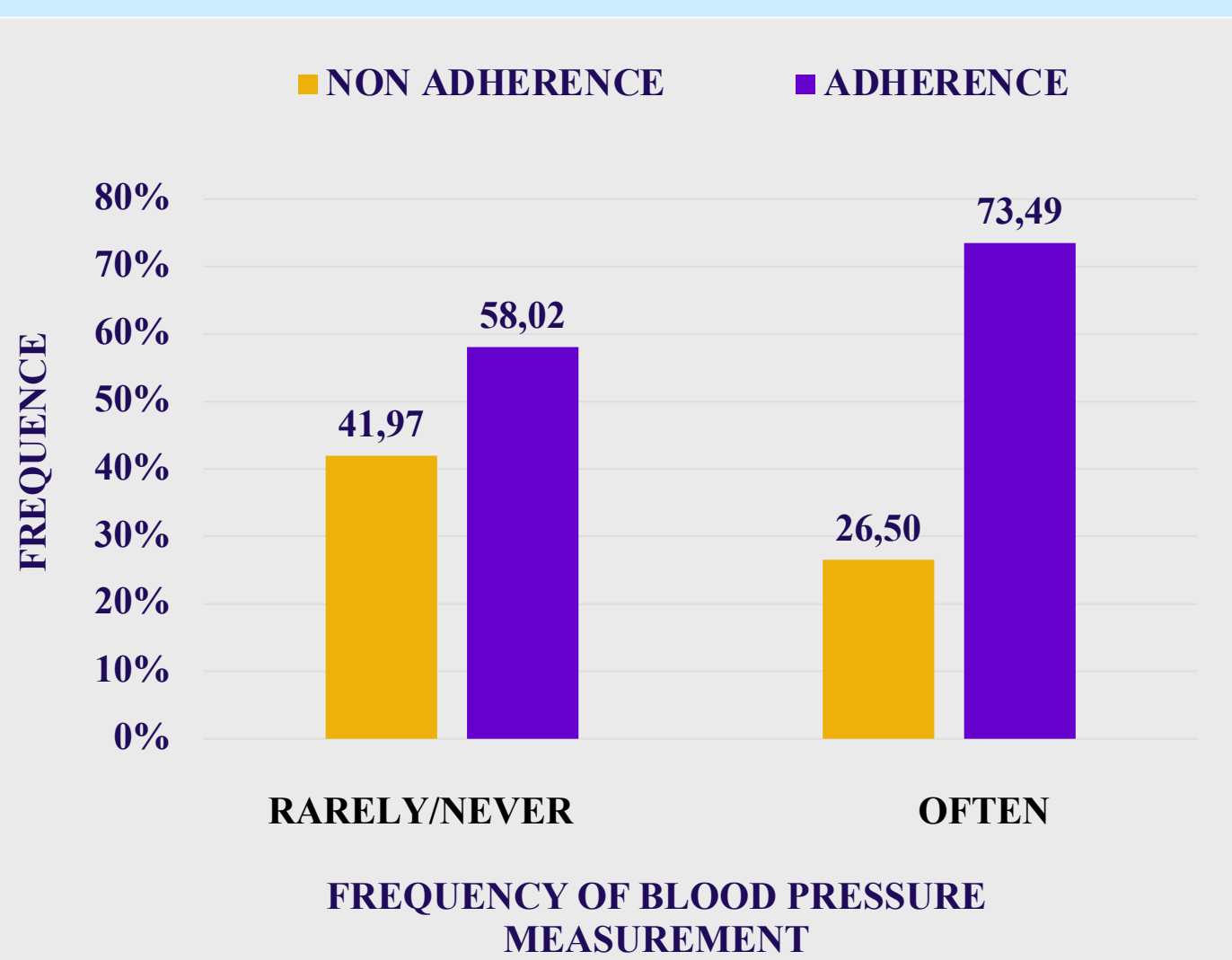


Figure 1.
The relationship between adherence and frequency of blood pressure measurement (p=0.037)

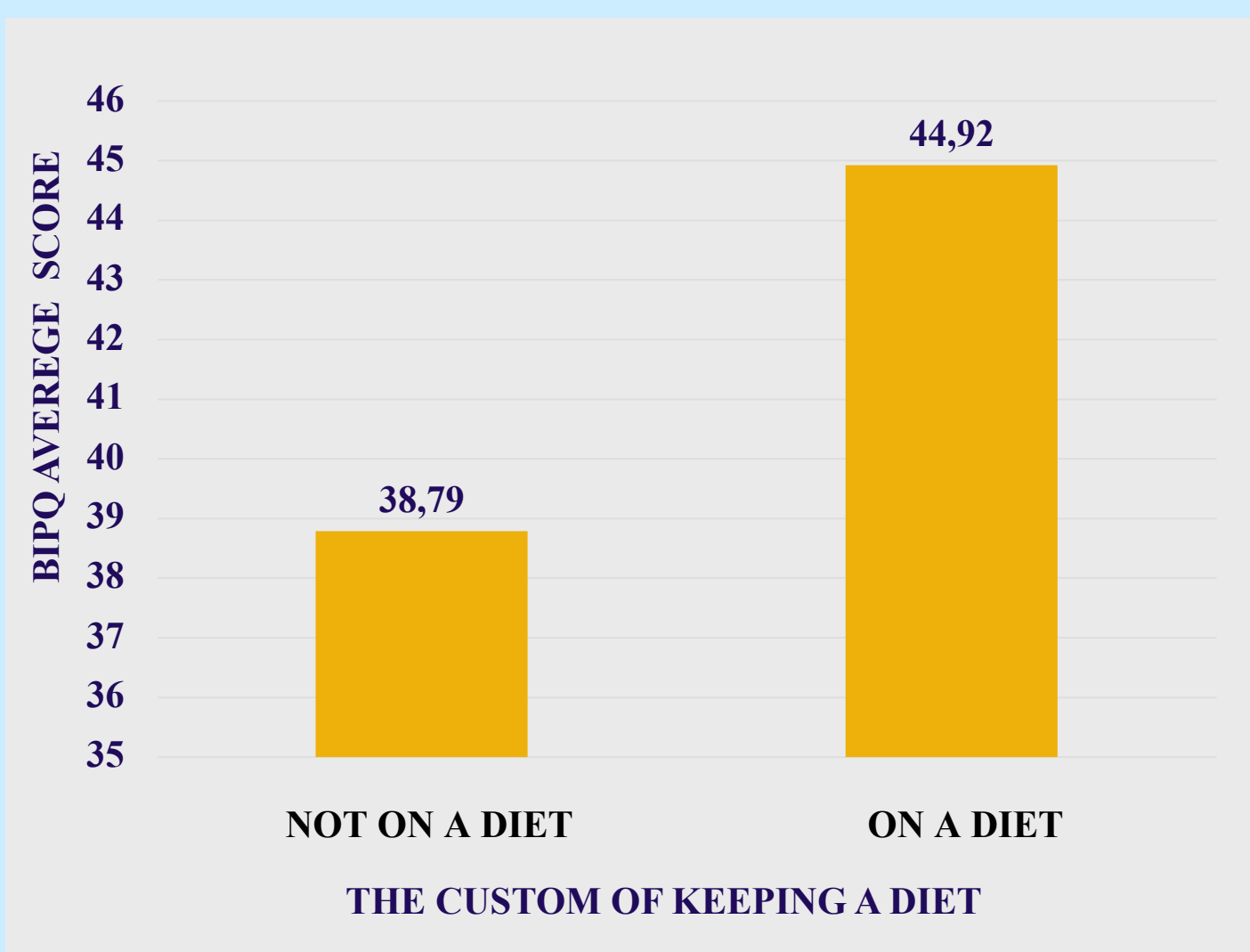


Figure 2.
The relationship between a dieting and positive disease experience (p<0.001)

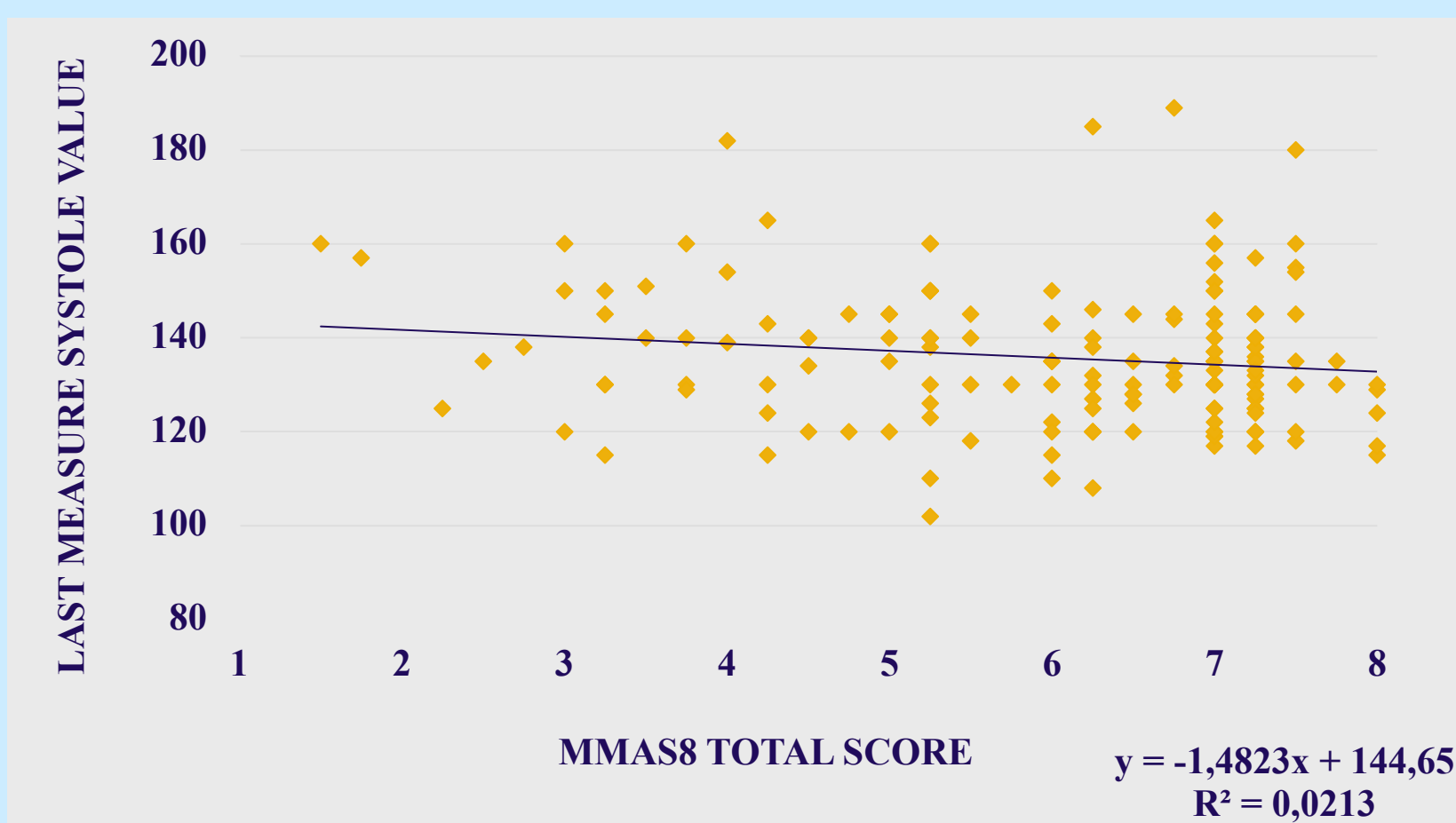


Figure 3.
The relationship between last measure systole value and adherence (p=0.002)

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Corresponding author:

Dr. Imre BONCZ, MD, MSc, PhD, Habil
University of Pécs, Faculty of Health Sciences, Hungary
Institute for Health Insurance
E-mail: imre.boncz@etk.pte.hu

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