

عنوان مقاله:

Medication Beliefs, Cognitive Defusion, and Valued Living in Hypertensive Patients with Varying Medication Adherence

محل انتشار:

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خلاصه مقاله:

Background: One of the most severe problems that patients with Hypertension (HPN) face are lack of medication adherence, which is influenced by psychological factors. Thus, the current survey sought to compare medication beliefs, cognitive defusion and valued living in hypertensive patients with varying medication adherence. **Methods:** A cross-sectional study with ۱۶۲ HPN patients from three clinics at Isfahan University of Medical Sciences was conducted in ۲۰۱۹. Participants completed the BMQ (Beliefs about Medicines Questionnaire), MMAS (Morisky Medication Adherence Scale), CFQ (Cognitive Fusion Questionnaire), and VLQ (Valued Living Questionnaire). The data were analyzed using descriptive statistics, chi-square, and analysis of variance (ANOVA). **Results:** Only ۲۲.۲% of patients scored high in medication adherence (MA). MA levels increased with age in a significant correlation ($p=۰.۰۳$). ANOVA results revealed that the three MA levels (low, medium, and high) had substantial differences in both VLQ subscales (importance of person-valued living and allotted time for values; $p=۰.۰۰۲$ and $p=۰.۰۲۳$). However, no significant differences in MA levels were found in the CFQ (cognitive defusion and cognitive fusion) and BMQ subscales (specific necessity, specific concern, general overuse, and general harm). **Conclusions:** This study discovered that a higher MA is associated with increasing age. In addition, patients with HPN who value living and devote more time to their values have higher MA.

کلمات کلیدی:

Hypertension, Medication Adherence, Medication Beliefs, Cognitive Defusion, Valued Living

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