

## Treatment satisfaction and patient's beliefs about medicines and its influence on medication adherence on chronic diseases: a pilot study in local pharmacies in the Lisbon and Tagus Valley Region

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### Introduction:

Medication adherence is an extremely complex and individual psychological and behavioural phenomenon. The relationship between medication adherence and treatment satisfaction has been consistently positive. However, and according to our best knowledge, this relationship has not been evaluated among Portuguese patients with chronic diseases.

### Objectives:

The aim of this study was to examine the relationship between medication adherence and treatment satisfaction among a sample of adult patients with hypertension or diabetes.

### Methods:

This was a survey-based cross-sectional study conducted in six Lisbon and Tagus Valley pharmacies. Patients with prescriptions for anti-hypertensive or antidiabetic drugs were asked to participate. The patients' satisfaction with their medications was assessed using the Treatment Satisfaction Questionnaire for Medication (TSQM). The Beliefs about Medicines Questionnaire (BMQ-General) was used to assess the patient beliefs about medications. The eight-item Morisky Medication Adherence Scale (MMAS-8) was used to assess adherence to medications. Spearman correlation test was used to examine the relationship between medication adherence and treatment satisfaction and between patient's beliefs about medications and treatment satisfaction.

### Results:

78 participants (median age = 71.1 years old) with hypertension or diabetes were included in the study. The overall satisfaction score of the antihypertensive (70.3/100) or antidiabetic (67.7/100) medication regimen was positively and significantly associated with MMAS-8 score. We also found a positive correlation between disease control perception and medication adherence and with the satisfaction with the medication regimen (global satisfaction, effectiveness and convenience) in both conditions.

### Conclusions:

Treatment satisfaction was associated with higher medication adherence among older adults with hypertension or diabetes and was influenced by patients' beliefs about medicines.