Psychosocial Factors Correlate with Adherence to Medications among Cardiovascular Outpatient Clinics in Jordan

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Abstract

Adherence to medications is a significant element of self-care behaviors for patients with cardiovascular diseases. Non-adherence to cardiovascular medications is the major risk for poor outcomes following any cardiac events. However, there is a lack of studies addressed medication adherence among patients with cardiovascular diseases attending outpatient clinics in Arabic countries, including Jordan. Thus, this study purposed to assess the psychosocial factors (e.g., depression, anxiety, stress, social support, and self-esteem) that correlate with adherence to medications among cardiovascular diseases patients attending outpatient clinics in Jordan. A total of 395 patients attending cardiovascular diseases outpatient clinics related to government, military, and private health sectors were recruited. The finding showed that 31.4% of the patients had totally adherence to medication, 72.1% of them suffered from depression, 74.4% of them experienced anxiety, 50.1% suffered from stress, 79.7% of them had moderate and high social support, and almost 53% had normal self-esteem. Depression, anxiety, and stress had a significant negative correlation with adherence to medications, however, self-esteem had a significant positive relationship with adherence to medications. In addition, self-esteem, depression, anxiety, and stress were the main predictors of adherence to medications, while the self-esteem was the strongest predictor. Thus, these

findings should be considered when designing and developing strategies and interventions to increase adherence to medications and minimize these psychosocial problems among cardiovascular diseases patients in outpatient clinics.