

MEDICATION BELIEF, SATISFACTION, AND ADHERENCE OF DIABETES MELLITUS PATIENTS IN A HOSPITAL

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Introduction

- IDF survey: Indonesia ranked 5th with diabetes mellitus people in the world; more than 100,000 patients were in West Nusa Tenggara, Indonesia.
- Poor medication adherence will lead to complications.
- Individual factors play pivotal role in medication adherence; such as belief and therapy satisfactions.

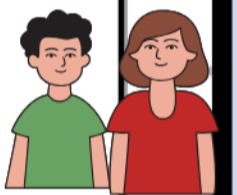
Objective

To identify medication belief and satisfaction toward medication adherence in patients with diabetes mellitus in Bhayangkara Hospital, Mataram, West Nusa Tenggara.



Methods

- Instruments: medical record, BMQ-specific questionnaire (medication belief); DMSAT questionnaire (therapy satisfaction); and MARS-5 (medication adherence)
- Data collected: December 2024-January 2025
- Inclusion criteria: outpatient diagnosed with diabetes mellitus at least 1 month based on medical record; aged ≥ 18 years; willing to become research respondent
- Patients with gangrene, TBC, and mental issue were excluded
- The study was approved by Ethical Committee in West Nusa Tenggara Hospital.
- Data analysis: Descriptive statistics: characteristics of the patients; Spearman rho analysis: the association of medication belief and satisfaction towards medication adherence.



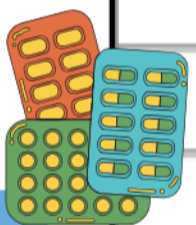
Result

Most patients were housewives (39.08%), aged 56-65 years (41.38%), had low education level (56.32%), had diagnosed for 5 years or less (77.01%), get metformin and sulphonilurea as their diabetes mellitus therapy (29.89%), with frequency of use 5 times a day (21.84%). Patients characteristics were not associated to their adherence level ($p > 0.05$)

The results can be explained by Theory of Planned Behavior framework, where behavioral beliefs and outcome evaluations could be one of the fundamental component to shape attitude, which can predict the behavior.

Table 1. Medication belief and satisfaction towards adherence

Categories	Medication adherence			p-value
	Low	Medium	High	
Medication belief				
Negative	1 (1.15%)	12 (13.79%)	0 (0%)	0.000
Positive belief	0 (0%)	40 (45.98%)	34	
Therapy satisfaction				
Very Dissatisfied	0 (0%)	0 (0%)	0 (0%)	0.000
Dissatisfied	1 (1.15%)	2 (2.30%)	0 (0%)	
Quite	0 (0%)	9 (10.34%)	1 (1.15%)	
Satisfied	0 (0%)	20 (22.99%)	5 (5.75%)	
Very satisfied	0 (0%)	21 (24.14%)	28	



CONCLUSION

Both medication belief and satisfaction were associated towards medication adherence in diabetes mellitus patients. Based on the findings, health care professional could focused on these aspects to maintain, or even improved patients' medication adherence. Further research based on behavior framework should be explored to enhance the findings.

Source

- IDF. (2021). IDF Diabetes Atlas 10th edition. www.diabetesatlas.org
- Horne, R., & Weinman, J. (1999). Patients' Beliefs About Prescribed Medicines and Their Role in Adherence to Treatment in Chronic Physical Illness. In *Journal of Psychosomatic Research* (Vol. 47, Issue 6).
- Hagger, M.S., & Hamilton, K. (2025). Progress on Theory of Planned Behavior Research: Advances in Research Synthesis and Agenda for Future Research. *Journal of Behavioral Medicine*, 43-56.